## Natasha’s Law came into effect on the 1st October 2021.

## Allergen information

## Natasha's Law is named after Natasha Ednan-Laperouse who, at the age of 15, passed away due to a severe allergic reaction. Natasha had a sesame allergy and was not made aware that sesame seeds had been baked into the bread of a sandwich she had purchased.

## After the tragic death of Natasha Ednan-Laperouse, 'Natasha's Law' now requires food for direct sale to be fully labelled with all ingredients and allergens - including food produced and sold within schools.

## For schools, the new labelling requirements will apply to all food they make on-site and package, such as sandwiches, wraps, salads, and cakes. It applies to food offered at mealtimes, and as break-time snacks.

 **Allergy Advice**

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| **Product** | **Allergen Advice** | **Ingredients** |
| **Snack/Pudding** |  |  |
| The Pantry Raisins  | N/A | Raisins, Sunflower Oil. |
| Belmont 4 Pack Biscuits: NICE, Custard Creams, Bourbon Creams and Shortcake. | For allergies see ingredients in **bold.** | NICE: Wheat Flour (**Wheat** Flour,Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Sugar, DESICCED COCONUT (7%), **Wheat** Starch, Glucose Syrup, Skimmed **Milk** Powder, Raising Agents: Ammonium Carbonates, Sodium Carbonates; Salt, Flavouring. Shortcake: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Naicin, Thiamin) Palm oil, Sugar, Maize Flour, Glucose Syrup, Dried Skimmed **Milk**, Salt, Raising agent: Ammonium Carbonates; Flavouring.Custard Cream: **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Palm Oil, Whey Powder (**MILK**), Palm Kernel Oil, Glucose Syrup, Salt, Raising Agents: Sodium Carbonates, Ammonium Carbonates; Emulsifier: Lecithins (**SOYA**); Colour: Carotens; Flavourings. Bourbon Creams: **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Naicin, Thiamin), Sugar, Palm Oil, FAT REDUCED COCOA POWDER (4%), Palm Kernel Oil, Whey Powder (**MILK**), Glucose Syrup, Raising Agents: Sodium Carbonates, Ammonium Carbonates; Salt, Emulsifier: Lecithins (**SOYA**); Flavourings. |
| Belmont Biscuits -Milk Chocolate Caramel Wafer Bars | For allergies see ingredients in **bold.** May also contain **Nuts.** | CARMEL (48%), Glucose Syrup, Invert Sugar, Palm Oil, Water, Sweetened Condensed Milk, **MILK,** Sugar, Humectant, Glycerol Emulsifier, Lecithins (**SOYA**),Flavouring, Whole **MILK** Powder, **MILK** Fat Emulsifier, Lecithins (**SOYA)** Flavouring. WAFER (16%), (**Wheat** Flour, Calcium Carbonate, Iron, Niacin ,Thiamin) **SOYA** flour, Sugar, Sunflower oil Emulsifier, Lecithins (**SOYA)**, Salt, Raising Agent, Sodium Carbonate, Cornflour.  |
| DairyFine Jive Bar | For allergies see ingredients in **bold.** May also containPeanuts, Nuts, Egg and other gluten sources. | MILK CHOCOLATE (36%) (Sugar, Cocoa Butter, Whole **MILK**, Powder, Cocoa Mass, Lactose (**MILK**), Sweet Whey Powder (MILK) Emulsifier: Lecithins (**Soya**); Salt, Vanilla extract). CARAMEL (33%) (Sweetened Condensed Skimmed Milk[Condensed Skimmed **MILK** Sugar], Glucose Syrup, Palm Fat, Humectant: Sorbitol’s; Caramelised Sugar Syrup, Salt, **Barley** Malt Extract). BISCUIT (31%) (**Wheat** Flour, Palm Fat, Sugar, Fat Reduced Cocoa Powder, Raining Agent: Sodium carbonates; Salt Emulsifier: Lecithins (**SOYA**)). MILK CHCOLOCATE CONTAINS COCOA SOLIDS 27% MINIMUM,MILK SOLIDS 14% MINIMUM.  |
