

# Corbridge Church of England First School

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## Corbridge Church of England First School's Food Allergen Statement

On the 13<sup>th</sup> of December 2014 the new 'E.U. Food Information Act for Consumer Regulations (EU FIC)' comes into force and becomes law. In the U.K. this will be enforced by the 'Food Regulations Act 2014 (FIR). Corbridge Church of England First School has a legal requirement to provide food allergen information for each dish on the menu. The information can be found within this document.

There are 14 major allergens which food providers need to declare if they are used as ingredients in any of the dishes they provide. Below is a list of the 14 allergens and some examples of where they might be found.

1. **Gluten** – This includes wheat, rye, barley, oats and baking powder.
2. **Celery** – This includes celery sticks, leaves, seeds and celeriac.
3. **Crustaceans** – This includes crab, lobster, prawns and scampi.
4. **Eggs** – This includes cakes, some meat products, mayonnaise and food brushed with egg prior to cooking.
5. **Fish** – This includes fishcakes, pizza, stock cubes and Worcestershire sauce.
6. **Lupin** – This includes seeds, flour and breads.
7. **Milk** – This includes butter, cheese, cream and yoghurts.
8. **Molluscs** – These include scallops, mussels, snails and squid.
9. **Mustard** – This includes liquid mustard, mustard seeds, mustard powder, curries, marinades, gravy mix and some meat products.
10. **Nuts** – These include almonds (whole and ground), brazil nuts, coconut, and can also be found in oils, marzipan, biscuits and crackers.
11. **Peanuts** – These include cakes, curries, oils and flours.
12. **Sesame Seeds** – These include bread sticks, humus and sesame oil.
13. **Soya** – This includes ice cream and vegetarian products.
14. **Sulphur Dioxide** – This includes pre-prepared vegetables, dried fruits, meat products, wine and beer.

Please note it is law that these ingredients are listed in bold on the ingredients list of any food label.

<b><u>Main Course</u></b>														
<b>Dish</b>	<b>Gluten</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soya Beans</b>	<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphites</b>	<b>Lupin</b>	<b>Molluscs</b>
<b>Salmon Fillet</b>	X			X										
<b>Pizza Wrap</b>	X						X							
<b>Pizza Scones</b>	X						X							
<b>Jacket Potato &amp; Cheese</b>							X							
<b>Jacket Potato &amp; Baked Beans</b>														
<b>Mince Pie</b>	X						X							
<b>Macaroni Cheese</b>	X						X							
<b>Roast of the Day</b>														
<b>Yorkshire Pudding</b>	X						X							
<b>Mashed Creamed Potato</b>							X							
<b>Chicken Casserole</b>														
<b>Chicken Curry</b>							X							
<b>Tuna Melt</b>	X			X			X							
<b>Chicken Goujons</b>	X													
<b>Oven Baked Sausage</b>	X					X						X		
<b>Jacket Potato Wedges</b>														
<b>Warm Crusty Bread</b>	X													
<b>Chips</b>														

<b><u>Main Course</u></b>														
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<b>Fusilli Pasta</b>	X													
<b>Sweet &amp; Sour Chicken</b>														
<b>Spaghetti Carbonara</b>	X						X							
<b>Chilli Beef Tacos</b>	X													
<b>Chicken Chow Mein</b>	X					X								
<b>Chicken Burger</b>	X		X				X							
<b>Fish Cake</b>	X			X										
<b>Breaded Fish Portion</b>	X			X										
<b>Mediterranean Pasta</b>	X													
<b>Spaghetti Bolognese</b>	X													
<b>Vegetable Soup &amp; Cheese Sandwich</b>	X						X							
<b>Homemade Pizza</b>	X						X							
<b>Fish Fingers</b>	X			X										
<b>Tomato &amp; Basil Pasta</b>	X													
<b>Garlic Bread</b>	X						X							
<b>Beef Meat Balls</b>	X		X			X								
<b>Savoury Mince</b>														

