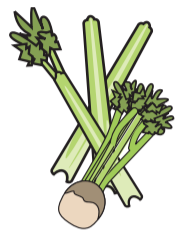


FOOD ALLERGEN INFORMATION



Celery



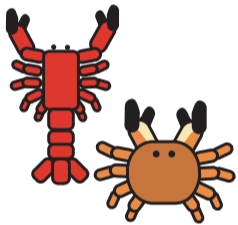
Molluscs



Cereals containing gluten



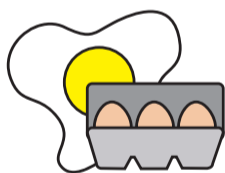
Mustard



Crustaceans



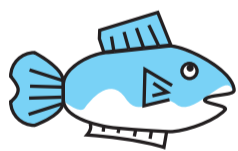
Nuts



Eggs



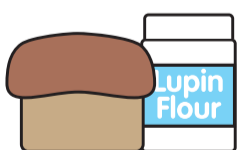
Peanuts



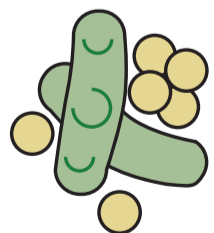
Fish



Sesame seeds



Lupin



Soya



Milk



Sulphur dioxide

Your school catering team needs to provide information about **14 allergenic ingredients** (see the allergens on the left) used in the foods that are sold by them or provided within the school.

Food allergens cannot be removed by cooking. That's why it's essential to check and ask for allergen information, to make sure the food you eat is safe for you.

FOOD ALLERGENS CAN BE LIFE THREATENING.

If you have a food allergy, the only way you can manage it is to avoid the foods that make you ill.

Please speak to a member of the school catering team if you need information about the allergens in your food.

You can find out more at:

www.food.gov.uk/allergy