

# EDUCATION CATERING – FEBRUARY 2018

## ALLERGEN INFORMATION MATRIX (SECONDARY SCHOOLS)



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>															
Cinnamon & Raisin Bagel			BW												
Cornflakes			B												
Fresh Fruit	✓														
Fresh Fruit Salad with Yogurt & Granola			O					✓							
Fruit Bag	✓														
Fruit Salad	✓														
Honey	✓														
Jam Portion	✓														
Margarine Portion	✓														
Overnight Oats			O					✓							
Plain Bagel			BW												
Rolled Oats			O												
Semi Skimmed Milk								✓							
Summer Berry & Yogurt Crunch			OW					✓							✓
Tea Cake			W												
Toast			BRW											✓	
Weetabix			BW												✓
<b>MAIN MEALS</b>															
Battered Fish			W			✓									
Beef Lasagne		✓	W					✓							



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Vegetable Balti		✓								✓					
Vegetable Bolognese Sauce		✓													
Vegetable Lasagne		✓	BW					✓						✓	
<b>CHEF'S SPECIALS</b>															
Beef Stew		✓	W					✓						✓	
Cheese & Tomato Quiche			W		✓			✓							
Chicken & Bacon Quiche			W		✓			✓							
Chicken & Vegetable Pie		✓	W		✓			✓							
Chicken Chimichanga			W							✓					
Chilli Con Carne		✓						✓						✓	
Cottage Pie		✓	W					✓						✓	
Ham & Cheese Quiche			W		✓			✓							
Lamb Moussaka (Halal Only)		✓	W					✓						✓	
Lamb Rogan Josh (Halal Only)		✓						✓		✓				✓	
Meatballs in Tomato & Basil Sauce			W					✓							✓
Puff Pastry Lid			W		✓			✓							
Quorn Balls in Tomato & Basil Sauce			W		✓										✓
Roast Vegetable Quiche			W		✓			✓							
Shepherd's Pie (Halal Only)		✓	W					✓						✓	

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Steak & Vegetable Pie		✓	W		✓			✓						✓	
Sweet & Sour Chicken		✓													
Tortellini in Tomato & Basil Sauce			W		✓			✓							✓
VegeMince Chilli		✓	B											✓	
<b>STREET FOOD ITEMS</b>															
BBQ Chicken Casserole with Spicy Sweet Potato Fries			B							✓					
BBQ Quorn Casserole with Spicy Sweet Potato Fries			B		✓					✓					
Beef Chilli Wedges		✓						✓		✓				✓	
Beef Chow Mein			W		✓				✓					✓	✓
Beef in Black Bean Sauce			W		✓								✓	✓	
Beef in Hoi Sin Sauce			W										✓	✓	
Beef Keema		✓	W					✓		✓					
Chicken & Pepperoni Patatas Bravas		✓													
Chicken Chow Mein			W		✓				✓					✓	✓
Chicken Fajita			W												✓
Chicken in Black Bean Sauce			W		✓								✓	✓	
Chicken in Hoi Sin Sauce			W										✓	✓	





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Mediterranean Chicken Kebab			w												
Chicken Tikka Kebab			w					✓		✓					
Maple & Sweet Chilli Chicken Kebab			w												
Chicken Salsa Burrito			w												
BBQ Chicken Wrap			w												
Fajita Chicken Wrap			w												
Mediterranean Chicken Wrap			w												
Peri Peri Chicken Wrap			w												
Tandoori Chicken Wrap			w					✓		✓					
Maple & Sweet Chilli Chicken Wrap			w												
Mango & Lime Chicken Wrap			w												
Naandoori			w		✓			✓		✓					
BBQ Piznaan			w					✓		✓					
Chicken Quesadilla			w					✓							
Spicy Meatball Sub			w											✓	
Belgian Waffles			w		✓			✓						✓	✓
BBQ Chicken Pitta Pocket			w					✓							
Chicken Fajita Pitta Pocket			w					✓							

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Mediterranean Pitta Pocket			w					✓							
Peri Peri Chicken Pitta Pocket			w					✓							
Chicken Tikka Pitta Pocket			w					✓		✓					
Maple & Sweet Chilli Chicken Pitta Pocket			w					✓							
Mango & Lime Chicken Pitta Pocket			w					✓							
BBQ Chicken Wrapini			w					✓							
Fajita Chicken Wrapini			w					✓							
Mediterranean Chicken Wrapini			w					✓							
Peri Peri Chicken Wrapini			w					✓							
Tandoori Chicken Wrapini			w					✓		✓					
Maple & Sweet Chilli Wrapini			w					✓							
Mango & Lime Wrapini			w					✓							
Chicken Popems Calzone			w					✓						✓	
Halloumi Burger			w		✓			✓							
Veggie Burrito			w											✓	
Mini Fish 'n' Chips			w			✓								✓	
Halloumi Flatbread			w					✓							
Onion Bhaji Burger			w		✓			✓							





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Chip Shop Curry Sauce			W							✓				✓	
Chipped Potatoes			W			(✓)								(✓)	(✓)
Plain Naan			W					✓							
Coleslaw					✓					✓					
Cranberry Sauce	✓														
Egg Fried Rice					✓										
Garlic Bread			W					✓							
Grated Cheese								✓							
Green Beans	✓														
Herby Diced Potato															✓
Herby Dumplings			W		✓					✓				✓	
Mashed Potato								✓							✓
Mayonnaise Sachet					✓					✓					
Mixed Vegetables	✓														
Mixed/Side Salad	✓														
Mom's Mellow Mustard										✓					
Mom's Tasty Tommy Sauce	✓														
Mushy Peas	✓														
Noodles			W		✓										
Pasta			W												
Peas	✓														
Pilaf Rice		✓													
Potato Wedges										✓					



