

EDUCATION CATERING

ALLERGEN INFORMATION MATRIX (SECONDARY SCHOOLS) –

FEBRUARY 2026

Menu Item	None	Celery	Cereals (containing gluten) B = BARLEY O = OATS R = RYE W = WHEAT	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts A = ALMONDS B = BRAZIL C = CASHEW/ H = HAZELNUTS M = MACADAMIA P = PECAN PI = PISTACHIO W = WALNUTS	Peanuts	Sesame	Soybeans	Sulphur Dioxide
BREAKFAST ITEMS															
Alpro Oat Milk			O												
Alpro Soya Milk														✓	
Assorted Jams	✓														
Bran Flakes			BW												
Buttered Crumpets			W					•						•	
Buttered Muffin			W										•	✓	
Buttered Plain Bagel			BW										•		
Cornflakes			B					•						•	
Crisp Rice			B												
Fresh Fruit	✓														
Oats to Go Porridge Oats			O • BW					✓			• ABHP				
Semi Skimmed Milk								✓							
Shreddies			BW								• H	•			
Soft Spread	✓														
Toast/Bread (50/50)			W											✓	
Weetabix			BW												
Yogurts – Prepacked								✓							
SAVOURY SNACKS															
Bacon and Cheese Turnover			W		✓			✓		✓					•
Bagel - Bacon			BW										•		
Bagel - Sausage			BW										•		

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Bagel - BBQ Chunk (Vegetarian)			BW					✓					•	✓	
Bagel - BBQ Chicken			BW					✓					•		
Bagel - Cajun Chunk (Vegetarian)			BW		✓			✓		✓			•	✓	
Bagel - Cajun Chicken			BW		✓			✓		✓			•		
Bagel - Sweet Chilli Chunk (Vegetarian)			BW					✓					•	✓	
Bagel - Sweet Chilli Chicken			BW					✓					•		
Bagel Bites - Cajun			BW		✓					✓			•		
Bagel Bites - Pizza		•	BW		✓			✓		✓			•		
Bap - Bacon			W										•		
Bap - Sausage			W										•		
Buffalo Chicken Melt			W					✓		•	•BMPW		•	•	
Calzone - BBQ Chicken			BORW		•			✓							
Calzone - Chilli Chicken			BORW		•			✓							
Calzone - Ham, Cheese and Onion			BORW		•			✓							
Calzone - Ham, Cheese and Onion (Halal)		•	BORW		•			✓		•				✓	
Calzone - Margherita			BORW		•			✓							
Cheese and Bean Melt			W					✓		•	•BMPW		•	•	
Cheese and Onion Pasty			W					✓							
Cheese on Toast			W					✓						✓	
Cheesy Crumpet			W					✓						•	
Jacket Potato Plain	✓														
Jacket Potato with Baked Beans	✓						✓								

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Jacket Potato with Baked Beans and Cheese								✓							
Jacket Potato with Baked Beans and Vegan Cheese	✓														
Jacket Potato with Cheese								✓							
Jacket Potato with Vegan Cheese	✓														
Jacket Potato with Cheese and Coleslaw					✓			✓							
Jacket Potato with Vegan Cheese and Coleslaw (Plant Based)	✓														
Jacket Potato with Tuna Mayonnaise					✓	✓									
Noodle Pot - Sweet Thai Chilli			W		✓										
Noodle Pot - Thai Green Curry			W		✓										
Noodle Pot - Hoi Sin			W		✓								✓	✓	
Panini - Cheese			W					✓					•		
Panini - Cheese and Ham			W •BOR					✓					•		
Panini - Cheese and Ham (Halal)		•	W		•			✓		•			•	✓	
Panini - Chicken and Pesto			W					✓					•		✓
Panini - Jerk Chicken			BW					✓			•	•	•		
Panini - BBQ Chicken			W					✓					•		
Panini - Veggie			W					✓							
Panini - Tex Mex Chicken			W					✓					•		
Pasta Pot - Neapolitan			W												
Pasta Pot - Neapolitan (Gluten Free)	✓														