<b><u>Main Course</u></b>														
<b>Dish</b>	<b>Gluten</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soya Beans</b>	<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphites</b>	<b>Lupin</b>	<b>Molluscs</b>
<b>Homemade Dumplings</b>	X						X							
<b>Pizza Baguettes</b>	X						X							
<b>Cheese Whirls</b>	X						X							
<b>Tomato Pasta Bake</b>	X													
<b>Tuna Pasta Bake</b>	X		X	X										
<b>Pulled Chicken in a Bun</b>	X													
<b>Homemade Pizza</b>	X						X							
<b>Vegetable Burger</b>	X													
<b>Spanish Omelette</b>			X				X							
<b>Chicken Nuggets</b>	X													
<b>Beef Burgers</b>	X		X											
<b>Chunky Steak in Gravy</b>														
<b>Pork Meatballs</b>	X		X			X								
<b>Chicken Pasta Bake</b>	X													
<b>Chilli Con Carne</b>														
<b>Vegetarian Pasta Bake</b>	X													
<b>Oven Baked Gammon with Pineapple</b>														

<b><u>Main Course</u></b>														
<b>Dish</b>	<b>Gluten</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soya Beans</b>	<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphites</b>	<b>Lupin</b>	<b>Molluscs</b>
<b>Tuna Sandwich</b>	X			X										
<b>Ham Sandwich</b>	X													
<b>Cheese Sandwich</b>	X						X							
<b>Spaghetti Hoops</b>	X													
<b>Tuna &amp; Sweetcorn Pasta</b>	X			X			X							
<b>Vegetable Soup</b>														
<b>Cheese Panini</b>	X						X							
<b>Cheese &amp; Ham Panini</b>	X						X							
<b>Chicken Quesadilla</b>	X													
<b>Chicken Chunks</b>	X		X				X							
<b>Chicken Salad Wraps</b>	X						X							
<b>Ploughman's Lunch</b>	X		X				X							
<b>Leek &amp; Potato Soup</b>														
<b>Sweet Potato &amp; Carrot Soup</b>														
<b>Chicken Fajitas</b>	X													
<b>Sausage Pasta</b>	X													
<b>Sausage Roll</b>	X													
<b>Garlic &amp; Herb Potatoes</b>	X													

<b><u>Sweets</u></b>														
<b>Dish</b>	<b>Gluten</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soya Beans</b>	<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphites</b>	<b>Lupin</b>	<b>Molluscs</b>
<b>Iced Cake</b>	X		X				X							
<b>Custard</b>							X							
<b>Arctic (Ice Cream) Roll</b>	X		X				X							
<b>Flapjack</b>	X						X							
<b>Cheesecake</b>	X						X							
<b>Chocolate Brownie</b>	X		X				X							
<b>Orange Cake</b>	X		X				X							
<b>Vegetarian Raspberry Jelly</b>														
<b>Roselle Top Cream</b>							X							
<b>Vanilla Sponge</b>	X		X				X							
<b>Ice Cream Pots</b>							X							
<b>Chocolate Crispies</b>							X							
<b>Apple Crumble</b>	X						X							
<b>Strawberry Mousse / Angel Delight</b>							X							
<b>Apple &amp; Blackberry Crumble</b>	X						X							
<b>Chocolate Cake</b>	X		X				X							
<b>Rice Pudding</b>							X							

<b><u>Sweets</u></b>														
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<b>Ginger Sponge</b>	X		X				X							
<b>Oaty Biscuit</b>	X						X							
<b>Cheese &amp; Crackers</b>	X						X							
<b>Raspberry Cake</b>	X		X				X							
<b>Blueberry Cake</b>	X		X				X							
<b>Flavoured Yoghurt</b>							X							
<b>Banana Cake</b>	X		X				X							
<b>Steamed Syrup Sponge</b>	X		X				X							
<b>Steamed Chocolate Sponge</b>	X		X				X							
<b>Frozen Yoghurt Pots</b>							X							
<b>Chocolate Cookie</b>	X		X				X							
<b>Chocolate Muffin</b>	X		X				X							
<b>Summer Fruit Cake</b>	X		X				X							
<b>Chocolate Mousse</b>							X							
<b>Blueberry Muffin</b>	X		X				X							
<b>Eves Pudding</b>	X		X				X							
<b>Rock Bun</b>	X		X				X							
<b>Jam Tart</b>	X						X							

<b><u>Sweets</u></b>														
Dish	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Jam & Coconut Cake	X		X				X							
Chocolate Chip Muffin	X		X				X							
Sugar Coated Doughnut	X		X											
Chocolate Doughnut	X		X				X							
Melting Moments	X													