

# EDUCATION CATERING ALLERGEN INFORMATION MATRIX (SECONDARY SCHOOLS OCTOBER 2021)

Menu Item	None	Celery	Cereals (containing gluten) B = BARLEY O = OATS W = WHEAT R = RYE	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts A = ALMONDS B = BRAZIL NUTS C = CASHEW NUTS H = HAZELNUTS M = MACADAMIA NUTS P = PECAN NUTS PI = PISTACHIO NUTS W = WALNUTS	Peanuts	Sesame	Soybeans	Sulphur Dioxide
<b>BREAKFAST ITEMS</b>															
7oz Fruit Drinks – Apple Juice	✓														
7oz Fruit Drinks – Orange Juice	✓														
Alpro Drink (Soya)														✓	
Buttered Crumpets			W					•							
Buttered English Breakfast Muffin			W										•	✓	
Fresh Fruit	✓														
Jam and Marmalade Portion	✓														
Buttered Plain Bagel			BW		•			•					•		
Semi Skimmed Milk								✓							
Soft Spread	✓														
Toast/Bread (White/Brown)			BW											✓	
Weetabix			BW												
Yogurts – Prepacked								✓							
<b>SAVOURY SNACKS</b>															
Bacon and Cheese Turnover			W		✓			✓		•			•		
Bacon Bagel			BW		•			•					•		
Bacon Bap			W										•		
Bacon Breakfast Muffin			W		✓			✓					•	✓	
Bacon Breakfast Wrap			W		✓			✓					•		
BBQ Chicken Bagel			BW		•			✓					•		
BBQ Chicken Calzone			W					✓							✓

# EDUCATION CATERING

## ALLERGEN INFORMATION MATRIX (SECONDARY SCHOOLS

### OCTOBER 2021)

Menu Item	None	Celery	Cereals (containing gluten) B = BARLEY O = OATS W = WHEAT R = RYE	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts A = ALMONDS B = BRAZIL NUTS C = CASHEW NUTS H = HAZELNUTS M = MACADAMIA NUTS P = PECAN NUTS Pl = PISTACHIO NUTS W = WALNUTS	Peanuts	Sesame	Soybeans	Sulphur Dioxide
BBQ Chicken Pizza			BOWR					✓							
BBQ Hot Chicken Wrap			W					✓							
BBQ Vegan Bagel			W		•			✓					•	✓	
Cheese and Bean Melt			W					✓			•		•	•	
Cheese and Onion Pasty			W					✓							
Cheese and Tomato Calzone			W					✓							
Cheese and Tomato Pizza			BOWR					✓							
Cheese on Toast			BW					✓						✓	
Cheese Panini			W					✓					•	✓	
Cheese and Ham Panini								✓					•	✓	
Cheesy Crumpet			W		W			✓							
Chicago Town Pizza			BW(*OR)					✓						•	
Chicken and Pesto Panini			W					✓					•		✓
Chicken and Pesto Pizza			BOWR					✓							✓
Chilli Chicken Calzone			W					✓							
Chilli Chicken Vegan Chunk Calzone			W					✓						✓	
Fresh Healthy Vegetable/Lentil Soup		✓													
Fresh Carrot and Coriander		✓			✓			✓							
Fresh Leek and Potato		✓			✓			✓							
Fresh Minestrone		✓	W		✓			✓							

# EDUCATION CATERING ALLERGEN INFORMATION MATRIX (SECONDARY SCHOOLS OCTOBER 2021)

Menu Item	None	Celery	Cereals (containing gluten) B = BARLEY O = OATS W = WHEAT R = RYE	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts A = ALMONDS B = BRAZIL NUTS C = CASHEW NUTS H = HAZELNUTS M = MACADAMIA NUTS P = PECAN NUTS PI = PISTACHIO NUTS W = WALNUTS	Peanuts	Sesame	Soybeans	Sulphur Dioxide
Fresh Tomato and Basil		✓						✓							
Ham, Cheese and Onion Calzone			W					✓						✓	
Ham Panini			W										•		✓
Ham and Pineapple Pizza			BOWR					✓						✓	
Jacket Potato Plain	✓														
Jacket Potato with Baked Beans	✓														
Jacket Potato with Beans and Cheese								✓							
Jacket Potato with Cheese								✓							
Jacket Potato with Cheese and Coleslaw		•	•		✓	•		✓		✓	•	•	•	•	
Jacket Potato with Tuna Mayonnaise					✓	✓				✓					
Jerk Chicken Panini			BW					✓			•	•	•		
Love Joe's Chicken Tikka Thigh Burger			W		✓			✓		✓			•		
Love Joe's Peri Peri Chicken Thigh Burger			W		✓								•		
Love Joe's Onion Bhaji Burger			W		✓								•		
Love Joe's Southern Fried Chicken Wrap		✓	W		✓			•							





