

SEF TENIBER 2022			Cereals S B = O W = WI	Cru					3	~	A = B = B	P	Ø	Sc	Sulph
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 H = HAZELNUTS P = PECAN NUTS P = PECAN NUTS P = PISTACHIO NUTS W = WALNUTS	Peanuts	Sesame	Soybeans	Sulphur Dioxide
BREAKFAST ITEMS															
7oz Fruit Drinks – Apple Juice	✓														
7oz Fruit Drinks – Orange Juice	✓														
Alpro Drink (Soya)														✓	
Buttered Crumpets			W					•							
Buttered English Breakfast Muffin			W										•	✓	
Fresh Fruit	✓														
Jam and Marmalade Portion	✓														
Buttered Plain Bagel			BW										•		
Semi Skimmed Milk								✓							
Soft Spread	✓														
Toast/Bread (White/Brown)			BW											✓	
Weetabix			BW												
Yogurts – Prepacked								✓							
SAVOURY SNACKS															
Bacon and Cheese Turnover			W		✓			✓		•					
Bacon Muffin			W										•	✓	
Bacon Bap			W										•		
Bacon Bagel			BW										•		
Bacon Breakfast Muffin			w		✓			✓					•	✓	
Bacon Breakfast Wrap			w		✓			✓							
BBQ Bagel (Plant Based)			BW					✓					•	✓	✓



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BBQ Chicken Bagel			BW					✓					•		✓
BBQ Chicken Muffin			W					✓					•	✓	✓
BBQ Chicken Calzone			W					✓							✓
BBQ Chicken Pizza			BOWR					✓							✓
BBQ Hot Chicken Wrap			W					✓							✓
BBQ Vegan Muffin			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					✓							
Chicago Town Pizza			BW( <sup>●</sup> OR)					✓						•	
Chicken and Pesto Panini			w					✓					•		✓
Chicken and Pesto Pizza			BOWR					✓							✓
Chicken Sausage Muffin (Halal)		•	BOWR		•			•		•			•	✓	
Chicken Sausage Bap (Halal)			w					✓					•	✓	
Chicken Sausage Breakfast Muffin (Halal)			w		✓			✓					•	✓	



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Chicken Sausage Breakfast Wrap			w		✓			✓						✓	
(Halal) Chilli Chicken Calzone			w					1							
Chilli Chicken Vegan Chunk Calzone			w					<b>✓</b>						✓	
Fresh Healthy Vegetable/Lentil Soup		✓													
Fresh Carrot and Coriander Soup		✓			✓			✓							
Fresh Leek and Potato Soup		✓			✓			✓							
Fresh Minestrone Soup		✓	W		✓			✓							
Fresh Tomato and Basil Soup		✓						✓							
Ham, Cheese and Onion Calzone			W					✓						✓	
Ham Panini			W										•		✓
Ham and Pineapple Pizza			BOWR					✓						✓	
Honey and Ginger Noodle Pot			BW		✓			•			•		•	✓	
Honey and Ginger Rice Pot			BW								•			✓	
Jacket Potato Plain	✓														
Jacket Potato with Baked Beans	✓														
Jacket Potato with Beans and								✓							
Cheese															
Jacket Potato with Cheese								✓							
Jacket Potato with Cheese and Coleslaw		•	•		✓	•		✓		<b>\</b>	•	•		•	



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Jacket Potato with Tuna Mayonnaise					✓	✓				✓					
Jerk Chicken Panini			BW					<b>✓</b>			•	•	•		
Mexican Salsa Rice Pot								✓							
Mexican Salsa Rice Pot (Plant Based)	~														
Mini Crispy Chicken Snack Wrap  – The BBQ One			w		✓										<b>✓</b>
Mini Crispy Chicken Snack Wrap  – The Garlic One			w		✓										
Mini Crispy Chicken Snack Wrap  – The Hot One			w		<b>✓</b>										
Mint Yoghurt Falafel Wrap			W		✓			✓		✓			✓		
Mom's Classic Hotdog		•	w							•					
Mom's Frankfurter Hotdog			W					✓							
Mom's Mustard Sauce										✓					
Mom's Tomato Sauce		✓													
Mom's Vegan Hotdog			W										•		
Mushroom, Peppers and Sweetcorn Pizza			BOWR					✓							



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Pasta Arrabbiata Pot			w												
Pesto Hot Chicken Wrap			w					✓							✓
Plant Based BBQ Muffin			w					✓					•	✓	✓
Real Wrap Co. XL Toasties -			w					,							
Ham and Cheese								<b>✓</b>					•	•	
Real Wrap Co. XL Toasties -								,							
Cheese and Tomato			W					<b>~</b>					•	•	
Sausage Muffin			W										•	✓	
Sausage Bap			w										•		
Sausage Bagel			BW										•		
Sausage Breakfast Muffin			w		✓			✓					•	✓	
Sausage Breakfast Wrap			w		✓			✓							
Steak Slices		•	BW		✓	✓								•	
Sweet Thai Chilli Noodle Pot			w		✓			•					•	•	
Sweet Thai Chilli Rice Pot	✓														
Tomato and Basil Pasta Pot			w												
Tomato	✓														
Ketchup	-														
Vegan Sausage			w												✓
Roll															
MAIN MEALS															
Baked Battered Cod			W			✓									



