

EDUCATION CATERING ALLERGEN INFORMATION MATRIX (PRIMARY SCHOOLS) – JANUARY 2024

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
MAIN COURSES															
Chicken Burger with Coleslaw			W		✓								•		✓
Chicken Burger with Coleslaw (Halal) **			W • ORB		✓								•	✓	✓
Quorn Fillet Burger with Coleslaw (Plant Based)			W										•		✓
Beef Chilli		✓													
Beef Chilli (Halal) **		✓													
Beef Chilli (DMS) **			• W							•					
Bolognese Sauce		✓													
Bolognese Sauce (Halal) **		✓													
Breaded Fish Fillet						✓									
Bubble Coated Salmon Fillet						✓									
Cheese and Tomato Pizza			W					✓							
Chicken Korma			W					✓		✓		•		•	
Chicken Korma (DMS) **								✓							✓
Fishless Fingers (Plant Based)			W												
Jacket Potato with Baked Beans (Plant Based)	✓														
Jacket Potato with Cheese								✓							
Jacket Potato with Cheese and Baked Beans								✓							

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Jacket Potato with Tuna Mayonnaise					✓	✓									
Jacket Potato with Vegan Cheese (Plant Based)	✓														
Jacket Potato with Vegan Cheese and Baked Beans (Plant Based)	✓														
Jumbo Fish Finger			w			✓		✓		✓					
Pasta Neapolitan Bake		✓	w					✓							
Pasta Neapolitan Bake (Plant Based)		✓	w												
No-Whey Cheese and Tomato Pizza (Plant Based)			w												
Pasta Bolognese (DMS) **			w											•	
Quorn Fillet Dinner with Gravy (Plant Based)			w												
Plant Based Sausage, Mash and Gravy (Plant Based)	✓														
Roast Chicken Dinner with Gravy	✓														
Roast Chicken Dinner with Gravy (Halal) **	✓														
Roast Pork and Beef Sausage, Mash and Gravy			w											✓	✓
Roast Pork Sausage, Mash and Gravy **	✓														

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Roast Sausage, Mash and Gravy (Halal) **		•	W		•			•		•			•	✓	
Vegetable Korma (Plant Based)										✓	• AC	•		✓	
Vegetable Korma (DMS) **								✓							✓
Vegetable Nuggets (Plant Based)			W												
Pasta Neapolitan Bake		✓	W					✓							
Pasta Neapolitan Bake (Plant Based)		✓	W												
Veggie Bolognese (Plant Based)		✓												✓	
Veggie Chilli (Plant Based)		✓												✓	
Veggie Chilli (DMS) (Plant Based) **			• W							•					
Vegetarian Bolognese (DMS) (Plant Based) **	✓														
SIDES AND ACCOMPANIMENTS															
Baked Beans	✓														
Broccoli	✓														
Brown and White Rice	✓														
Carrots	✓														
Cauliflower	✓														
Chips	✓														

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Free Bread			W											✓	
Garlic Bread			W					•						•	
Garlic Slice		•	W											✓	
Gravy	✓														
Herby Diced Potato			W												
Jacket Potato	✓														
Mashed Potato	✓														
Mixed Vegetables	✓														
Naan Bread			W												
New Potatoes	✓														
Pasta			W												
Peas	✓														
Roast Potatoes	✓														
Roast Potatoes (DMS) **	✓														
Savoury Rice		✓													
Side Salad	✓														
Sweetcorn	✓														
DESSERTS															
Alpro Soya Vanilla Dessert														✓	
Cheese and Biscuits			W • BOR		•			✓			• BCMPIIW	•	•	•	•
Chocolate Cookie (Plant Based)			W												
Chocolate Sponge (Plant Based)			W												

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Flapjack (DMS)			O		•			•			•			•	
Fruit - Apple	✓														
Fruit - Banana	✓														
Fruit - Black Grapes	✓														
Fruit - Green Grapes	✓														
Fruit - Melon	✓														
Fruit - Orange	✓														
Fruit - Pear	✓														
Fruit - Satsuma	✓														
Fruit Cocktail	✓														
Fruit Salad	✓														
Jam and Coconut Sponge (Plant Based)			W												✓
Jammie Jack			O												✓
Jelly with Peach Slices	✓														
Peach Crisp			O												
Raspberry Ripple Ice Cream with Mandarin Oranges			W		✓			✓						✓	
Vanilla Sponge with Mandarin Oranges			W												
Yoghurt								✓							
SAVOURY SNACKS & GRAB BAGS (FOR SCHOOL TRIPS)															
Cheese Sandwich **			W					✓						✓	
Ham Sandwich **			W											✓	

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Tuna Mayo Sandwich **			W		✓	✓								✓	
Vegan Cheese Sandwich **			W											✓	
Cheese Baguette **			W					✓		•				✓	
Ham Baguette **			W							•				✓	
Tuna Mayo Baguette **			W		✓	✓				•				✓	
Vegan Cheese Baguette **			W							•				✓	
Jelly Squeeze – Strawberry	✓														
Jelly Squeeze – Apple and Blackcurrant	✓														
Jelly Squeeze – Orange	✓														
Mini Pack Cream Crackers			W • BOR		•			•			• BCMPIIW	•	•	•	•
Raisins and Sultanas	✓														
THEME DAYS															
Alpro Soya Chocolate Dessert														✓	
Roast Turkey	✓														
Pigs in Blankets			W							•				✓	✓
Cranberry Sauce	✓														
Choc Ice Cream Yule Log			W		✓			✓						✓	
Dairy Free Ice Cream											•	•			
Gravy	✓														
Sausage Roll			W		✓			•		•				•	
Sage and Onion Stuffing			W												
Raspberry Ripple Mousse								✓							

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****These items are for specific education and special education settings only.**

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.
- 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.