

Allergen Matrix

Ellacombe Autumn/Winter 2025

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO ₂	 Soya
J - Proper Cornish Sausage Roll					 Wheat									
Pri 5 Bean Chilli														
Pri Apple & Raspberry Cake					 Wheat									
Pri Apple Sponge & Custard					 Wheat									
Pri Banana Cake					 Wheat									
Pri Baton Carrots														
Pri Blueberry Muffin					 Wheat									
Pri Breaded Fish 60g														
Pri Broccoli, Bean & Cauliflower Cheese Bake					 Wheat									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Carrot Cake					 <i>Wheat</i>									
Pri Cheese & Bean Pasty					 <i>Wheat</i>									
Pri Chicken Bites					 <i>Wheat</i>									
Pri Chicken Mayonnaise Sandwich					 <i>Wheat</i>									
Pri Chicken Pasta Bake					 <i>Wheat</i>									
Pri Chipolata Sausages														
Pri Chocolate Drizzle Shortbread					 <i>Wheat (Barley*)</i>									
Pri Chocolate Squash Brownie					 <i>Wheat</i>									
Pri Coleslaw (Raw)														
Pri Custard Cookie					 <i>Wheat</i>									
Pri Devon Beef & Vegetable Pie					 <i>Wheat</i>									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Devon Beef Bolognese ONLY														
Pri Fish Fingers					 <i>Wheat</i>									
Pri Flapjack					 <i>Oats (Barley*, Rye*, Wheat*)</i>									
Pri Garlic Bread Slice					 <i>Wheat</i>									
Pri Homemade Focaccia Bread					 <i>Wheat</i>									
Pri Homemade Sausage Roll					 <i>Wheat (Barley*, Oats*)</i>									
Pri Hummus Wrap					 <i>Wheat</i>									
Pri Ice Cream & Fresh Fruit														
Pri Jacket Potato With Cheese & Salad														
Pri Jacket Potato With Cheese, Beans & Salad														

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Jacket Potato with Tuna Mayonnaise & Salad			✓	✓					✓					
Pri Jam & Coconut Sponge			✓		✓ <i>Wheat</i>								✓	?
Pri Leek & Potato Bake					✓ <i>Wheat</i>		✓		✓				✓	?
PRI Lemon Cookie					✓ <i>Oats, Wheat (Barley*, Rye*)</i>									?
Pri Lentil & Vegetable Curry ONLY					✓ <i>Wheat</i>				✓				✓	
Pri Macaroni Cheese					✓ <i>Wheat</i>		✓		✓					✓
Pri Margherita Pizza					✓ <i>Wheat</i>		✓						✓	?
Pri Mashed Potato													✓	
Pri Mild Chicken Curry ONLY					? <i>(Wheat*)</i>				✓				✓	
Pri Naan Bread					✓ <i>Wheat</i>									
Pri Pepperoni Pizza					✓ <i>Wheat</i>		✓						✓	?

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Pri Red Pepper Frittata														
Pri Roast Potatoes														
Pri Salmon Fingers					 <i>Wheat</i>									
PRI Sandwich - 50/50 - Egg Mayo					 <i>Wheat</i>									
Pri Sandwich - 50/50 - Tuna Mayo					 <i>Wheat</i>									
Pri Shredded Savoy Cabbage														
Pri Strawberry Mousse & Fruit Pot														
Pri Sweet & Sour Chicken														
Pri Tomato & Mozzarella Pasta Bake					 <i>Wheat</i>									
Pri Tuna Mayonnaise & Salad Sandwich					 <i>Wheat</i>									
Pri Vegan Bolognese ONLY														

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Vegetable & Mixed Bean Lasagne					 <i>Wheat</i>									
Pri Vegetable Fajita					 <i>Wheat</i>									
Pri Vegetable Nuggets					 <i>Wheat</i>									
Pri Vegetable Quiche					 <i>Wheat</i>									
Pri Vegetable Sausage Roll					 <i>Wheat</i> <i>(Barley*, Oats*)</i>									
Pri Vegetarian Sausage					 <i>Wheat</i>									
Pri White & Wholewheat Penne					 <i>Wheat</i>									
Pri Wrap Cheese					 <i>Wheat</i>									
Pri Wrap Ham					 <i>Wheat</i>									