

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
BREAKFAST ITEMS															
7oz Fruit Drinks – Apple Juice	✓														
7oz Fruit Drinks – Orange Juice	V													√	
Alpro Drink (Soya)														•	
Buttered Crumpets			W					•						√	
Buttered English Breakfast Muffin	1		W										•	•	
Fresh Fruit Jam and Marmalade Portion	V														
	•		BW		•			•					•		
Buttered Plain Bagel Semi Skimmed Milk			DVV					✓							
Soft Spread	1							V							
Toast/Bread (White/Brown)	•		BW											√	
Weetabix			BW												
Yogurts – Prepacked								1							
SAVOURY SNACKS								Ý							
Bacon and Cheese Turnover			w		√			√		•					
Bacon Bagel			BW		•			•					•		
Bacon Bap			w										•		
Bacon Breakfast Muffin			w		√			√					•	✓	
Bacon Breakfast Wrap			w		✓			√							
BBQ Chicken Bagel			BW		•			✓					•		
BBQ Chicken Calzone			w					✓							✓



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BBQ Chicken Pizza			BOWR					✓							
BBQ Hot Chicken Wrap			W					✓							
BBQ Vegan Bagel			W		•			✓					•	✓	
Cheese and Bean Melt			W					✓			•		•	•	
Cheese and Onion Pasty			w					✓							
Cheese and Tomato Calzone			W					✓							
Cheese and Tomato Pizza			BOWR					✓							
Cheese on Toast			BW					✓						√	
Cheese Panini			w					\					•		
Cheese and Ham Panini								>					•	√	
Cheesy Crumpet			w		W			✓							
Chicago Town Pizza			BW(●OR)					✓						•	
Chicken and Pesto Panini			W					✓					•		✓
Chicken and Pesto Pizza			BOWR					✓							✓
Chilli Chicken Calzone			w					✓							
Chilli Chicken Vegan Chunk			w					1						√	
Calzone			VV					•						•	
Fresh Healthy Vegetable/Lentil		1													
Soup															
Fresh Carrot and Coriander		✓			✓			✓							
Fresh Leek and Potato		✓			✓			\							
Fresh Minestrone		✓	W		✓			✓							



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Fresh Tomato and Basil		✓						✓							
Ham, Cheese and Onion Calzone			W					✓						✓	
Ham Panini			W										•		✓
Ham and Pineapple Pizza			BOWR					✓						✓	
Jacket Potato Plain	✓														
Jacket Potato with Baked Beans	✓														
Jacket Potato with Beans and Cheese								✓							
Jacket Potato with Cheese								✓							
Jacket Potato with Cheese and Coleslaw		•	•		<	•		✓		✓	•	•		•	
Jacket Potato with Tuna Mayonnaise					✓	✓				✓					
Jerk Chicken Panini			BW					✓			•	•	•		
Love Joe's Chicken Tikka Thigh Burger			w		√			✓		✓			•		
Love Joe's Peri Peri Chicken Thigh Burger			w		✓								•		
Love Joe's Onion Bhaji Burger			w		✓								•		
Love Joe's Southern Fried Chicken Wrap		~	w		✓			•							



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Love Joe's Veggie Burrito			w												
Mini Crispy Chicken Snack Wrap – The BBQ One			w		✓										
Mini Crispy Chicken Snack Wrap – The Garlic One			w		✓										
Mini Crispy Chicken Snack Wrap – The Hot One			w		✓										
Mint Yoghurt Falafel Wrap			w		✓			✓					✓		
Mushroom, Peppers and Sweetcorn Pizza			BOWR					✓							
Pesto Hot Chicken Wrap			w					✓							✓
Plant Based BBQ Bagel			BW		•			✓					•	✓	
Real Wrap Co. XL Toasties - Ham and Cheese			w					✓					•	•	
Real Wrap Co. XL Toasties -			147											_	
Cheese and Tomato			W					✓					•	•	
Sausage Bagel			BW		•			•					•		
Sausage Bap			W										•		
Sausage Breakfast Muffin			w		✓			✓					•	✓	
Sausage Breakfast Wrap			W		✓			✓							
Steak Slices		•	BW		✓	✓								•	



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Tomato Ketchup	✓														
Vegan Sausage Roll			w												✓
MAIN MEALS															
Baked Battered Cod			W			✓									
Baked Breaded Pollock			w			✓									
Bolognese Sauce (Meat Based)		✓			•			•		•				•	
Bolognese Sauce (Plant Based)		✓			•			•		•				✓	
Burger in Brioche Bun (Meat Based)			w										•		✓
Burger in Brioche Bun (Plant Based)			w										•	✓	✓
Burrito with Spicy Tomato Salsa (Meat Based)		✓	w		•			✓		•				•	
Burrito with Spicy Tomato Salsa (Plant Based)		✓	w		•			•		•				✓	
Caprese Chicken Pasta Bake		✓	W		•			✓		•					
Chicken Goujon Wrap – BBQ			W		✓										
Chicken Goujon Wrap – Plain			W		✓										



