



















































Allergen Matrix







































DMAT St James South Tawton, Exbourne Spring 24



















































	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO ₂	Soya
-A- Chocolate Cookie					 Oats, Wheat (Barley*)									
-A- Jacket Potato with Beans 310g														
-A- Macaroni Cheese with Focaccia and Cucumber and Tomato Salad 281g					 Wheat									
-A- Tomato And Basil Pasta Bake With Focaccia Bread & Salad Sticks					 Wheat									
-A- Apple Crumble & Custard - 114.5g					 Oats, Wheat (Barley*)									
-A- Apple Flapjack					 Oats (Barley*, Wheat*)									
-A- Banana and Blueberry Sponge 84g					 Wheat									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
-A- Banana Marble Cake 56g			✓		✓ Wheat									
-A- Beef Chilli, Rice, Sweetcorn & Nachos 358g					? (Barley*, Wheat*)		?						✓	?
-A- Beef Lasagne, Focaccia Bread and Salad Sticks 249g			?		✓ Wheat		✓		?				✓	?
-A- Breaded Fish Chips and Peas 285g				✓	✓ Wheat									
-A- Breaded Fish, Chips and Beans 220g				✓					✓					
-A- Broccoli and Cauliflower Bake, Roast Potatoes, Vegetables and Gravy 321g							✓						✓	
-A- Brunch Bar - Vegetarian					✓ Wheat		?						?	
-A- Butternut Squash and Sweet Potato Bake with Roast Potatoes, Seasonal Veg and Gravy 321.85g							✓						✓	
-A- Carrot Cake			✓		✓ Wheat									
-A- Cauliflower & Broccoli Cheese, Roast Potatoes, Carrots, Cabbage & Gravy							✓						✓	

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO ₂	 Soya
-A- Cauliflower, Chick Pea and Sweet Potato Korma With Sunshine Rice and Naan 322g					 Wheat									
-A- Chicken Bites, Chips and Beans - 220g					 Wheat									
-A- Chicken Bites, Chips and Peas 220g					 Wheat									
-A- Chicken Katsu Curry, Vegetable Rice and Naan Bread					 Wheat									
-A- Chicken Pie, Mashed Potato and Sweetcorn, Gravy 339g					 Wheat									
-A- Chipolata Sausage, Mash , Seasonal Vegetables and Gravy 262g														
-A- Chocolate Cake and Custard 50g					 Wheat									
-A- Coconut Cookie 71g					 Oats, Wheat (Barley*)									
-A- Dartmoor Beef Meatballs in Tomato Sauce, Penne Pasta, Homemade Bread and Mixed Salad 256g					 Wheat									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
-A- Fish Fingers, Chips & Peas 235g					 Wheat									
-A- Fish Fingers, Chips and Beans 235g					 Wheat									
-A- Fruit Platter 75g														
-A- Fruit Yoghurt 125g														
-A- Halloumi Burger, Chips and Baked Beans					 Wheat									
-A- Hand Stretched Margharita Pizza, Wedges and Sweetcorn 238g					 Wheat									
-A- Jacket Potato with Cheese 280g														
-A- Jacket Potato with Tuna Mayo 310g														
-A- Jam and Coconut Sponge - 55g					 Wheat									
-A- Jam and Coconut Sponge with Custard 120g					 Wheat									
-A- Lemon Drizzle Cake 52g					 Wheat									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO ₂	 Soya
-A- Oaty Cookie 51.61g					 Oats, Wheat (Barley*)									
-A- Pulled BBQ Jackfruit, Wedges and Rootslaw					 Wheat									
-A- Quorn Sausage, Chips and Peas 202g					 Wheat									
-A- Quorn Sausage, Chips, Baked Beans 202g					 Wheat									
-A- Quorn Toad in the Hole with Mashed Potato and Seasonal Vegetables 260g					 Wheat									
-A- Roast Gammon, Potatoes, Vegetables , Gravy 254g														
-A- Roast Pork , Roast Potatoes, Seasonal Vegetables, Gravy 254g														
-A- Roast Turkey with Roast Potatoes, Carrots, Cabbage and Gravy 253.5g														
-A- Sandwich - 50/50 - Cheese 125g					 Wheat									
-A- Sandwich - 50/50 - Ham 125g					 Wheat									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
-A- Sandwich - 50/50 - Tuna Mayo 135g			✓	✓	✓ Wheat				✓					✓
-A- Sticky Toffee Pudding With Toffee Sauce 67g			✓		✓ Wheat									
-A- The Brunch, Sausage, Bacon, Hash Brown and Beans - 189g					? (Wheat*)		?						✓	
-A- Toad in the hole, Mashed Potato, Sweetcorn, Carrots and Gravy			✓		✓ Wheat		✓						✓	
-A- Tomato and Cheese Pasta Bake, Focaccia Bread and Salad 256g					✓ Wheat		✓		✓					?
-A- Vegetable Chilli Nachos, and salad sticks 275g					? (Barley*, Wheat*)		✓						✓	?
-A- Vegetable Cottage Pie, Fresh Carrots and Sweetcorn 288g													✓	
-A- Vegetable Nuggets, Chips, Beans 217.5g					✓ Wheat									
-A- Vegetable Nuggets, Chips, Peas - 300g					✓ Wheat									