



**Please note:**

- As a Catholic school we do not provide Halal food.
- Children with gluten intolerances should be provided with a packed lunch from home if parents feel that there is no suitable meal choice on our school menu.
- If your child has a specific dietary or medical requirement please update the school with this information. There is a Medical Form to complete, sign and return. If your child has to take prescribed medication in school, please provide this to the school with your child's details on the printed label, although medication should be taken at home where possible.

From December 2014, changes from the European Union state that we must notify you of every allergen in the ingredients we use. This has been implemented as directed by the Food Standards Agency. On this page is a key to the numbers relating to each ingredients used on this menu.

Note: 10 means that the packaging states 'May contain nuts' as this is produced in a factory that also processes products that contain nuts. None of our food contains actual nuts.

This document can be found on our website: <http://www.holycross.swindon.sch.uk/>

For more information, visit:

Websites: [food.gov.uk/allergy](http://food.gov.uk/allergy) or [nhs.uk/conditions/allergies](http://nhs.uk/conditions/allergies)  
 Sign up to allergy alerts: [food.gov.uk/email](http://food.gov.uk/email), or follow #AllergyAlert on Twitter and Facebook  
 Keep connected: [food.gov.uk/facebook](http://food.gov.uk/facebook)  
 Join the conversation: [@food.gov.uk/twitter](https://twitter.com/food.gov.uk) or watch on [food.gov.uk/youtube](http://food.gov.uk/youtube)

**14 Allergens**  
Coming to a food label near you

The Food Standards Agency

The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

- 1 Celery**  
This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, stock, some meat products, soups and stock cubes.
- 2 Cereals containing gluten**  
Wheat (such as spelt and Khosran wheat/Kamot), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, butter, breakfast cereals, bread, cakes, confectionery, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
- 3 Crustaceans**  
Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and Southeast Asian curries or salads, is an ingredient to look out for.
- 4 Eggs**  
Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and patties or foods brushed or glazed with egg.
- 5 Fish**  
You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
- 6 Lupin**  
Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.
- 7 Milk**  
Milk is a common ingredient in butter, cheese, cream, milk powder and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.
- 8 Molluscs**  
These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish sauces.
- 9 Mustard**  
Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
- 10 Nuts**  
Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), ice-cream/desserts, ice cream, marzipan (almond paste), nut milk and sauces.
- 11 Peanuts**  
Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, cream (such as satay sauce), as well as in groundnut oil and peanut flour.
- 12 Sesame seeds**  
These seeds can often be found in bread sprinkled on hamburger buns (for example), falafels/chickens, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.
- 13 Soya**  
Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.
- 14 Sulphur dioxide (sometimes known as sulphites)**  
This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma you have a higher risk of developing a reaction to sulphur dioxide.

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