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Chilli Con Carne (Meat Based)		✓			•			•		•				•	
Chilli Con Carne (Plant Based)		✓			•			•		•				✓	
Chinese Curry (Meat Based)		•	w							✓				•	
Chinese Curry (Plant Based)		•	w							✓				✓	
Fish Fingers in a Brioche Bun (Fish Based)			w		✓	✓							•	✓	
Fishless Fingers in a Brioche Bun (Plant Based)			w										•		
Hotdog – BBQ (Plant Based)			w										•		
Hotdog – Burger Mustard (Plant Based)			w							✓			•		
Hotdog – Ketchup (Plant Based)			w										•		
Korma Curry (Meat Based)		✓			•			✓		✓	•	•			
Korma Curry (Plant Based)		✓			•			✓		✓	•	•		✓	
Lasagne		✓	w		•			✓		•				•	
Pasta and Meatballs (Meat Based)			w											•	✓
Pasta and Meatballs (Plant Based)			w											✓	
Pasta Bolognese (Meat Based)		✓	W		•			•		•				•	



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Pasta Bolognese (Plant Based)		✓	w		•			•		•				✓	
Pasta Neapolitan			w					✓							
Vegan Goujon Wrap – BBQ (Plant Based)			w		✓									✓	
Quorn Goujon Wrap – Plain (Plant Based)			w		✓									✓	
Salmon Fingers in a Brioche Bun (Fish Based)			w		✓	✓							•		
Sweet and Sour Chicken		✓													
Sweet and Sour Quorn (Plant Based)		✓												✓	
Sweet Thai Chilli Chicken (Meat Based)	✓														
Sweet Thai Chilli Quorn (Plant Based)														✓	
Tikka Masala Curry (Meat Based)										•	•	•			
Tikka Masala Curry (Plant Based)										•	•	•		✓	
Tomato and Mascarpone Pasta Bake		•	w					✓							✓
Vegetable Balti (Plant Based)		✓			•			•		•	•	•			



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SIDE DISHES AND CONDIMENTS					ĺ										
Asian Broccoli			W											✓	
Asian Green Beans			W											✓	•
Baked Beans	✓														
Broccoli	✓														
Cauliflower	✓														
Cajun Wedges										✓					
Chips			(W)			(✓)								(✓)	(✓)
Chip Shop Curry Sauce		•	w					•		✓				✓	
Coleslaw – Coronation Slaw					✓					•	•	•			
Coleslaw – Coronation Slaw															
(Plant Based)										•	•	•			
Coleslaw – Standard					✓										
Coleslaw – Standard (Plant	,														
Based)	✓													•	
Coleslaw – Sunshine Slaw					✓					✓					
Coleslaw – Sunshine Slaw (Plant										,					
Based)		•	•		•	•		•		✓				•	
Corn Salsa	✓														
Garlic and Herb Ciabatta		•	w					•			•		•	•	



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Garlic and Herb Slice			w					✓						•	
Gluten Free Roll					✓			•						•	
Green Beans	✓														
Herby Diced Potatoes		•													
Mediterranean Mixed Vegetables	✓														
Mini Corn on the Cobs	✓														
Naan Bread			w												
Oriental Fried Rice			w											✓	
Oriental Vegetables	✓														
Pasta (Fusilli Twists, Pasta			W												
Shells, Penne Pasta, Macaroni)			VV												
Pasta (Gluten Free Penne Pasta)	✓														
Peas	✓														
Petit Pains			W					•						•	
Rice (White/Brown)			w	_					_					✓	
Rice and Beans		✓			•			•		•					
Side Salad	✓														
Spiced Cauliflower				_						•	•	•		_	
Sweetcorn	✓														
Vegetable Fried Rice	✓														



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FILLED BREADS (CANTONIAN C	NLY)														
Chicken Mayonnaise Baguette (No Salad)			w		✓					✓				•	
Chicken Mayonnaise Wrap (Salad)			w		✓					✓					
Chicken Tikka Baguette (No															
Salad)			W		✓			✓		✓				•	
Chicken Tikka Wrap (Salad)			w		✓			✓		✓					
Mixed Cheese and Onion															
Baguette (No Salad)			W		✓			✓		√				•	
Mixed Cheese and Onion Wrap															
(Salad)			W		✓			✓		✓					
FRUIT, BAKERY AND DESSERT															
Banana Cake			w		✓			✓		•				•	✓
Carrot Cake			w		✓			✓		•				•	✓
Chocolate Brownie			w		✓			✓						•	
Chocolate Sponge			w		✓			✓						✓	
Custard/Chocolate Custard								✓							
Fresh Fruit for Display	✓														
Fresh Fruit Pots (All Varieties)	✓														
Fruit Crumble Variations			ow					✓						•	



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Jelly (Strawberry/Orange)	✓														
Muffins – All Flavours (Topped)			w		✓			✓						•	
Vanilla Rice Pudding								✓							
Vanilla Sponge			w		✓			✓						✓	
Waffles			W		✓			✓						✓	
DRINKS											ı				
Coffee - Black	✓														
Coffee - White								✓							
Hot Chocolate								✓							
Tea								✓							
Herbal Teas	✓														
Hot Chocolate (Barista)								✓							
White Hot Chocolate (Barista)								✓							
Caramel Syrup											Н				
Hazelnut Syrup											Н				
Vanilla Syrup	✓														
Gingerbread Syrup	✓														
Salted Caramel Syrup															
Mini Marshmallows	✓														



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Chocolate Sprinkle								✓							
Dark Chocolate Sauce	✓														
White Chocolate Sauce								✓							
Aerosol Cream								✓							

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.
- 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.