

The 14 Allergens

Food Hygiene Company 



Fish



Peanuts



Soya



Crustaceans



Mustard



Milk



Celery



Eggs



Nuts



Lupin
Often found in bread,
pasta, baked goods



Molluscs



Sesame Seeds



Cereals



Sulphur Dioxide
Often found in dried
fruits, wine, beer

Get to know us on    www.FoodHygieneCompany.co.uk

Food Allergen Information: We take every opportunity to ensure that we meet food allergen guidelines. If we are serving a food which contains an allergen we highlight this by including a bracketed letter after the meal descriptor shown on Parent Pay. For example if we are serving a meal containing Fish then there will be a (F) after the meal descriptor.

Of the recognised 14 allergens we will never knowingly serve: Peanuts, Mustard Seed, Crustaceans, Nuts, Molluscs, Sesame Seeds or Celery.

Commonly we do serve: Fish, Soya, Milk, Eggs, Cereals and Dried Fruit.

Occasionally we will serve pre-prepared items such as battered fish – these items are checked for allergens and if they are present we will highlight this on Parent Pay as detailed above.

We cannot guarantee that trace allergen items will not be found due to the factory environment these food items may be prepared in.

Allergen Indicators

Fish (1)

Soya (2)

Milk (3)

Eggs (4)

Lupin (5)

Cereals (6)

Sulphur Dioxide (7)

❖ In addition we will also list sulphates (8)