

Corbridge Church of England First School

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Corbridge Church of England First School's Food Allergen Statement

On the 13th 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, houmous 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.

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

<u>Main Course</u>														
Dish	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Sweet & Sour Chicken														
Spaghetti Carbonara	X						X							
Chilli Beef Tacos	X													
Chicken Chow Mein	X					X								
Chicken Burger	X		X				X							
Fish Cake	X			X										
Breaded Fish Portion	X			X										
Mediterranean Pasta	X													
Spaghetti Bolognese	X													
Vegetable Soup & Cheese Sandwich	X						X							
Homemade Pizza	X						X							
Fish Fingers	X			X										
Tomato & Basil Pasta	X													
Garlic Bread	X						X							
Beef Meat Balls	X		X			X								
Savoury Mince														
Homemade Dumplings	X						X							

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

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

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

<u>Sweets</u>														
Dish	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Oaty Biscuit	X						X							
Cheese & Crackers	X						X							
Raspberry Cake	X		X				X							
Blueberry Cake	X		X				X							
Flavoured Yoghurt							X							
Banana Cake	X		X				X							
Steamed Syrup Sponge	X		X				X							
Steamed Chocolate Sponge	X		X				X							
Frozen Yoghurt Pots							X							
Chocolate Cookie	X		X				X							
Chocolate Muffin	X		X				X							
Summer Fruit Cake	X		X				X							
Chocolate Mousse							X							
Blueberry Muffin	X		X				X							
Eves Pudding	X		X				X							
Rock Bun	X		X				X							
Jam Tart	X						X							
Jam & Coconut Cake	X		X				X							

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