

St. Bede's Catholic High School

Provision of Special Diets and Communication of Allergens

Below, is a summary list of the sections explaining how we will continue to meet the food standards.

One or more wholegrain varieties of starchy food each week

Rice and pasta will be available daily. There will be limited brown baguettes, cobs and bread sandwiches which will be available throughout each week.

Starchy food cooked in fat or oil no more than 2 days each week

No foods will be deep fried. The following items will be oven cooked and are either non flash fried or homemade.

- Plain Wedges
- Spicy Wedges
- Herby Potatoes
- Roast Potatoes
- Salmon Fishcakes
- Fish Finger
- Battered Haddock or Cod

Bread: with no added fat or oil – must be available daily

Bread will be available daily. Primaries on the salad trolley and secondary's on the main counter.

A desert containing at least 50% fruit, two or more times each week

All puddings that state fruit in the title with the exception of Jam, which is excluded, will contain 50% fruit in weight.

At least three different fruits each week

Fruit will be sold in several ways throughout the week:-

- Whole Portions
- Fruit Pots
- Fruit Salad Pots
- Grapes Pot
- Strawberries Pot

In addition, there will be at least three of the following varieties of fruits that will be available throughout the week:-

- Apple
- Orange
- Pear
- Banana
- Melon
- Grapes
- Kiwi
- Pineapple

Oily Fish once or more every three weeks

One Salmon product will be available each three week cycle.

For Vegetarians, a portion of non-dairy protein three or more days per week

The main items that will be included at least three times per week are:-

- Quorn
- Lentils
- Chick Pea
- Beans

Lower fat milk or lactose reduced milk must be available for drinking at least once a day during school hours

Semi skimmed milk will be available to purchase on a daily basis.

No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat

Only dried fruit or homemade products will be available. No nuts will be used.

Confectionery, chocolate and chocolate coated products

Occasionally, possibly once a week, chocolate is used to decorate fairy cakes. Cocoa powder will be used at all other times. No "Chocolate" will be sold.

Permitted Drinks are:-

- Plain Water (still or carbonated)
- Lower fat milk or lactose reduced milk

- Fruit or vegetable juice (max 150ml)
- Plain soya, rice or oat drinks enriched in calcium
- Plain fermented milk
- Yogurt drinks
- Unsweetened combination of fruit or vegetable juice with plain water (still or carbonated)
- Combinations of fruit juice and lower fat milk or plain soya, rice or oat drinks enriched with calcium e.g. cocoa and lower fat milk
- Flavoured lower fat milk
- Tea
- Coffee
- Hot Chocolate

Special Diets

It is our policy to provide a menu for those users with medically diagnosed food allergies, food intolerances or a medical condition which affects eating requirements. The catering staff understands that some people have particular sensitivities to certain foods that non-sufferers would find harmless. When someone has a food allergy, their immune system reacts to a particular food or group of foods.

We recognise that severe allergies can cause life threatening reactions and that food intolerances do not involve the immune system and are not generally life threatening, but can make the customer feel poorly.

Pupils, staff and visitors are able to check the allergens of any particular product being served on request to the catering staff.