















FOOD ALLERGY LABELLING

Your health and safety is important to us. For this reason all our menus and food offerings are now clearly labelled with a number of potential allergens which could affect you.

The European Union has produced a list of 14 allergens that are often used as ingredients in meals. We have added all 14 of these allergens as symbols on our menus, so you can have peace of mind knowing that your school meals are safe for you as well as being tasty and nutritious.

The symbols to look out for are:

	Celery (and celeriac)
	Milk
	Cereals containing gluten
	Eggs
	Fish
	Lupin (lupin flowers and their seeds)
	Crustaceans (eg. prawns, crabs, lobster, crayfish)
	Mustard
	Nuts
	Sesame
	Soybeans
	Sulphur dioxide (a food additive and preservative)
	Molluscs (e.g. clams, mussels, whelks, oysters, snails, squid)
	Peanuts

For any further advice on food allergens please do not hesitate to speak to one of the catering team who will be able to help you with any queries you may have.