

# EDUCATION CATERING

## ALLERGEN INFORMATION MATRIX (PRIMARY SCHOOLS JUNE 2021)



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 SCHEME</b>															
Bagel			BW												
Cornflakes			B												
English Muffin			W											✓	
Fresh Fruit	✓														
Alpro Drink (Soya)														✓	
Jam	✓														
Mandarins in Light Syrup	✓														
Marmalade Portion	✓														
Marmite		✓	BORW												
Ready Brek			O												
Rice Krispies			B												
Rolled Oats			O												
Semi Skimmed Milk								✓							
Shreddies			BW												
Soft Margarine Spread								✓							
Teacake			W												
Toast			BRW											✓	
Bebo Light Sunflower Spread	✓														
Weetabix			BW												✓
Yoghurts								✓							

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<b>MAIN COURSES</b>															
Battered Pollock GF						✓									
Battered Pollock			W			✓									
Beef Burger			W												✓
Beef Burger (Halal)			W											✓	✓
Cheese Burger			W					✓							✓
Beef Burritos			W					✓							
Cheese & Onion Pasty (DMS Only)			W					✓							✓
Cheese & Tomato Pizza			BORW					✓							
Cheese (Salad) Baguette			W					✓		✓					
Cheese (Salad) Sandwich			W					✓						✓	
Cheese (Salad) Wrap			W					✓							
Chicken & Broccoli Pasta Bake			W					✓							
Chicken & Pepperoni Pasta Bake			W					✓							
Chicken & Spinach Balti		✓								✓					
Chicken Curry (DMS Only)		✓						✓		✓					✓
Chicken Korma			W					✓		✓					

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Chicken Korma ( <b>DMS Only</b> )									✓			A				
Chicken Tikka		✓							✓		✓					
Chicken Tikka Masala ( <b>DMS Only</b> )									✓							
Chicken, Tomato & Pasta Bake ( <b>DMS Only</b> )				W												
Country Vegetable Bake				W					✓							
Egg Mayonnaise (Salad) Baguette				W		✓					✓					
Egg Mayonnaise (Salad) Sandwich				W		✓					✓				✓	
Egg Mayonnaise (Salad) Wrap				W		✓					✓					
Fish Bites							✓									
Fish Fingers				W			✓									
Ham (Salad) Baguette				W							✓					
Ham (Salad) Sandwich				W							✓				✓	
Ham (Salad) Wrap				W							✓					
Hot Dog in a Roll				W												
Jacket Potato with Beans																✓
Jacket Potato with Cheese									✓							



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Scrambled Egg & Cheesy Beans on Toast			W		✓			✓						✓	✓
Sliced Beef in Gravy (DMS Only)			W											✓	
Sliced Pork in Gravy (DMS Only)	✓														
Sliced Turkey in Gravy (DMS Only)	✓														
Tuna & Sweetcorn Pizza			BORW			✓		✓							
Tuna Mayonnaise (Salad) Baguette			W		✓	✓				✓					
Tuna Mayonnaise (Salad) Sandwich			W		✓	✓				✓				✓	
Tuna Mayonnaise (Salad) Wrap			W		✓	✓				✓					
VegeBalls in Gravy		✓	BW					✓						✓	✓
Vegetable Gratin		✓	W					✓						✓	
VegeBalls in Tomato Sauce			BW											✓	
Vegetable Balti			W					✓		✓					
Vegetable Balti (DMS Only)								✓							
Vegetable Korma			W					✓		✓					



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Roast Potatoes	✓														
Sage & Onion Stuffing			W												
Sprouts	✓														
Sweetcorn	✓														
Tomato & Basil Pasta Pot			W					✓							✓
Tomato Ketchup			W												✓
Yorkshire Pudding			W		✓			✓							
<b>DESSERTS</b>															
Apple & Blackberry Crumble			OW					✓							
Apple & Cinnamon Crumble			OW					✓							
Banana & Raisin Muffins			W		✓			✓							
Cheese & Crackers			W					✓				✓	✓		
Chocolate Brownie			W		✓			✓							✓
Chocolate Cornflake Crisp			B					✓							✓
Chocolate Crunch Cookie			OW					✓							✓
Chocolate Muffin			W		✓			✓							
Coconut Slice			W		✓			✓							
Coconut Sponge			W		✓			✓							

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Cocoa Cookie			W		✓										✓
Custard								✓							
Eve's Pudding			W		✓			✓							✓
Flapjack			O					✓							
Free Fruit	✓														
Fruit Cocktail in Light Syrup	✓														
Fruity Oat Cookie			OW		✓			✓							
Fruit Salad	✓														
Fruit Scone			W		✓			✓							
Fruit Scone (Welsh)			W					✓						✓	
Ice Cream								✓							
Lemon Sponge (DMS Only)			W		✓										
Muesli Cookie			OW					✓							✓
Pancake			W		✓			✓							
Peach Slices in Juice															
Pear & Chocolate Sponge			W		✓			✓							
Pear Halves in Juice	✓														
Raisins	✓														
Raspberry Arctic Roll			W		✓			✓						✓	
Raspberry Muffin			W		✓			✓							
Rice Pudding								✓							



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Roly Poly Chocolate (DMS)			W		✓			✓							
Roly Poly Jam Pudding (DMS Only)			W												
Roly Poly Treacle (DMS Only)			W		✓			✓							
Scone with Jam			W					✓							
Shortbread Fingers			W					✓							
Sultana Scones (DMS Only)			W		✓			✓							
<b>DRINKS</b>															
Apple Juice	✓														
Orange Juice	✓														

## NOTES

- Components of a meal are listed separately if dishes can be constructed with different variations
- **DMS** Schools are Birchgrove Primary, Lansdowne Primary, St Cuthbert's Primary, St Joseph's Primary and St Monica's Primary. Howardian Primary also use some DMS products, please check with the Kitchen Manager for further details.
- All information is correct at the time of printing.
- 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.
- 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.