

# EDUCATION CATERING 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	Peanuts	Sesame	Soybeans	Sulphur Dioxide
<b>BREAKFAST ITEMS</b>															
Cinnamon & Raisin Bagel			BW												
Cornflakes	✓														
Fresh Fruit	✓														
Fresh Fruit Salad with Yogurt & Granola			O					✓			✓				
Fruit Bag	✓														
Fruit Salad	✓														
Honey	✓														
Jam Portion	✓														
Margarine Portion								✓							
Plain Bagel			BORW												
Rolled Oats			✓												
Semi Skimmed Milk								✓							
Shredded Wheat			BW												
Summer Berry & Yogurt Crunch			BOW		✓			✓						✓	✓
Tea Cake			W												
Toast			BRW											✓	
Weetabix			BW												
<b>MAIN MEALS</b>															
Battered Fish			W			✓									(✓)
Beef Lasagne		✓	W					✓							
Beef Madras										✓					✓

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Beef Burritos		✓	W												✓
Bolognese Sauce		✓													
Breaded Salmon Caesar Salad			W		✓	✓		✓							
Cheesy Fishcake			W		✓	✓		✓						✓	✓
Chicken & Spinach Balti										✓					✓
Chicken Chasseur		✓	BORW											✓	✓
Chicken Tikka Masala								✓		✓					✓
Chip Shop Chicken Curry			W							✓					✓
Fish Fingers			W			✓									
Gravy		✓	BORW											✓	✓
Hunters Chicken			W					✓		✓					✓
Mexican Vegetable Lasagne			BW					✓							
Quorn Fillet					✓										
Quorn Sausage			BORW		✓									✓	
Reggae Reggae Jamaican Jerk Chicken	✓														
Roast Beef	✓														
Roast Chicken	✓														
Roast Pork	✓														
Roast Turkey	✓														
Sausages			BORW											✓	✓
Spicy Beancake			W		✓			✓						✓	✓
Sticky Thai Chilli Chicken	✓														

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VegeMince Bolognese Sauce		✓	B												
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		✓	BORW					✓						✓	✓
Ham & Cheese Quiche			W		✓			✓							
Lamb Moussaka (Halal Only)		✓	BORW					✓						✓	✓
Lamb Navarin (Halal Only)		✓	W												✓
Lamb Rogan Josh (Halal Only)										✓					✓
Meatballs in Tomato & Basil Sauce			W		✓										✓
Puff Pastry Lid			W		✓			✓							
Quorn Balls in Tomato & Basil Sauce			BORW		✓										✓
Roast Vegetable Quiche			W		✓			✓							
Shepherd's Pie (Halal Only)		✓	BORW					✓						✓	✓

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

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Pork Chow Mein			W		✓									✓	
Pork in Black Bean Sauce		✓	W										✓	✓	✓
Pork in Hoi Sin Sauce		✓	W										✓	✓	
Quorn Chow Mein			W		✓									✓	
Quorn Fajita			W		✓										
Quorn in Black Bean Sauce		✓	W		✓								✓	✓	✓
Quorn in Hoi Sin Sauce		✓	W		✓								✓	✓	
Quorn Thai Green Curry					✓			✓							✓
Sweet & Sour Chicken		✓													✓
Sweet & Sour Pork		✓													✓
Sweet & Sour Quorn		✓			✓										✓
Sweet Potato Saag Aloo with Rice										✓					✓
Szechwan Beef		✓	W										✓	✓	✓
Szechwan Chicken		✓	W										✓	✓	✓
Szechwan Pork		✓	W										✓	✓	✓
Szechwan Quorn		✓	W		✓								✓	✓	✓
Tandoori Chicken with Bombay Potatoes										✓					✓
Tandoori Quorn with Bombay Potatoes					✓					✓					✓
Thai Chilli Chicken Stir Fry	✓														
Thai Chilli Quorn Stir Fry					✓										

