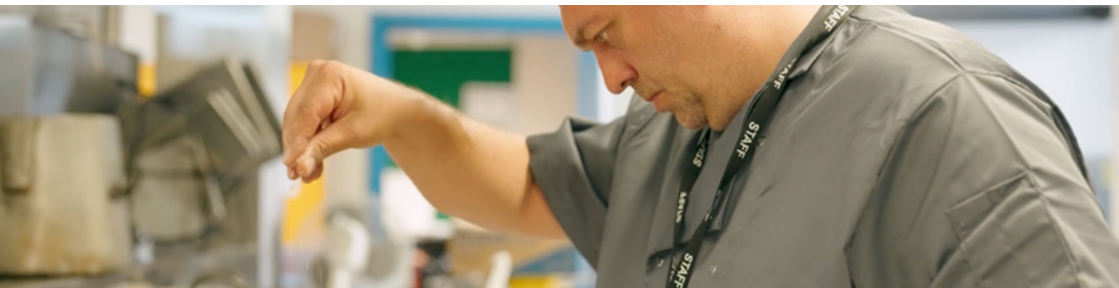




ALLERGENAWARENESS



2026



ALLERGEN MANAGEMENT

Special Diets

Julie Watson our Food Development Executive uses a system call Saffron for the nutritional analysis of all of our recipes. Nourish train and fully brief all members of staff on the importance of special diets and ensure safe working practices are in place to prevent any cross contamination.

Gaining the 'Allergy Accreditation' award we were one of the first school contract caterers to be awarded this. This step by step process was designed to assist any type of catering and hospitality business in the UK and EU to comply with the new EU FIC 1169/2011 Law from 13th December 2014 and meet the needs of consumers with allergies. The Food Standards Agency welcomes initiatives like this to achieve greater understanding of food allergens and how to provide allergen information to the consumer to help them make safer food choices.

Allergen Accreditation achieves two key aims:

1. To provide the consumer (or guardian of the consumer) the confidence that a premises is safe to eat & drink at, and,
2. To provide the catering/hospitality operator a framework to develop, implement its allergen strategy and gain a recognised accreditation.

Allergen Labelling

To comply with the legislation for allergen labelling, all of our menus displayed around the school will show any allergies contained in each dish using our simple to read key code system. Throughout our menu design process our Development Chef and Nutritionist work together to reduce the allergens within the dishes we use by sourcing new products and simplifying recipes.

All Cook Managers will have extensive training on allergen awareness, and they will use this to ensure all children are cared for in the same manner and provided with a well-balanced healthy meal.

Extra Special Diets

Provision of Special Diets for Allergy and Clinical Conditions Nourish is happy to work in partnership with schools, parents and pupils to provide the special dietary requirements of individual pupils and staff. The company dietician has had many years experience in clinical dietetics and as such works closely with the catering team to provide special dietary guidance and support.

Catering staff are trained to cater for special diets and can also call on the expertise of the company dietician at any time.

ALLERGEN KEY

1 Wheat Gluten | **2** Crustaceans | **3** Soy bean | **4** Mustard | **5** Sesame |
6 Sulphites/Sulphur Dioxide | **7** Milk | **8** Fish | **9** Egg | **10** Peanuts | **11** Molluscs
 | **12** Celeriac/Celery | **13** Nuts | **14** Lupins | **15** Oat Gluten | **16** Barley Gluten



Appropriate underpinning knowledge is accessible to all staff in the catering department.

Managing Medically Prescribed Special Diets

The following protocol highlights the procedures Nourish has in place for all pupils and young people identified with a special dietary requirement due to conditions such as clinical disease and allergy:

1. The school will send a **Personal Dietary Plan (PDP)** to the cook.
2. The PDP and a photo of the pupil will be positioned at the servery but out of sight of other pupils.
3. This will initiate menu adaption or liaison with the company dietician.
4. Special foods will be stored separately.
5. Diet cookery will take place in a separate area where applicable.

We also have risk assessments in place for use for children with severe medical requirements, which will be completed with the school so that we are all fully aware.

Specific Special Diets

We cater for Gluten-free, Diabetic, Milk-free, Lactose-free, Dairy-free and Egg-free diets. Our fresh, seasonal and local food ensures nutrient density and maximum flavour. It also permits pupils with the above medically prescribed diets to choose most if not all of their dietary needs from the main menu, allowing them to feel included and to have choice.

Standard recipes, recipe analysis and registered suppliers ensure product content is known and central records are updated as product formulations change.

The menu is sensitive to the needs of growing pupils and supplies nutrients from varied food sources so milk-free will not mean calcium-free.

Knowledgeable staff will:

1. Use **Gluten-free** pasta and bread.
2. Refer to photos and PDP.
3. Know when an inappropriate choice has been made.
4. Obtain a suitable alternative where product/ingredient information cannot be obtained.

NB. We do not offer the dairy free cheese as this actually **does contain gluten** and we feel that this is an area that could result in higher risk elements



High Protein/Calorie, Low Sodium, Low Fat Diets

The cook will select the main menu options suitable for a pupil on receipt of a comprehensive PDP. The company dietician will support the cook. The parent/carer may supply speciality products to supplement the menu choice.

Nut Allergy

Nourish does not purchase nut-containing food. Our cooks are scrupulous in handling such diets and strive to minimise cross contamination by trace levels possibly present in a busy kitchen.

Additives

Nourish is aware of the deleterious effect certain additives have on pupils and how hyperactivity hampers learning and disrupts behaviour.

The main menu is predominately fresh and seasonal, rich in natural colour and flavour. This has drastically reduced the presence of additives in prepared meals and reduced the synergistic 'cocktail' effects of multiple additives.



