

Allergen Matrix

St Marks Spring 2026



Celery



Crustaceans



Eggs



Fish



Gluten



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame



SO2



Soya

Pri Potato Wedges (Hand cut)													
Pri Potato Wedges (Homemade)													
Pri Apple & Raspberry Crumble & Custard					 <i>Oats, Wheat (Barley*, Rye*)</i>								
Pri Apple Cake					 <i>Wheat</i>								
Pri Apple Muffin					 <i>Wheat</i>								
Pri Baked Beans													
Pri Baked Half Jacket Potato													
Pri Bananas & Custard													
Pri Baton Carrots													

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Flapjack					 <i>Oats (Barley*, Rye*, Wheat*)</i>									
Pri Fresh Chopped Salad														
Pri Fresh Fruit Salad														
Pri Fruit Platter														
Pri Fruity Couscous					 <i>Wheat</i>									
Pri Garlic & Herb Diced Potatoes (Hand Cut)														
Pri Garlic & Herb New Potatoes														
Pri Hash Brown Bites														
Pri Homemade Focaccia Bread					 <i>Wheat</i>									
Pri Homemade Garlic Focaccia Bread					 <i>Wheat</i>									
Pri Homemade Sausage Roll					 <i>Wheat</i>									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Homemade Tomato & Herb Bread					 Wheat									
Pri Ice Cream & Fresh Fruit														
Pri Iced Sponge					 Wheat									
Pri Indian Kachumber Salad														
Pri Jacket Potato with Beans & Salad														
Pri Jacket Potato With Cheese & Salad														
Pri Jacket Potato With Cheese, Beans & Salad														
Pri Jacket Potato with Tuna Mayonnaise & Salad														
Pri Macaroni Cheese					 Wheat									
PRI Marble Cake					 Wheat									
Pri Margherita Pizza					 Wheat									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Mashed Potato														
Pri Mild Chicken Curry ONLY														
Pri Naan Bread					 <i>Wheat</i>									
Pri Noodles					 <i>Wheat</i>									
Pri Peas														
Pri Pepperoni Pizza					 <i>Wheat</i>									
Pri Pesto Pasta					 <i>Wheat</i>									
Pri Plant Based Strawberry Jelly & Fruit														
Pri Potato Balls					 <i>(Wheat*)</i>									
Pri Rainbow Coleslaw (Prepped Veg)														
Pri Rice Pudding & Strawberry Jam														

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO ₂	 Soya
Pri Roast Chicken														
Pri Roast Gammon														
Pri Roast Pork Leg														
Pri Roast Potatoes														
PRI Roasted New Potatoes														
Pri Salad (Sticks - Carrot & Cucumber)														
Pri Salad (Tomato, Cucumber & Iceberg)														
Pri Salmon Fingers					 <i>Wheat</i>									
Pri Shredded Savoy Cabbage														
Pri Sliced Carrots														
Pri Spaghetti					 <i>Wheat</i>									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO ₂	 Soya
PRI Steamed New Potatoes														
Pri Sweet & Sour Chicken														
Pri Sweetcorn														
Pri Toffee Apples & Custard														
Pri Tomato & Cheddar Cheese Pasta Bake					 <i>Wheat</i>									
Pri Tortilla Chips														
Pri Vegan Mince Mild Chilli														
Pri Vegetable & Butterbean Chilli ONLY														
Pri Vegetable & Chickpea Curry					 <i>Wheat</i>									
Pri Vegetable & Mixed Bean Casserole														
Pri Vegetable Fajita					 <i>Wheat</i>									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Vegetable Nuggets					 <i>Wheat</i>									
PRI Vegetable Rice (Peas & Sweetcorn)														
Pri Vegetarian Toad In The Hole					 <i>Wheat</i>									
Pri Wedges														
Pri White & Wholegrain Rice														
Pri White & Wholewheat Penne					 <i>Wheat</i>									
Pri Yorkshire Pudding Vegetable Cottage Pie					 <i>Wheat</i>									
Primary Roast Potatoes (hand cut)														