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VegeMince Chilli Wedges		✓	B					✓							✓
VegeMince Keema			B							✓					✓
<b>SIDE DISHES &amp; CONDIMENTS</b>															
Apple Sauce	✓														
Baked Beans	✓														
Broccoli	✓														
Brown Sauce Sachet			R												
Brussels Sprouts	✓														
Cabbage	✓														
Carrots (sliced)	✓														
Cauliflower	✓														
Chip Shop Curry Sauce			W											✓	✓
Chipped Potatoes			(BORW)			(✓)									(✓)
Chota Naan			W					✓							
Coleslaw					✓					✓					
Cranberry Sauce	✓														
Egg Fried Rice					✓										
Garlic Bread			W					✓							
Grated Cheese								✓							
Green Beans	✓														
Herby Diced Potato															✓
Herby Dumplings			W		✓					✓				✓	
Mashed Potato								✓							✓

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Mayonnaise Sachet					✓					✓					
Mixed Vegetables	✓														
Mixed/Side Salad	✓														
Mushy Peas	✓														
Noodles			W		✓										
Pasta			W												
Peas	✓														
Pilaf Rice															✓
Potato Wedges		✓													
Rice	✓														
Roast Potatoes			(BORW)			(✓)									✓
Salad Cream Sachet					✓					✓					
Spicy Tomato Salsa															✓
Stuffing			W												
Sweetcorn	✓														
Tartare Sauce Sachet					✓					✓					
Tomato Ketchup Sachet	✓														
Tuna Mayonnaise					✓	✓				✓					
Yorkshire Pudding			W		✓			✓							
<b>SWEET SNACKS &amp; DESSERT</b>															
Apple & Cinnamon Crumble			OW												
Banana Cake			W		✓			✓							✓
Bread & Butter Pudding			W		✓			✓						✓	

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Carrot Cake			W		✓			✓							✓
Chocolate Brownie			W		✓			✓							
Chocolate Cornflake Crisp			B					✓							
Chocolate Crunch Cookie			OW		✓									✓	✓
Chocolate Muffin			W		✓			✓							
Chocolate Sponge			W		✓			✓						✓	
Custard								✓							
Flapjack			O												
Frozen Yogurt 2 Scoop Cornet			W					✓						✓	
Frozen Yogurt 3 Scoop Tub								✓							
Jam & Cream (Victoria) Sponge			W		✓			✓						✓	✓
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			BORW												



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Bacon Bap			W												
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												
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		✓					✓				✓	
Chicken & Bacon (Salad) Wrap			W		✓					✓					
Chicken Burger			W										✓		
Chicken Burger with Cheese			W					✓					✓		

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Chicken Caesar Salad		✓	✓		✓	✓		✓							
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		✓					✓					
Curried Cauliflower Soup		✓	W					✓		✓					✓
Ham & Cheese Panini			W					✓						✓	
Ham & Pineapple Calzone			W					✓							
Ham & Pineapple Pizza Slice			BORW					✓							
Ham (Salad) Baguette			W												
Ham (Salad) Sandwich			W											✓	
Ham (Salad) Wrap			W												
Jacket Potato Plain	✓														
Jacket Potato with Baked Beans	✓														
Jacket Potato with Beans & Cheese								✓							
Jacket Potato with Cheese								✓							

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Jacket Potato with Luxury Filling			B		✓			✓		✓					
Jacket Potato with Tuna Mayonnaise					✓	✓				✓					
Jacket Potato with Tuna Mayonnaise & Cheese					✓	✓		✓		✓					
Leek & Potato Soup															✓
Macaroni Cheese Pasta Pot			BORW					✓		✓					
Margherita Calzone			W					✓							
Margherita Pizza Slice			BORW					✓							
Mixed Cheese & Onion (Salad) Baguette			W		✓			✓		✓					
Mixed Cheese & Onion (Salad) Sandwich			W		✓			✓		✓				✓	
Mixed Cheese & Onion (Salad) Wrap			W		✓			✓		✓					
Mixed Vegetable Soup		✓	W												✓
Mushroom & Sweetcorn Calzone			W					✓							
Mushroom & Sweetcorn Pizza Slice			BORW					✓							
Mushroom Soup		✓	W												✓
Neapolitan with Mozzarella & Basil Pasta Pot			W					✓							✓
Pasta Italiano Salad			W					✓							✓

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Pasta King Arrabiata Sauce	✓														
Pasta King Basilico Sauce	✓														
Pasta King Carbonara Sauce			W					✓							
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					✓							
Petit Pan			BW												
Quorn Burger			BORW		✓					✓			✓	✓	
Quorn Burger with Cheese			BORW		✓			✓		✓			✓	✓	
Sausage Bap			BORW											✓	✓
Sub Central BBQ Chicken with BBQ Sauce			W							✓				✓	
Sub Central BBQ Chicken with Ranch Sauce			W		✓					✓					
Sub Central Chicken Tikka with BBQ Sauce			W							✓				✓	
Sub Central Chicken Tikka with			W		✓					✓					