Non-Medical Dietary Requirements

Vegetarian Diets

The standard menu includes a vegetarian option and this is highlighted on the daily menu

Religious Diets

Any school population contains diverse religious beliefs and Nourish is happy to provide meals for those religions. Vegetarian meals are part of the standard school meal service menu and are highlighted; catering staff will be able to inform pupils which main meals contain pork, beef, poultry or lamb. In addition to this we are able to offer Halal meats where the school requires.

Halal food means food that is permitted for the consumption of Muslims meeting the requirements of Sharia law; it must also meet the following requirements:

1. **The food or its ingredients do not contain anything that is Haram, e.g. poisonous or hazardous to health.**
2. **The food is safe and not harmful.**
3. **The food is not prepared, processed or manufactured using equipment that is contaminated with any Haram or Najs according to the Sharia law.**
4. **Through the preparation, processing, packaging, storage and transportation the food is physically separated from any other food that does not meet the requirements of Halal food under the requirements of the Sharia law.**

Company Allergens, intolerances, and coeliac disease (Food Hypersensitivity) Policy

The legislative framework around the provision of food allergen information is largely contained in retained Regulation (EU) No. 1169/2011 (FIC). The Food Information Regulations 2014 (FIR), establish the enforcement measures for FIC. The UK, following the introduction of PPDS regulations, or Natasha's Law, in October 2021, has adopted this as UK regulation, and guidance from the Food Standards Agency has been adopted by Nourish to be both EU and UK compliant.

The following ingredients have been identified as being in the TOP 14 allergens:

Peanuts	Sulphur dioxide & sulphites	Sesame
Soya	Milk	Celery & celeriac
Lupin	Molluscs	Mustard
Cereals containing gluten – wheat, rye, barley, oats, spelt or kamut	Fish	Egg
	Crustaceans	Tree Nuts – almond, hazelnut, walnut, cashew, pecan nut, Brazil nut, pistachio nut, macadamia nut and queensland nut

All our ingredients are purchased from approved nominated suppliers. Tree Nuts (and Peanuts) are prohibited in our kitchens.

All our menus are coded with reference to each of the above allergens that appear in our dishes. These are all checked by our company nutritionist.

Kitchen methods and information from suppliers does impact on our ability to control allergens and to this end where we have identified cross contact, or possible cross contact, from allergens not intended for dishes we are creating, then these allergens are noted as contains on our menu. This is our **absolute Safety-First approach**.

We encourage full and open dialogue with customers, staff, parents/ carers to work with them for any special diet requirements needed and will either fully cater for food hypersensitive customers or support alternative arrangements that may be needed to ensure **an inclusive as possible** service is delivered.

Mark Hammond
Managing Director

Nourish Contract Catering Unit 27, Metro Business Centre, Kangley Bridge Road, Sydenham, London SE26 5BW

020 8778 1111 office@nourishcc.co.uk nourishcontractcatering.co.uk

Company Number 04953033



BE ALLERGEN AWARE!



Gluten



Crustaceans



Soya



Mustard



Sesame

SO₂

Sulphur Dioxide



Milk



Fish



Eggs



Peanuts



Molluscs



Celery



Tree Nuts



Lupin



Oats

If you have an **allergy**
or **dietary need**,
please **speak to your**
Chef Manager

or member of the
catering team.

We will be
delighted to show
you a suitable
choice from
today's menu.





BE ALLERGEN AWARE!



Gluten

Wheat, such as spelt and khorasan wheat/kamut rye, barley and oats. Found in foods containing flour some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soup and fried foods which are dusted with flour.



Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Found in shrimp paste, often used in Thai and south-east Asian curries or salads, as an ingredient. Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu.



Soya

Soya is a staple ingredient in oriental foods, can be found in desserts, ice cream, meat products, sauces and vegetarian products.



Mustard

Liquid mustard, mustard powder and mustard seeds. Can be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.



Sesame

Often found in breads, breadsticks, houmous, sesame oil and tahini. They are sometimes used toasted and used in salads and garnish.

SO₂

Sulphur Dioxide



Milk

This ingredient is often used in dried fruits such as raisins, dried apricots and prunes. Can be found in meat products, soft drinks, vegetables, beer and wine.

Milk is used in butter, cheese, cream, milk powder and yoghurt. Found in foods brushed or glazed with milk and in powdered soups and sauces.



Fish

Found in some fish sauces, pizza, relishes, salad dressings, stock cubes and Worcestershire sauce.



Eggs

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



Peanuts

Peanuts are a legume grown underground, also called groundnut. Often used in biscuits, cakes, curries, desserts, sauces, satay sauce, as well as in groundnut oil and peanut flour.



Molluscs

Mussels, land snails, squid and whelks. Can be found in oyster sauce or as an ingredient in fish stews.



Celery

This includes celery stalks, leaves, seeds and root called celeriac. Found in celery salt, salads, some meat products, soup and stock cubes.



Tree Nuts

Refers to nuts grown on trees, like cashews, almonds and hazelnuts. Can be found in breads, biscuits, crackers, desserts, nut powder (used in curries) stir-fried dishes, ice cream, marzipan, nut oils and sauces.



Lupin

A flower but also found in flour. Found in flour lupin, seeds, some types of bread, pastries and pasta.



Oats

Oats have numerous uses in foods; most commonly, they are rolled or crushed into oatmeal, or ground into fine oat flour. Oatmeal is chiefly eaten as porridge, but may also be used in a variety of baked goods, such as oatcakes, oatmeal cookies and oat bread.



office@nourishcc.co.uk
www.nourishcontractcatering.co.uk
T. 020 8778 1111