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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										•	✓	<b>✓</b>
Burger in Brioche Bun (Halal)			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		✓										
Chilli Con Carne (Meat Based)		✓			•			•		•				•	
Chilli Con Carne (Plant Based)		✓			•			•		•				✓	
Chinese Curry (Meat Based)		•	w							✓				•	
Chinese Curry (Plant Based)		•	W							✓				<b>✓</b>	



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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		•			<b>\</b>		•				•	
Pasta and Meatballs (Meat Based)			w											•	✓
Pasta and Meatballs (Plant			w											<b>✓</b>	
Based)			VV											•	
Pasta Bolognese (Meat Based)		✓	W		•			•		•				•	
Pasta Bolognese (Plant Based)		✓	w		•			•		•				✓	
Pasta Neapolitan			w					✓							
Quorn Goujon Wrap – BBQ (Plant Based)			w		✓									✓	✓



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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)		✓			•			•		•	•	•			
SIDE DISHES AND CONDIMENTS															
Asian Broccoli			W											✓	
Asian Green Beans			W											✓	•
Baked Beans	✓														



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Broccoli	✓														
Cauliflower	✓														
Cajun Wedges										✓					
Chips			(W)			(√)								(✓)	(✓)
Chip Shop Curry Sauce		•	w					•		✓				✓	
Coleslaw – Coronation Slaw					✓					•	•	•			
Coleslaw – Coronation Slaw										•		•			
(Plant Based)											•				
Coleslaw – Standard					✓										
Coleslaw – Standard (Plant	<b>✓</b>													•	
Based)															
Coleslaw – Sunshine Slaw					✓					✓					
Coleslaw – Sunshine Slaw (Plant Based)		•	•		•	•		•		✓				•	
Corn Salsa	✓														
Garlic and Herb Ciabatta		•	W					•			•		•	•	
Garlic and Herb Slice			W					•						•	
Gluten Free Roll					✓			•						•	
Green Beans	✓														
Herby Diced Potatoes			W												



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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)			•												
Pasta (Gluten Free Penne Pasta)	✓														
Peas	✓														
Petit Pains			W					•						•	
Rice (White/Brown)			w											✓	
Rice and Beans		✓			•			•		•					
Side Salad	✓														
Spiced Cauliflower										•	•	•			
Sweetcorn	✓														
Vegetable Fried Rice	✓														
FILLED BREADS (CANTONIAN C	NLY	)					1	1							
Chicken Mayonnaise Baguette (No Salad)			w		✓					✓				•	



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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		✓			<b>✓</b>		✓					
FRUIT, BAKERY AND DESSERT															
Banana Cake			w		✓			✓		•				•	✓
Carrot Cake			w		✓			✓		•				•	✓
Chocolate Brownie			w		✓			✓						•	
Chocolate Cornflake Crisp			В					✓			•	•			
Chocolate Sponge			W		✓			✓						✓	
Cocoa Cookies			W		•			•			•			•	✓
Custard/Chocolate Custard								✓							
Flapjack (All Varieties)			0					✓							
Fresh Fruit for Display	✓														
Fresh Fruit Pots (All Varieties)	✓														
Fruit Crumble Variations			ow					✓						•	



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Jelly (Strawberry/Orange)	✓														
Muffins (All Varieties)			w		✓			✓						•	
Shortbread (All Varieties)			w					✓						•	
Vanilla Rice Pudding								✓							
Vanilla Sponge			w		✓			✓						✓	
Waffles			W		✓			✓						✓	
DRINKS						1									
Coffee - Black	✓														
Coffee - White								✓							
Hot Chocolate								✓							
Теа								✓							
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								✓							
THEME DAYS															
Turkey	✓														
Quorn Fillet					✓										
Stuffing Balls			w												
Roast Potatoes	✓														
Carrots	✓														
Gravy			BW											✓	
Cranberry Sauce	✓														
Chicken Breast (Halal)	✓														
Christmas Pudding			w												
Mince Pies			w												✓
Gingerbread Latte								✓							
Mince Pie Hot Chocolate								✓							
SALAD BAR											· 				
Mixed Leaf Salad	✓														
Iceberg Lettuce	✓														



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Cherry Tomatoes	✓														
Cucumber	✓														
Single Items - Carrot	✓														
Single Items - Sweetcorn	✓														
Single Items - Mixed Pepper	✓														
Single Items - Beetroot	✓														
Single Items - Cheddar								✓							
Single Items - Feta								✓							
Single Items - Mixed Bean Salad	✓														
Mediterranean Vegetables		•													
Onion Mix	✓														
Coleslaw					✓										
Coleslaw (Plant Based)	✓														
Sunshine Slaw					✓					✓					
Sunshine Slaw (Plant Based)	✓														
Curried Potato and Spinach															
Salad			•		✓					•					ļ
Curried Potato and Spinach															
Salad (Plant Based)			•							•					
Oven Baked Maple Chilli Potatoes	✓														



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Herby Garlic Potatoes		•													
Roasted Sweet Potato, Pepper		1													
and Quinoa Salad		•						<b>~</b>							
Spicy Reggae Rice			В								•	•			
Sweet Chilli Noodles			w		✓			•					•	•	
Hoisin Noodles			w		✓			•					<b>✓</b>	<b>✓</b>	
Hoisin Noodles (Plant Based)			W		✓			•					✓	✓	

#### **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.