

FOOD ALLERGEN INFORMATION
BIRKENHEAD HIGH SCHOOL ACADEMY

At BHSA we take the gathering and delivery of information required to keep our pupils with allergens safe when eating in school very seriously.

In order to try and ensure these high standards are consistently met, we work in conjunction with CMC (Catering Management Consultants) using a robust system which meets the legal requirements for the Food Allergen Regulations 2014.

As caterers we have a responsibility to minimise or eliminate the risk of allergen contamination and to help achieve this we complete annual training with all our staff.

They are made aware of the 14 allergens, the risks to pupils who are prone to allergic reactions, how to reduce the risk of cross contamination and as a priority to ask and confirm allergen ingredients from the system manager.

	CELERY	Celery stalks, leaves and seeds, and celeriac in salads, soups & some meat products	1
	GLUTEN	Wheat, rye and barley and foods containing flour such as bread, pasta, cakes and pastries	2
	CRUSTACEA	Prawns, lobster, scampi, crab and shrimp paste	3
	EGGS	In cakes, mousses, sauces, pasta, quiche, mayonnaise and foods brushed with egg	4
	FISH	In some salad dressings, pizzas, fish sauce and some soy & Worcestershire sauces	5
	LUPIN	Lupin seeds and flour in some types of bread & pastries	6
	MILK	In yoghurt, cream, cheese, butter, milk powders and foods glazed with milk	7
	MOLLUSCS	Such as mussels, whelks, squid, land snails and oyster sauce	8
	MUSTARD	In liquid, powder and seed forms, also in salad dressings, marinades, soups, sauces, curries and meat products	9
	NUTS	In sauces, desserts, crackers, bread, ice cream, marzipan, ground almonds and nut oil	10
	PEANUTS	In sauces, cakes, desserts, groundnut oil and peanut flour	11
	SESAME SEEDS	In bread, breakfasts, tahini, hummus and sesame oil	12
	SOYA	As tofu, beancurd, soya flour and soya protein, in some desserts, sauces & vegetarian products	13
	SULPHUR DIOXIDE	In meat products, fruit juice drinks, dried fruit and vegetables, wine	14

The catering manager and team update and check on a daily basis to ensure that the allergen information stored for each recipe and ingredient if required by a pupil or the school is up to date.



During the storage and production of food, systems are in place to minimise the risk of cross contamination from product to product. The kitchen employ a no nuts policy but some products brought into school carry warnings of "may contain" or "made in a factory where nuts are used". In these situations we would identify within the system as such and remove them as a choice for pupils with an allergy.

If you have any food allergy concerns or questions please call our Catering Manager Mr Mark Allanson.