# EDUCATION CATERING ALLERGEN INFORMATION MATRIX (SECONDARY SCHOOLS OCTOBER 2021)

Menu Item	None	Celery	Cereals (containing gluten) B = BARLEY O = OATS W = WHEAT R = RYE	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts A = ALMONDS B = BRAZIL NUTS C = CASHEW NUTS H = HAZELNUTS M = MACADAMIA NUTS P = PECAN NUTS PI = PISTACHIO NUTS W = WALNUTS	Peanuts	Sesame	Soybeans	Sulphur Dioxide
Chilli Con Carne (Meat Based)		✓			•			•		•				•	
Chilli Con Carne (Plant Based)		✓			•			•		•				✓	
Chinese Curry (Meat Based)		•	W							✓				•	
Chinese Curry (Plant Based)		•	W							✓				✓	
Fish Fingers in a Brioche Bun (Fish Based)			W		✓	✓							•	✓	
Fishless Fingers in a Brioche Bun (Plant Based)			W										•		
Hotdog – BBQ (Plant Based)			W										•		
Hotdog – Burger Mustard (Plant Based)			W							✓			•		
Hotdog – Ketchup (Plant Based)			W										•		
Korma Curry (Meat Based)		✓			•			✓		✓	•	•			
Korma Curry (Plant Based)		✓			•			✓		✓	•	•		✓	
Lasagne		✓	W		•			✓		•				•	
Pasta and Meatballs (Meat Based)			W											•	✓
Pasta and Meatballs (Plant Based)			W											✓	
Pasta Bolognese (Meat Based)		✓	W		•			•		•				•	

# EDUCATION CATERING ALLERGEN INFORMATION MATRIX (SECONDARY SCHOOLS OCTOBER 2021)

Menu Item	None	Celery	Cereals (containing gluten) B = BARLEY O = OATS W = WHEAT R = RYE	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts A = ALMONDS B = BRAZIL NUTS C = CASHEW NUTS H = HAZELNUTS M = MACADAMIA NUTS P = PECAN NUTS Pl = PISTACHIO NUTS W = WALNUTS	Peanuts	Sesame	Soybeans	Sulphur Dioxide
Pasta Bolognese (Plant Based)		✓	w		•			•		•				✓	
Pasta Neapolitan			w					✓							
Vegan Goujon Wrap – BBQ (Plant Based)			w		✓									✓	
Quorn Goujon Wrap – Plain (Plant Based)			w		✓									✓	
Salmon Fingers in a Brioche Bun (Fish Based)			w		✓	✓							•		
Sweet and Sour Chicken		✓													
Sweet and Sour Quorn (Plant Based)		✓												✓	
Sweet Thai Chilli Chicken (Meat Based)	✓														
Sweet Thai Chilli Quorn (Plant Based)														✓	
Tikka Masala Curry (Meat Based)										•	•	•			
Tikka Masala Curry (Plant Based)										•	•	•		✓	
Tomato and Mascarpone Pasta Bake		•	w					✓							✓
Vegetable Balti (Plant Based)		✓			•			•		•	•	•			

