



Braunstone Community Primary School

Head Teacher
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FOOD ALLERGIES

The EU regulations on Food Allergens - December 2014.

We are required to analyse all the food products we serve at the school, in order to identify which of the 14 key food allergens are present. Further information on these (provided by The Food Standards Agency) is on the reverse of this letter. All pre-packaged items will be labelled by the manufacturer on the outside packaging with the food allergens highlighted in bold on the list of ingredients. Dishes produced in house will all be analysed and although not labelled, our kitchen staff will have access to the allergen information on each item. We have also attached a copy of the **Traditional School Menu** for your information; please can we ask that as Parents and Carers, you discuss this with your child. Whilst we take every care to ensure that items produced in house are analysed correctly, it is sometimes very difficult to prevent cross contamination of small traces of allergens from one product to another.

We **CANNOT** guarantee that **ANY** of our dishes are free from ingredients that you might be allergic to. The school will not be held responsible for any personal injury or damage caused to a student as a result of consuming food which contains ingredients to which the student is allergic.

If your child is hyper-sensitive to an allergen please confirm below, and return to the office by **Friday 1st September**, so that we can make sure our kitchen is aware and our database amended.

Yours sincerely
Beverley Mitchinson
Data Manager.



Child/Children's Name..... Class.....

Has a Food Allergy to

SignedParent/Carer.....

Date.....

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Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

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.

Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews

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.

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), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.

Peanuts

Peanuts are 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, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

Sesame seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.

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.

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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