**Allergen information.**

You **must** label any cakes donated to the school with **a full list of ingredients** for them to be sold. Below is a short guide as to the most common allergens and dietary requirements for us all to consider and be mindful of.

With the exception of having no nuts in, the following can be in cakes but will not be suitable for all people.

**Gluten**

This is contained in plain and self-raising flour. Gluten free flour can be purchased. Please do not use nut-based flours as we are a no nuts school.

**Nuts**

We are a no nuts school so please do not send in any cakes that contain nuts or ones that have been prepared on the same surfaces as nuts (without being cleaned in between). Additionally, many ingredients may have been prepared in environments where they may come into contact with nuts. Please be very mindful when selecting ingredients.

**Eggs**

These are used in most traditional cakes. It is possible to prepare and buy egg-free cakes.

**Milk**

Contained in butter, buttermilk, cream, semi-skimmed milk and cream cheese etc.

**Soya**

This is contained in some chocolate/s.

**Sulphur Dioxide**

This allergen is used as a preservative in dried fruits, and in prepared lemon juice. We rarely use either.

**SPECIFIC DIETARY PROVISIONS**

**Vegetarian**

These cakes will not contain animal based products such as gelatine (a setting agent). Please see the packets of any ingredients used to ensure they are suitable for vegetarians.

**Vegan**

These cakes will not contain eggs and milk in addition to the provisions found under the vegetarian heading above.

*If you have any questions about this, please speak to myself (Mr. Stephens) or a member of the Senior Leadership Team (Mr Nunn, Mrs Zaayman, Miss Line or Mrs Divall).*