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Pasta Pot - Arrabbiata			W							•	•	•			
Pasta Pot - Arrabbiata (Gluten Free)										•	•	•			
Pasta Pot - Tomato & Basil			W												
Pasta Pot - Tomato & Basil (Gluten Free)	✓														
Pasta Pot - Cheesy Pesto			W					✓							✓
Pasta Pot - Cheesy Pesto (Gluten Free)								✓							✓
Peppered Steak Slices			BW					✓							
Pitta Pocket - Balti Chicken			W •BOR					•		•	•AC	•		•	
Pizza - GF Base Only	✓														
Pizza - BBQ Chicken			BORW					✓							
Pizza - Chicken and Pesto			BORW					✓							✓
Pizza - Ham and Pineapple			BORW					✓							
Pizza - Ham and Pineapple (Halal)		•	BORW		•			✓		•				✓	
Pizza - Margherita			BORW					✓							
Pizza - Mushroom, Peppers and Sweetcorn			BORW					✓							
Quesadilla - Cajun			W		✓			✓		✓					
Quesadilla - Spicy			W					W							
Rice Pot - Sweet Thai Chilli	✓														
Rice Pot - Thai Green Curry	✓														
Rice Pot - Hoi Sin			W										✓	✓	
Tomato Ketchup	✓														

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Vegan Sausage Roll			OW												✓
Wrap - BBQ Hot Chicken			W					✓							
Wrap - Pesto Hot Chicken			W					✓							✓
Wrap - Mint Yoghurt Falafel			W		✓			✓					✓		
Wrap - Mini Crispy Chicken Snack - BBQ			W		✓										
Wrap - Mini Crispy Chicken Snack - Garlic			W		✓										
Wrap - Mini Crispy Chicken Snack - Hot			W		✓										
MAIN MEALS															
Baked Breaded Pollock			W			✓									
BBQ Pulled Pork (No Pitta)		•								•			•		
BBQ Pulled Pork and Pitta		•	W • BOR					•		•			•	•	
Beef Burritos with Spicy Tomato Salsa (Meat Based)		✓	W • BOR					✓		•				•	✓
Beef Burritos (No Salsa)		✓	W • BOR					✓		•				•	
Burrito with Spicy Tomato Salsa (Plant Based)		✓	W • BOR							•				✓	✓
Burritos (No Salsa) (Plant Based)		✓	W • BOR							•				✓	
Beef Enchiladas with Spicy Tomato Salsa		✓	W • BOR					✓		•				•	✓
Bolognese Sauce (Meat Based/Halal)		✓													
Bolognese Sauce (Vegetarian)		✓			✓										
Brazilian Coconut Curry (Meat Based)		✓	•W					✓		•					
Brazilian Coconut Curry (Vegetarian)		✓	•W					✓		•				✓	

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Burger in a Brioche Bun (Meat Based)		•	RW		•	•		✓		•			•	•	✓
Burger in a Brioche Bun (Halal)			RW					✓					•		
Burger in a Brioche Bun (Plant Based)			RW					•		•			•		
Cajun and Tomato Burger in a Brioche Bun (Meat Based)			RW		✓					✓			•		
Cajun and Tomato Burger in a Brioche Bun (Vegetarian)			RW		✓			•		✓			•		
Chicken and Spinach Balti		✓								•	•AC	•			
Chicken Chimichanga			W							✓					✓
Chicken Goujon Wrap – Plain/BBQ			W		✓										
Chilli Con Carne (Meat Based)		✓	•BORW							•				•	
Chilli Con Carne (Vegetarian)		✓	•BORW		✓					•					
Chinese Curry (Meat Based)		•	W •B							✓				•	
Chinese Curry (Plant Based)		•	W •B							✓				✓	
Cottage Pie (Meat Based/Halal)		✓													
Cottage Pie (Vegetarian)		✓			✓										
Fajita Topped Chicken								✓							✓
Fajita Topped Quorn (Vegetarian)			W					✓							✓
Fish Bites						✓									
Fish Fingers (No Bun)			W		✓	✓		•		•					
Fish Fingers in a Brioche Bun			RW		✓	✓		•		•			•		
Salmon Fish Fingers (No Bun)						✓									
Salmon Fish Fingers in a Brioche Bun			RW			✓							•		

