

EDUCATION CATERING

ALLERGEN INFORMATION MATRIX (SECONDARY SCHOOLS) –

SEPTEMBER 2022

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
BREAKFAST ITEMS															
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								✓							
SAVOURY SNACKS															
Bacon and Cheese Turnover			W		✓			✓		•			•	✓	
Bacon Muffin			W										•	✓	
Bacon Bap			W										•		
Bacon Bagel			BW										•		
Bacon Breakfast Muffin			W		✓			✓					•	✓	
Bacon Breakfast Wrap			W		✓			✓							
BBQ Bagel (Plant Based)			BW					✓					•	✓	✓

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BBQ Chicken Bagel			BW					✓					•		✓
BBQ Chicken Muffin			W					✓					•	✓	✓
BBQ Chicken Calzone			W					✓							✓
BBQ Chicken Pizza			BOWR					✓							✓
BBQ Hot Chicken Wrap			W					✓							✓
BBQ Vegan Muffin			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					✓							
Chicago Town Pizza			BW(*OR)					✓						•	
Chicken and Pesto Panini			W					✓					•		✓
Chicken and Pesto Pizza			BOWR					✓							✓
Chicken Sausage Muffin (Halal)		•	BOWR		•			•		•			•	✓	
Chicken Sausage Bap (Halal)			W					✓					•	✓	
Chicken Sausage Breakfast Muffin (Halal)			W		✓			✓					•	✓	

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Chicken Sausage Breakfast Wrap (Halal)			W		✓			✓						✓	
Chilli Chicken Calzone			W					✓							
Chilli Chicken Vegan Chunk Calzone			W					✓						✓	
Fresh Healthy Vegetable/Lentil Soup		✓													
Fresh Carrot and Coriander Soup		✓			✓			✓							
Fresh Leek and Potato Soup		✓			✓			✓							
Fresh Minestrone Soup		✓	W		✓			✓							
Fresh Tomato and Basil Soup		✓						✓							
Ham, Cheese and Onion Calzone			W					✓						✓	
Ham Panini			W									•			✓
Ham and Pineapple Pizza			BOWR					✓						✓	
Honey and Ginger Noodle Pot			BW		✓			•			•		•	✓	
Honey and Ginger Rice Pot			BW								•			✓	
Jacket Potato Plain	✓														
Jacket Potato with Baked Beans	✓														
Jacket Potato with Beans and Cheese								✓							
Jacket Potato with Cheese								✓							
Jacket Potato with Cheese and Coleslaw		•	•		✓	•		✓		✓	•	•		•	

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Jacket Potato with Tuna Mayonnaise					✓	✓				✓					
Jerk Chicken Panini			BW					✓			•	•			
Mexican Salsa Rice Pot								✓							
Mexican Salsa Rice Pot (Plant Based)	✓														
Mini Crispy Chicken Snack Wrap – The BBQ One			W		✓										✓
Mini Crispy Chicken Snack Wrap – The Garlic One			W		✓										
Mini Crispy Chicken Snack Wrap – The Hot One			W		✓										
Mint Yoghurt Falafel Wrap			W		✓			✓		✓		✓			
Mom's Classic Hotdog		•	W							•					
Mom's Frankfurter Hotdog			W					✓							
Mom's Mustard Sauce										✓					
Mom's Tomato Sauce		✓													
Mom's Vegan Hotdog			W									•			
Mushroom, Peppers and Sweetcorn Pizza			BOWR					✓							

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Baked Breaded Pollock			W			✓									
Bolognese Sauce (Meat Based)		✓			•			•		•				•	
Bolognese Sauce (Plant Based)		✓			•			•		•				✓	
Burger in Brioche Bun (Meat Based)			W										•		✓
Burger in Brioche Bun (Plant Based)			W										•	✓	✓
Burger in Brioche Bun (Halal)			W										•		
Burrito with Spicy Tomato Salsa (Meat Based)		✓	W		•			✓		•				•	
Burrito with Spicy Tomato Salsa (Plant Based)		✓	W		•			•		•				✓	
Caprese Chicken Pasta Bake		✓	W		•			✓		•					
Chicken Goujon Wrap – BBQ			W		✓										✓
Chicken Goujon Wrap – Plain			W		✓										
Chilli Con Carne (Meat Based)		✓			•			•		•				•	
Chilli Con Carne (Plant Based)		✓			•			•		•				✓	
Chinese Curry (Meat Based)		•	W							✓				•	
Chinese Curry (Plant Based)		•	W							✓				✓	

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Mediterranean Mixed Vegetables	✓														
Mini Corn on the Cobs	✓														
Naan Bread			W												
Oriental Fried Rice			W											✓	
Oriental Vegetables	✓														
Pasta (Fusilli Twists, Pasta Shells, Penne Pasta, Macaroni)			W												
Pasta (Gluten Free Penne Pasta)	✓														
Peas	✓														
Petit Pains			W					•						•	
Rice (White/Brown)			W											✓	
Rice and Beans		✓			•			•		•					
Side Salad	✓														
Spiced Cauliflower										•	•	•			
Sweetcorn	✓														
Vegetable Fried Rice	✓														
FILLED BREADS (CANTONIAN ONLY)															
Chicken Mayonnaise Baguette (No Salad)			W		✓					✓				•	

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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		✓			✓		✓					
FRUIT, BAKERY AND DESSERT															
Banana Cake			W		✓			✓		•				•	✓
Carrot Cake			W		✓			✓		•				•	✓
Chocolate Brownie			W		✓			✓						•	
Chocolate Cornflake Crisp			B					✓			•	•			
Chocolate Sponge			W		✓			✓						✓	
Cocoa Cookies			W		•			•			•			•	✓
Custard/Chocolate Custard								✓							
Flapjack (All Varieties)			O					✓							
Fresh Fruit for Display	✓														
Fresh Fruit Pots (All Varieties)	✓														
Fruit Crumble Variations			OW					✓						•	

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Herby Garlic Potatoes		•													
Roasted Sweet Potato, Pepper and Quinoa Salad		✓			•			✓		•					
Spicy Reggae Rice			B								•	•			
Sweet Chilli Noodles			W		✓			•				•	•		
Hoisin Noodles			W		✓			•				✓	✓		
Hoisin Noodles (Plant Based)			W		✓			•				✓	✓		

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.