| Belmont Cookies and Cream | For allergies see ingredients in **bold.** May also contain **Milk.** | **Wheat** Flour, FILLING (29%) [Sugar, Vegetable Oils (Palm oil, Palm Kernel Oil),**Wheat** Starch, Flavouring, Emulsifier: Lecithins (**Soya**)], Sugar, High Oleic Sunflower Oil, COCOA POWDER (4.5%), Glucose-Fructose Syrup, Raising agents: Ammonium, Carbonates, Potassium Carbonates; Emulsifier: Lecithins (**Soya**); Salt, Flavouring.  |
| Dairyfine Titan | For allergies see ingredients in **bold.** May also containPeanuts, Nuts and other gluten sources. | Milk Chocolate (40%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Lactose (**MILK**), Sweet Whey Powder (**MILK**), Emulsifier: Lecithins (**Soya**); Salt, Vanilla Extract), NOUGAT (32%) (Sugar, Glucose Syrup, Palm Fat, **Barley** Malt Extract, Skimmed **Milk** Powder, Fat Reduced Cocoa Powder, Caramelised Sugar Syrup, **Egg** White Powder, Salt) CARAMEL (28%) (Glucose Syrup, Sugar, Condensed Skimmed **Milk**, Palm Fat, Salt) MILK CHOCOLOATE CONTAINS COCOA SOLIDS 27% MINIMUM, **MILK** SOLIDS 14% MINIMUM. |
| Nestle Kit Kat | For allergies see ingredients in **bold.** | Milk Chocolate (66%) – Sugar, **Wheat** Flour (contains Calcium, Iron, Thiamin and Niacin), **Milk** powders (whole and skimmed), Cocoa Mass, Cocoa Butter, Vegetable fats (Palm, Shea, Mango Kernel, Sal), Lactose and proteins from whey (from **Milk**), Whey powder (from **Milk**), Butterfat (from **Milk**), Emulsifier (Lecithins), Yeast, Raising agent (Sodium Bicarbonate), Natural Flavourings.  |
| **Fridge** |  |  |
| Natures Pick Cucumber | N/A | N/A |
| Everyday Essentials Grated Cheddar | For allergens see ingredients in **bold.** | Cheddar cheese (**Milk**), Potato Starch. |
| Bramwells Tomato Ketchup (50% Less Sugar & Salt) | For allergens see ingredients in **bold.** | Tomato, Spirit Vinigar, Sugar, Salt, Beetroot Extract Powder, Flavourings (contains **Celery**), Sweetener: Steviol Glycosides; Cayenne Pepper, Garlic Powder. MADE WITH 174g OF TOMATO PER 100g OF FINISHED PRODUCT. |
| Everyday Essentials Strawberry Jam | N/A | Glucose-Fructose syrup, Strawberry Puree, Sugar, Acidiity regulator: Citric Acid, Sodium Citrates; Gelling Agent: Pectins. PREPARED WITH 35g OF FRUIT PER 100g. TOTAL SUGAR CONTENT 61g PER 100g. |
| Village Bakery Toastie White Bread. | For allergens see ingredients in **bold.** | **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, salt, Yeast, **Soya** Flour, Preservative: Calcium Propionate; Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Spirit Vinegar, Rapeseed Oil, Flour Treatment Agent: Absorbic Acid. |
| Greenvale Olive Spread | For allergens see ingredients in **bold.** | Vegetable oils (Rapeseed oil, Olive Oil (21%), Palm Oil, Palm Kernel OIL), Water, whey Powder (**MILK**), Salt (1.1%), Emulsifier: Mono- and Diglycerides of fatty Acids; Stabiliser: Sodium Alginate; Preservative: Potassium sorbate; Acidity Regulator: Lactic Acid; Flavouring, Colour Carotenes; Vitamin A, Vitamin D. |
| **Frozen** |  |  |
| Everyday Essentials Thin and Crispy Cheese & Tomato Pizza | For allergens, including cereals containing gluten, see ingredients in **bold.** | Pizza Base (**Wheat** Flour, Water, Rapeseed Oil, Yeast, Salt), Tomato Sauce (22%) (Water, Tomato Puree, Tomato Paste, Maize Starch, Sugar, Oregano, Black Pepper), Mozzarella Cheese (22%) (**Milk**), Cheddar Cheese (2.5%) (**Milk**). |