# EDUCATION CATERING ALLERGEN INFORMATION MATRIX (SECONDARY SCHOOLS OCTOBER 2021)

Menu Item	None	Celery	Cereals (containing gluten) B = BARLEY O = OATS W = WHEAT R = RYE	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts A = ALMONDS B = BRAZIL NUTS C = CASHEW NUTS H = HAZELNUTS M = MACADAMIA NUTS P = PECAN NUTS PI = PISTACHIO NUTS W = WALNUTS	Peanuts	Sesame	Soybeans	Sulphur Dioxide
<b>SIDE DISHES AND CONDIMENTS</b>															
Asian Broccoli			W											✓	
Asian Green Beans			W											✓	•
Baked Beans	✓														
Broccoli	✓														
Cauliflower	✓														
Cajun Wedges										✓					
Chips			(W)			(✓)								(✓)	(✓)
Chip Shop Curry Sauce		•	W					•		✓				✓	
Coleslaw – Coronation Slaw					✓					•	•	•			
Coleslaw – Coronation Slaw (Plant Based)										•	•	•			
Coleslaw – Standard					✓										
Coleslaw – Standard (Plant Based)	✓													•	
Coleslaw – Sunshine Slaw					✓					✓					
Coleslaw – Sunshine Slaw (Plant Based)		•	•		•	•		•		✓				•	
Corn Salsa	✓														
Garlic and Herb Ciabatta		•	W					•			•		•	•	





# EDUCATION CATERING ALLERGEN INFORMATION MATRIX (SECONDARY SCHOOLS OCTOBER 2021)

Menu Item	None	Celery	Cereals (containing gluten) B = BARLEY O = OATS W = WHEAT R = RYE	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts A = ALMONDS B = BRAZIL NUTS C = CASHEW NUTS H = HAZELNUTS M = MACADAMIA NUTS P = PECAN NUTS PI = PISTACHIO NUTS W = WALNUTS	Peanuts	Sesame	Soybeans	Sulphur Dioxide
<b>FILLED BREADS (CANTONIAN ONLY)</b>															
Chicken Mayonnaise Baguette (No Salad)			w		✓					✓				•	
Chicken Mayonnaise Wrap (Salad)			w		✓					✓					
Chicken Tikka Baguette (No Salad)			w		✓			✓		✓				•	
Chicken Tikka Wrap (Salad)			w		✓			✓		✓					
Mixed Cheese and Onion Baguette (No Salad)			w		✓			✓		✓				•	
Mixed Cheese and Onion Wrap (Salad)			w		✓			✓		✓					
<b>FRUIT, BAKERY AND DESSERT</b>															
Banana Cake			w		✓			✓		•				•	✓
Carrot Cake			w		✓			✓		•				•	✓
Chocolate Brownie			w		✓			✓						•	
Chocolate Sponge			w		✓			✓						✓	
Custard/Chocolate Custard								✓							
Fresh Fruit for Display	✓														
Fresh Fruit Pots (All Varieties)	✓														
Fruit Crumble Variations			ow					✓						•	



# EDUCATION CATERING ALLERGEN INFORMATION MATRIX (SECONDARY SCHOOLS OCTOBER 2021)

Menu Item	None	Celery	Cereals (containing gluten) B = BARLEY O = OATS W = WHEAT R = RYE	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts A = ALMONDS B = BRAZIL NUTS C = CASHEW NUTS H = HAZELNUTS M = MACADAMIA NUTS P = PECAN NUTS PI = PISTACHIO NUTS W = WALNUTS	Peanuts	Sesame	Soybeans	Sulphur Dioxide
Chocolate Sprinkle								✓							
Dark Chocolate Sauce	✓														
White Chocolate Sauce								✓							
Aerosol Cream								✓							

## NOTES

- Components of a meal are listed separately if dishes can be constructed with different variations
- Where a menu item has an allergen highlighted with a ✓ Education Catering have identified an allergen that **is** present.
- Where a menu item has an allergen highlighted with a (✓) Education Catering have identified a risk of cross contamination that **cannot** be eliminated.
- Where a menu item has an allergen highlighted with a • Education Catering have identified an allergen that **may be** present.
- Where a menu item has an allergen highlighted with a (•) Education Catering have identified a risk of cross contamination that **may not** be eliminated.
- Food items that are purchased by Education Catering pre-packed for resale are not listed on this matrix. Allergen information for those products can be found on the packaging.
- All information is correct at the time of printing.
- Education Catering establishments operate in a multi-disciplined environment and cannot guarantee the elimination of the risk of cross contamination of allergens.
- This document is available in Welsh/Mae'r ddogfen hon ar gael yn Gymraeg.