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Ranch Sauce															
Sub Central Nacho Fish Fillet with Ranch Sauce			W		✓	✓		✓		✓					
Sub Central Nacho Fish Fillet with BBQ Sauce			W			✓		✓		✓				✓	
Sub Central Sweet Chilli Chicken with BBQ Sauce			W							✓				✓	
Sub Central Sweet Chilli Chicken with Ranch Sauce			W		✓					✓					
SUB 350 Bombay Vegetable			W		✓			✓		✓				✓	
SUB 350 Chicken Fajita			W		✓			✓		✓				✓	
SUB 350 Fiery Cheese			W		✓			✓		✓				✓	
SUB 350 Spicy Chicken & Chorizo			BW		✓			✓						✓	
Sweet Thai Chilli Chicken with Noodle Salad		✓	W		✓										
Tomato Soup		✓	W					✓							
Tuna & Sweetcorn Bake Pasta Pot			W			✓		✓							
Tuna & Sweetcorn Calzone			W			✓		✓							
Tuna & Sweetcorn Pizza Slice			BORW			✓		✓							
Tuna Mayonnaise & Cheese Panini			W		✓	✓		✓		✓				✓	
Tuna Mayonnaise (Salad)			W		✓	✓				✓					

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Baguette															
Tuna Mayonnaise (Salad) Sandwich			W		✓	✓				✓				✓	
Tuna Mayonnaise (Salad) Wrap			W		✓	✓				✓					
Tuna Mayonnaise Layered Salad			W		✓	✓				✓					
<b>SALAD BAR</b>															
Braised Rice & Peas															✓
Caesar Pasta Salad			W		✓	✓		✓							
Chicken Breast in BBQ Marinade			W							✓				✓	
Chicken Breast in Cajun Marinade		✓													
Coronation Coleslaw					✓					✓					
Curried Potato & Spinach Salad					✓					✓					✓
Curried Rice Salad										✓					✓
Egg Mayonnaise					✓					✓					
Falafel with Yogurt & Mint Dip								✓							
Fruity Moroccan Cous Cous			W												✓
Leaf Salad	✓														
Mixed Bean Salad	✓														
Mixed Cheese & Onion					✓			✓		✓					
New Potatoes	✓														
Nicoise Salad					✓										
Pasta Italiano Salad			W					✓							✓

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Potato Salad					✓					✓					✓
Quorn Fillet in BBQ Marinade			W		✓					✓				✓	
Quorn Fillet in Cajun Marinade		✓			✓										
Ratatouille	✓														
Sliced Beef	✓														
Sliced Ham	✓														
Sliced Turkey	✓														
Spicy Sweet Potato & Butternut Squash		✓													
Sweet Thai Chilli Noodle Salad			W		✓										
<b>DRINKS</b>															
Blueberry & Raspberry Smoothie	✓														
Chocolate Sprinkle			✓					✓						✓	
Coffee								✓							
Fruits of the Forest & Pineapple Smoothie	✓														
Hot Chocolate								✓							
Mango & Passion Fruit Smoothie	✓														
Oranka Cup	✓														
Raspberry, Yogurt & Banana Smoothie								✓							
Strawberry & Mango Smoothie	✓														
Sugar Stick/Sachet	✓														

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Tea								✓							



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<b>SIXTH FORMS</b>															
Caramel Coffee Syrup	✓														
Gingerbread Coffee Syrup	✓														
Hazelnut Coffee Syrup											✓				
Panini Bread			w											✓	
Vanilla Coffee Syrup	✓														
<b>TASTE DEALS</b>															
Apple Strudel Muffin			w		✓			✓							
Banana Cake Muffin			w		✓			✓							✓
Chocolate Orange & Cranberry Muffin			w		✓			✓							
Christmas Pudding			w												✓
Christmas Pudding Muffin			w		✓			✓			✓				✓
Mince Pie			BW												✓
Mulled Blueberry Muffin			w		✓			✓							
Roast Turkey, Stuffing & Cranberry Baguette			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.