

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 or nhs.uk/conditions/allergies

Sign up to allergy alerts: food.gov.uk/email, or follow #AllergyAlert on Twitter and

Facebook

Keep connected: food.gov.uk/facebook

Join the conversation: @food.gov.uk/twitter or watch on food.gov.uk/youtube

14 Allergens Coming to a food label near you



The way afleegens 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.

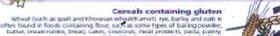
There are 14 major allergers, which relect to be mentioned (atther on a label or through provided information, each as messad when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found.

sauces, screps and fried feeds which are dusted with floor



Cotery

that includes covery stalks, leaves, seeds and the root called referac. You can find calesyin ceery salt, salack, some meat products, soups and stock cubes.





Crastiannana

Crabs, lobelier, praises and scampi are clustacears. Shirmp paste, often used in that and southeast when curries or causes, is an incredent to look out for





You will find this in some fish cauces, pizzas, relishes, salad dressings, much cutters and Wood astershale Cauce.







MITTE

ness is a common engerowers in batter, cheese, desirit, mile provider and jugatur, it ca the be travel in historia brushed or glated with rivin, and in powdered soups and souce

Mollus

hese include recisels, land snalls, squet and whelks, but can also be commonly located to motion sacrat or an an instellect in fish classes





Mustard

Liquid mustaed, existed powder and mustard seeds fall into this category. This liquidized can also be found in preads, corners, marriades, meat products saled developing, saless and cooper.

Pér

First to be installed in with powerful fields the actually alequene and grow undergrounds. By imposted refers to ensure which grow to freed, Birk calcium ratio, and failed in Visu run find note in breads, timustic, crackers, desirets, mat poweder following and reference manners, are finded and in the case of the control of the control particle. The reference is the control of the control of the control particle in the reference particle in the reference and the control of the control particle in the





Pearut

Practices are actually a legistric and grant instrugational, which is why it is committee called a glorisatival, Pleanith are offern daed as an improduced in becaute, called, curries, decents, causes durch as safey cause), lie well as an government oil and possibility found.

Seazers seed

These seeds can inter be found to bread transitied on hamburge been for assumption, tread-talking incompant, secure oil and talves They are seriestines toaced and used it salads





nya

Other found in beas curd, edamane beans, miso pasts, tertured soys protein, social flour or tofu, soya is a staple ingredient in plental food, it can also be floend in disserts, its cream, resist proteints, souces and vegetarian products.

Sulphur dioxide (sometimes known as sulphites)

This is an ingredient often used in diled fast such as raishs, dried apricots and prunes, you might also find it in exist products, soft drives, vegetables as well as in wine and beer, if you have a stylent risk of directoping a reaction to subthus dioxide of directoping a reaction to subthus dioxide.



For Incre information, visit, food gev.uk/altergy in result/conditions/altergies

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