

Food Allergies and Special Diets

Gateshead School catering are passionate that every pupil has the same opportunity to eat school food regardless of their allergies, intolerances or medical diet requirements.

Therefore, special diets are extremely important part of our catering provision and our aim is for all pupils to be able to enjoy their lunchtime experience the same as their friends without having to be singled out.

Egg / Dairy Free

'Free From' diet such as 'egg free', 'milk free' etc will exclude all components of the foodstuff in question. A 'egg free' diet will exclude soft, hard and baked egg dishes. A 'milk free' diet will become a 'dairy free' diet excluding milk, cheese and lactose. By developing the menus in this way, it reduces the variations and frequent revisions and in turn reduces the risks.

Gluten Free

A 'Gluten Free' menu is available which where possible adapts to main option to a gluten free alternative. Please be aware that these meals are prepared in a kitchen where products containing gluten are handled and although all care is taken particles may become airborne

Vegetarian, Vegan and Cultural /Religious Diets

Vegetarian, vegan, religious or other lifestyle choice diets are available as part of our routine menu planning – they are not classed as medical diets; however we will cater for these requirements to the best of our operational ability.

Diabetic Count

We are able to provide nutrient counts for a diabetic diet. Please note that we use a combination of technical specifications, advised literature and structured recipes to estimate the carbohydrate count. The final count may vary, and it will be dependant on various aspects, such as: cooking times, cooking equipment and human techniques and actual consumption. As a service we strive to provide the most accurate values but some of the variation's may occur without our knowledge. We also strongly recommend that the final meal consumption be evaluated by a designated member of school staff as this is crucial part of the final carbohydrate count,

Nut / Peanut Safety statement

Gateshead do not intentionally use nuts or any products containing nuts as an ingredient within our food offer. All our suppliers are requested to supply nut free products, however whilst some products can be totally nut free, suppliers cannot give us aa total guarantee that cross contamination with nuts does not occur during manufacture.

Products may be used that 'May Contain' declaration for nuts due to being produced in a factory that handles nuts but do not contain nuts in the ingredients list. We will treat such items as 'Contain' to reduce the risk to our nut allergy pupils.

All pupils suffering from a nut allergy should request a 'Nut Free' special diet menu which will remove these products from their menu. However it is necessary to draw your attention to the fact that Gateshead School catering Service is unable to guarantee 100% a nut free school meal.