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Fishless Fingers (Plant Based) (No Bun)			W												
Fishless Fingers in a Brioche Bun (Plant Based)			RW										•		
Farmhouse Pasta Bake (Plant Based)		•	W												
Frando's Chicken Fakeaway (Meat Based)										✓					
Frando's Plant Based Fakeaway (Plant Based)			W							✓					
Hot and Spicy Burger			RW							•			•		✓
Katsu Style Chicken Curry (Meat Based)		✓	•W							•					
Katsu Style Curry (Plant Based)		✓	•W							•				✓	
Korma Chicken Curry (Meat Based)		✓						✓		✓	•AC	•			
Korma Curry (Vegetarian)		✓						✓		✓	•AC	•		✓	
Lasagne (Meat Based/Halal)		✓	W		•			✓		•				•	
Mac and Cheese (Plain/Chilli Topped) (Vegetarian)			W					✓						•	
Mac and Cheese (Southern Style Crumb Topped) (Vegetarian)			W					✓		✓				•	
Madras Chicken Curry (Meat Based)		✓								✓	•AC	•			
Madras Curry (Plant Based)		✓								✓	•AC	•		✓	
Mexican Vegetarian Lasagne			W •BOR					✓		•				✓	
Pork Meatballs in a Tomato and Basil Sauce (Meat Based)														✓	✓
Vegan Meatballs in a Tomato and Basil Sauce (Plant Based)	✓														

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Pasta Bolognese (Meat Based/ Halal)		✓	W												
Pasta Bolognese (Plant Based)		✓	W											✓	
Pasta Neapolitan (Vegetarian)			W					✓							
Pasta Neapolitan (Plant Based)			W												
Plant Based Chimichanga			W							✓				✓	✓
Plant Based Spinach Balti		✓								•	•AC	•		✓	
Tomato Sauce for Filled Pastas	✓														
Three Cheese Cappelletti in a Tomato and Basil Sauce			W		✓			✓						•	
Spinach and Ricotta Tortelloni in a Tomato and Basil Sauce			W		✓			✓		•				•	
Roast Beef	✓														
Roast Chicken	✓														
Roast Pork	✓														
Roast Quorn		•	W												
Roast Sausage			W											✓	✓
Roast Sausage (Plant Based)	✓														
Roast Turkey	✓														
Spicy Roasted Vegetable Wrap (Plant Based)			W							✓					
Steak and Vegetable Pie		•	W				•			•				•	
Sweet and Sour Chicken (Meat Based)			W											✓	

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Sweet and Sour Quorn (Plant Based)			W											✓	
Sweet Thai Chilli Chicken (Meat Based)	✓														
Vegan Sweet Thai Chilli (Plant Based)														✓	
Tikka Masala Curry (Meat Based)										•	•AC	•			
Tikka Masala Curry (Plant Based)										•	•AC	•		✓	
Tomato and Mascarpone Pasta Bake		•	W					✓							✓
Tuna and Sweetcorn Pasta Bake			W			✓		✓						•	
Vegetable Balti (Plant Based)		✓								•	•AC	•			
Veggie Goujon Wrap – Plain/BBQ			W		✓									✓	
Veggie Lasagne		✓	W		•			✓		•				✓	
SIDE DISHES AND CONDIMENTS															
Baguette (White/Brown)			W					•		•				•	
Baked Beans	✓														
Bread (50/50)			W											✓	
Broccoli	✓														
Brussels Sprouts	✓														
Burger Salad	✓														
Cajun Diced Potatoes										✓					
Carrots	✓														
Cauliflower	✓														
Cheese Sauce			W					✓						•	
Chips			(W)			(✓)								(✓)	(✓)

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Egg Fried Rice					✓									✓	
Garlic and Herb Ciabatta		•	W					•		•	•BMPW		•	•	
Garlic Bread Slice			W					•						•	
Gluten Free Roll					✓			•						•	
Gravy (Free From)	✓														
Green Beans	✓														
Herby Diced Potatoes		•													
Mashed Potatoes	✓														
McCains Herby Diced Potatoes			W												
Mixed Peppers	✓														
Mixed Vegetables	✓														
Mushy Peas	✓														
Naan Bread			W												
New Potatoes	✓														
Oriental Vegetables	✓														
Pasta (Twists, Shells, Penne, Macaroni)			W												
Pasta (Gluten Free Penne Pasta)	✓														
Peas	✓														
Petit Pains			W					•		•				•	
Pitta Bread			W •BOR					•						•	
Rice (White)	✓														
Roast Potatoes	✓														

