

# EU Legislation regs on Allergens



A food allergy is an abnormal response to a food triggered by your body's immune system. Allergic reactions to food can sometimes cause serious illness and death

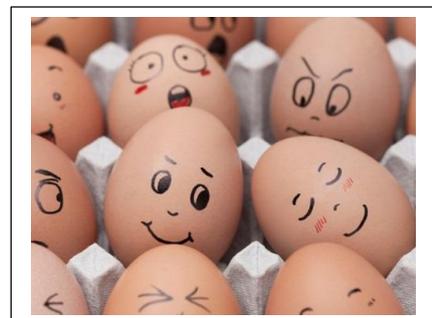
In compliance with the new European Union Regulations that came into force on the 13<sup>th</sup> December 2014, Laleham Gap School has taken the following actions:

1. We have updated our school menu with colour coding to emphasise the foods containing any of the 14 recognised allergens
2. We have broken down our menu's with colour coding to highlight which recipes contain any of the 14 recognised allergens
3. We have fully trained all our catering team in cross contamination of allergens/preparing and labelling all allergen foods
4. We have introduced separate storage and closed containers for all allergen foods (Tuna/eggs etc.)
5. We have displayed notices to inform both staff and pupils with food allergies/intolerances that they can ask catering staff for advice about what the dishes contain
6. We check all the ingredients of any items of food purchased
7. We have checked all our complete recipes of all our food products so that we can fully answer any questions
8. We label the contents of all sandwiches, pots of tuna, potato salad etc.

Currently the rules for pre-packed foods establish a list of 14 food allergens, which have to be indicated by reference to the source allergen whenever they, or ingredients made from them are used at any level in any pre-prepared foods.

The 14 allergens are:

1. Cereals containing gluten
2. Crustaceans (prawns, crabs, lobster & crayfish)
3. Molluscs (clams, mussels, whelks, oysters, snails & snails)
4. Eggs
5. Fish
6. Peanuts
7. Nuts
8. Soybeans
9. Milk
10. Celery
11. Mustard
12. Sesame
13. Lupin
14. Sulphur Dioxide



If you are switching your child to school meals please [click here](#) to view the detailed list of ingredients in each of our main recipes to check for allergens.