



Allergen Matrix

Bow Community Primary

Autumn/Winter 2025

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO ₂	 Soya
Pri Apple & Raspberry Crumble & Custard					 <i>Oats, Wheat (Barley*, Rye*)</i>									
Pri Apple Cake					 <i>Wheat</i>									
Pri Baton Carrots														
Pri Beany Jollof Rice														
Pri Breaded Fish 60g														
Pri Broccoli, Bean & Cauliflower Cheese Bake					 <i>Wheat</i>									
Pri Cheese & Bean Pasty					 <i>Wheat</i>									
Pri Cheese & Red Onion Quiche					 <i>Wheat</i>									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Cheese & Tomato Quiche					 <i>Wheat</i>									
Pri Cheesy Chicken Pasta Bake					 <i>Wheat</i>									
Pri Chicken & Sweetcorn Pie					 <i>Wheat</i>									
Pri Chicken Bites					 <i>Wheat</i>									
Pri Chicken Katsu Curry ONLY														
Pri Chipolata Sausages														
Pri Coleslaw (Prepped Veg)														
Pri Custard Cookie					 <i>Wheat</i>									
Pri Devon Beef Bolognese ONLY														
Pri Devon Beef Burger in a Bun					 <i>Wheat</i>									
Pri Feta Cheese & Vegetable Flatbread with Mint Yoghurt					 <i>Wheat</i>									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Fish Fingers					 <i>Wheat</i>									
Pri Flapjack					 <i>Oats (Barley*, Rye*, Wheat*)</i>									
Pri Fruity Couscous					 <i>Wheat</i>									
Pri Homemade Focaccia Bread					 <i>Wheat</i>									
Pri Homemade Garlic Focaccia Bread					 <i>Wheat</i>									
Pri Homemade Tomato & Herb Bread					 <i>Wheat</i>									
Pri Ice Cream & Fresh Fruit														
Pri Iced Lemon Shortbread					 <i>Wheat</i>									
Pri Jacket Potato With Cheese & Salad														
Pri Jacket Potato With Cheese, Beans & Salad														
Pri Jacket Potato with Tuna Mayonnaise & Salad														

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Pri Lemon Drizzle Cake					 <i>Wheat</i>									
Pri Macaroni Cheese					 <i>Wheat</i>									
PRI Marble Cake					 <i>Wheat</i>									
Pri Margherita Pizza					 <i>Wheat</i>									
Pri Mashed Potato														
Pri Mushroom Biryani					 <i>Wheat</i>									
Pri Naan Bread					 <i>Wheat</i>									
Pri Noodles					 <i>Wheat</i>									
Pri Oaty Cookie					 <i>Oats, Wheat (Barley*, Rye*)</i>									
Pri Potato Balls					 <i>(Wheat*)</i>									
Pri Rainbow Coleslaw (Prepped Veg)														

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Red Pepper & Sweetcorn Pizza					 Wheat									
Pri Red Pepper Frittata														
Pri Roast Potatoes														
Pri Salmon Fingers					 Wheat									
PRI Shortbread					 Wheat									
Pri Shredded Savoy Cabbage														
Pri Sliced Carrots														
Pri Strawberry Mousse Whip														
Pri Toad In The Hole					 Wheat									
Pri Tomato & Cheddar Cheese Pasta Bake					 Wheat									
Pri Vegan Bolognese ONLY														

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Vegan Mince & Vegetable Parcel					 Wheat									
Pri Vegetable & Lentil Wellington					 Wheat									
Pri Vegetable Nuggets					 Wheat									
Pri Vegetarian Hot Dog					 Wheat									
Pri White & Wholewheat Penne					 Wheat									
Pri Yorkshire Pudding Vegetable Cottage Pie					 Wheat									