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Spicy Tomato Salsa															✓
Side Salad with Cress										✓					
Side Salad w/out Cress	✓														
Smokey Diced Potatoes	✓														
Spiced Cauliflower										•	•AC	•			
Stuffing Balls			W												
Sweetcorn	✓														
Vegetable Fried Rice	✓														
Yorkshire Pudding			W		✓			✓							
FRUIT, BAKERY AND DESSERT															
Banana Cake			W		✓			✓		•				•	✓
Carrot Cake			W		✓			✓		•				•	✓
Chocolate Brownie			W		✓			✓						•	
Chocolate Cornflake Crisp			B					✓						•	
Chocolate Sponge			W		✓			✓						✓	
Cocoa Cookies			W		✓						•AHPW				✓
Custard/Chocolate Custard								✓							
Flapjack (All Varieties)			O					✓							
Fresh Fruit for Display	✓														
Fruit Crumble Variations			OW					✓						•	
Muffins (All Varieties)			W		✓			✓						•	
Muffin Cream Fillings (All Varieties)								✓							

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Shortbread (All Varieties)			W					✓						•	
Vanilla Rice Pudding								✓							
Vanilla Sponge			W		✓			✓						✓	
Waffles			W		✓			•						✓	
DRINKS															
Aerosol Cream								✓							
Barista - Hot Chocolate								✓							
Barista - White Hot Chocolate								✓							
Chocolate Sprinkle								✓							
Coffee - Black	✓														
Coffee - White								✓							
Herbal Teas	✓														
Hot Chocolate								✓							
Mini Marshmallows	✓														
Oat Milk			O												
Soya Milk														✓	
Syrup - Caramel Syrup	✓														
Syrup - Hazelnut Syrup											✓ _H				
Syrup - Vanilla Syrup	✓														
Tea								✓							
SALAD BAR															
Coleslaw					✓										

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Coleslaw (Plant Based)	✓														
Curried Potato and Spinach Salad			•W		✓					•					
Curried Potato and Spinach Salad (Plant Based)			•W							•					
Herby Garlic Potatoes		•													
Hoisin Noodles			W		✓								✓	✓	
Mediterranean Vegetables		•													
Onion Mix	✓														
Oven Baked Maple Chilli Potatoes	✓														
Roasted Sweet Potato, Pepper and Quinoa Salad		✓	•BW					✓		•			•	•	•
Single Items - Beetroot	✓														
Single Items - Carrot	✓														
Single Items - Cheddar								✓							
Single Items - Cherry Tomatoes	✓														
Single Items - Cucumber	✓														
Single Items - Feta								✓							
Single Items - Iceberg Lettuce	✓														
Single Items - Mixed Bean Salad	✓														
Single Items - Mixed Leaf Salad	✓														
Single Items - Mixed Pepper	✓														
Single Items - Sweetcorn	✓														
Spicy Reggae Rice			B								•	•			

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Sunshine Slaw					✓					✓					
Sunshine Slaw (Plant Based)	✓														
Sweet Chilli Noodles			W		✓										
THEME DAY															
Chocolate Orange Muffin			W		✓			✓						•	
Mince Pie			W		•			•			•ABCHMPPIW			•	
Snowball Muffin			W		✓			✓						•	✓
Festive Shortbread			W					✓						•	
Gingerbread Person			W		✓									•	
Roast Turkey	✓														
Roast Quorn Fillet			W												
Chicken Breast (Halal)	✓														
Sage and Onion Stuffing			W												
Pork and Beef Chipolata			W											✓	✓
Chicken Sausage (Halal)		•	W		•			•		•			•	✓	✓
Plant Based Chipolata	✓														
Roast Potatoes	✓														
Peas	✓														
Carrots	✓														
Sprouts	✓														
Gravy	✓														
Cranberry Sauce	✓														

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Christmas Cupcake			W		✓			✓						✓	
Festive Ice Cream Pot								✓							
Festive Plant Based Sorbet	✓														
Satsuma	✓														
Gingerbread Latte								✓							
Mince Pie Hot Chocolate								✓							
Pork and Leek Sausage			W											✓	✓
Glamorgan Sausage			W					✓		✓					
Welsh Cake			W		✓			✓							

NOTES

EDUCATION CATERING ALLERGEN INFORMATION MATRIX (SECONDARY SCHOOLS) – FEBRUARY 2026

- 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 purchased by Education Catering that are 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 elimination of the risk of cross contamination of allergens.
- This document is available in Welsh/Mae'r ddogfen hon ar gael yn Gymraeg.