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Frozen Yogurt 2 Scoop Cornet			W					✓						✓	
Frozen Yogurt 3 Scoop Tub								✓							
Jam & Cream (Victoria) Sponge			W		✓			✓						✓	
Mango & Coconut Yogurt			B					✓							✓
Oaty Sultana Cookie			OW		✓			✓							
Plain Muffin			W		✓			✓							
Plain Sponge			W		✓			✓						✓	
Shortbread Biscuits			W					✓							
Vanilla Rice Pudding with Fruit Compote								✓							
<b>SAVOURY SNACKS</b>															
Arrabiata Pasta Pot			W												✓
Bacon & Cheese Turnover			W					✓							
Bacon & Mushroom Calzone			W					✓							
Bacon & Mushroom Pizza Slice			BORW					✓							
Bacon Bagel			BW												
Bacon Bap			W												
Bacon Ranch Tortellini Salad			W		✓			✓		✓					✓

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BBQ Chicken (Salad) Baguette			BW												
BBQ Chicken (Salad) Sandwich			BW											✓	
BBQ Chicken (Salad) Wrap			BW												
BBQ Chicken Calzone			W					✓		✓				✓	
BBQ Chicken Pizza Slice			BORW					✓		✓				✓	
BLT Baguette			W												
BLT Sandwich			W											✓	
Bolognese Pasta Pot			W												
Breakfast Burrito			W		✓			✓							
Breakfast Muffin			W		✓			✓						✓	
Carrot & Coriander Soup		✓	W												
Cheese & Onion Pastry			W		✓			✓							
Cheese (Salad) Baguette			W					✓							
Cheese (Salad) Sandwich			W					✓						✓	
Cheese (Salad) Wrap			W					✓							
Cheese Layered Salad			W					✓							
Cheese Panini			W					✓						✓	
Chicken & Bacon (Salad) Baguette			W		✓					✓					
Chicken & Bacon (Salad) Sandwich			W		✓					✓				✓	

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Chicken & Bacon (Salad) Wrap			W		✓					✓					
Chicken Burger			W										✓		
Chicken Burger with Cheese			W					✓					✓		
Chicken Caesar Salad		✓	BW		✓			✓						✓	✓
Chicken Italiano Pasta Pot			W												✓
Chicken Mayonnaise (Salad) Baguette			W		✓					✓					
Chicken Mayonnaise (Salad) Sandwich			W		✓					✓				✓	
Chicken Mayonnaise (Salad) Wrap			W		✓					✓					
Chicken Tikka (Salad) Baguette			W		✓					✓					
Chicken Tikka (Salad) Sandwich			W		✓					✓				✓	
Chicken Tikka (Salad) Wrap			W		✓					✓					
Chilli Battered Fish Burger			W			✓								✓	
Curried Cauliflower Soup		✓	W					✓		✓					
Curried Toastie			W					✓		✓				✓	
Coronation Chicken (Salad) Baguette			BW		✓					✓					







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Mom's BBQ Chicken Hot Snack Wrap			WB		✓			✓							
Mom's Cheese & Tomato Hot Snack Wrap			W		✓			✓							
Mom's Chicken Tikka Hot Snack Wrap			W		✓			✓							
Mom's Hotdog (Classic Frankfurter)			W					✓							
Mom's Hotdog (Cajun Chicken)			W												
Mom's Spinach & Chickpea Hot Snack Wrap			WB		✓										
Mushroom & Sweetcorn Calzone			W					✓							
Mushroom & Sweetcorn Pizza Slice			BORW					✓							
Mushroom Soup		✓	W												
Neapolitan with Mozzarella & Basil Pasta Pot			W					✓							✓
Pasta Italiano Salad			W					✓							✓
Pasta King Arrabiata Sauce	✓														
Pasta King Basilico Sauce	✓														
Pasta King Carbonara Sauce			W					✓							

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Pasta King Chicken Firecracker Sauce	✓														
Pasta King Chicken Italiano Sauce	✓		W												
Pasta King Chicken Tikka Sauce	✓														
Pasta King Vegetable Bolognese Sauce			W											✓	
Pepperoni Calzone			W					✓							
Pepperoni Pizza Slice			BORW					✓							
Pesto Chicken Quesadilla			W					✓							✓
Petit Pan			W												
Quorn Burger			W		✓			✓					✓		✓
Quorn Burger with Cheese			W		✓			✓					✓		✓
Roasted Vegetable Quesadilla			W					✓		✓					
Sausage Bap			W											✓	✓
Sweet Thai Chilli Chicken with Noodle Salad			W		✓										
Tomato Soup		✓	W					✓							
Tuna & Sweetcorn Bake Pasta Pot			W			✓		✓							
Tuna & Sweetcorn Calzone			W			✓		✓							





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<b>DRINKS</b>															
Blackcurrant & Raspberry Smoothie	✓														
Chocolate Frappe								✓							
Chocolate Sprinkle														✓	
Coffee								✓							
Hot Chocolate								✓							
Mango & Passion Fruit Smoothie	✓														
Oranka Cup	✓														
Strawberry & Mango Smoothie	✓														
Sugar Stick/Sachet	✓														
Tea								✓							
<b>SIXTH FORMS</b>															
Caramel Coffee Syrup	✓														
Gingerbread Coffee Syrup	✓														
Hazelnut Coffee Syrup															H
Panini Bread			W												
Vanilla Coffee Syrup	✓														
<b>TASTE DEALS</b>															
Banana Cake Muffin			W		✓			✓							
Beef Salad			W		✓			✓		✓					

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### 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 a risk of cross contamination that cannot 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.