

## ARE YOU READY FOR NATASHA'S LAW?

It is important to have an up to date and current Food Allergen Matrix for all dishes prepared and sold within the school (this should include pre-packed items and those made in house). Be aware of the 14 Food Allergens!



### MOLLUSCS

Including land snails, whelks and squid.



### EGGS

Can be found in cakes, sauces and pastries.



### FISH

Found in pizza, dressings and Worcestershire sauce.



### LUPIN

Lupin can be found in bread, pastries and pasta.



### SOYA

Various beans including edamame and tofu.



### MILK

Butter, cheese, cream and milk powders contain milk.



### PEANUTS

Can be found in cakes, biscuits and sauces.



### GLUTEN

In food made with flour such as pasta and bread.



### CRUSTACEANS

Such as crab, lobster, prawns, shrimp and scampi.



### MUSTARD

Can be in liquid or powder form as well as seeds.



### NUTS

Including cashews, almonds and hazelnuts.



### SESAME

Found on burgers, bread sticks and salads.



### CELERY

Including stalks, leaves, seeds and celeriac.



### SULPHITES

Found in dried fruit like raisins and some drinks.

IF YOU NEED ANY HELP WITH  
YOUR HEALTH AND SAFETY  
PLEASE CONTACT JUDICIUM ON:  
Tel: 0207 336 8403  
EMAIL:  
ENQUIRIES@JUDICIUM.COM

Remember: There are other food allergens and intolerances that children and staff may have, it is important to collate this information via the Medical Health Questionnaire