| Everyday Essentials Thin and Crispy Pepperoni Pizza | For allergens, including cereals containing gluten, see ingredients in **bold.** | Pizza Base (**Wheat** Flour, Water, Rapeseed Oil, Yeast, Salt), Tomato Sauce (24%) (Water, Tomato Puree, Tomato Paste, Maize Starch, Sugar, Oregano, Black Pepper), Mozzarella Cheese (13%) (**Milk**), Smoked Pork Pepperoni (10%) [Pork (70%), Pork Fat, Iodized Salt (Salt, **Potassium** Iodate), Spice extracts (Paprika Extract, White Pepper Extract, Chilli Extract), Dextrose, Antioxidants: Ascorbic acid, Sodium ascorbate, Extracts od Rosemary; Preservative: Sodium Nitrate]. |
| Roosters 30 Chicken Nuggets (In Breadcrumbs) | For allergens see ingredients in **bold.** May also contain Celery, egg, mustard and soya | CHICKEN BREAST (60%), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Wheat Flour, Salt, Dextrose, Tapioca Starch, Paprika, Yeast, Skimmed **MILK** Powder. |
| Four Seasons Straight Cut Chips | N/A | Potato (96%), Sunflower Oil |
| Four Seasons Vegetable Medley | N/A | Carrot, Cauliflower Florets, Broccoli florets, peas. |
| OakHurst 16 Thick Pork Sausages – Lightly Seasoned | For allergens, including cereals containing gluten, see ingredients in **bold.** | Pork (61%), Water, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Salt, Stabiliser: Diphosphates; Yeast Extract, Preservative: Sodium **Metabisulphite**; Ground White Pepper, Ground Mace, Ground Ginger, Ground Nutmeg, Antioxidant: Ascorbic Acid; Sage Extract, Raising Agent: Ammonium Carbonate. Filled into Beef Casings.  |
| Four Seasons 12 Potato Waffles | N/A | Potato (86%(, Sunflower Oil (7%), Potato starch, Dried Potato, Salt, Dextrose, Stabiliser: Hydroxypropyl Methyl Cellulose; White Pepper, Tumeric. |
| The Fishmonger 10 Breaded Cod Fish Fingers | For allergens see ingredients in **bold.** | Atlantic Cod (Gadus Morhua) (64%) (**Fish**), Wheat Flour (**Wheat** Flour, calcium carbonate, iron, niacin, Thiamin), Rapeseed Oil, Water, **Wheat** Starch, Potato Starch, Salt, Yeast, Colours: Capsanthin, Curcumin; Tumeric. |
| Four Seasons Potato Wedges – Lightly Spiced | N/A | Potatoes (89%), Sunflower Oil (6%), Modified Potato Starch, Rice Flour, Salt, Garlic Powder, Onion Powder, Dextrin, Bell Pepper, Black Pepper, Raising Agents: Diphosphates, Sodium Carbonates; Paprika Extract; Thickener: Xanthan Gum. |
| Four Seasons Hash Browns | N/A | Shredded Potato (85%), Sunflower Oil (7%), Dehydrated Potato, Salt, Dextrose, Onion Powder, Emulsifier: Hydroxypropyl Methyl Cellulose; White Pepper. |
| Quorn Mince | For allergens see ingredients in **bold.** | Mycoprotien (88%), Rehydrated Free Range **Egg** white, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free **Barley** Malt Extract. |
| Village Bakery 12 White Sliced Rolls | For allergens, including cereals containing gluten, see ingredients in **bold.**May also contain sesame and milk. | **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), water, Yeast, Sugar, Salt, Vegetable Oils (Rapeseed Oil, Palm Oil), **Soya** Flour, Emulsifier: Sodium Stearoyl-2-Lactylate; Preservative: Calcium Propionate; Flour Treatment Agent: Absorbic Acid.  |
| Gianni’s Family Favourites (Ice Blitz LollyCarnival Ice Cream – Mint and ChocolateBobblemaniaMilkshake Lolly) | For allergens, including cereals containing gluten, see ingredients in **bold.**May also contain Peanuts and Nuts. | Ice Blitz Lolly: Strawberry Flavour Water Ice (60%) (Water, Reconstituted Strawberry Juice From Concentrate (15%), Glucose-fructose Syrup, Strawberry Purée (9%), Sugar, Concentrated Beetroot Juice, Acid: Citric Acid; Flavouring, Stabilisers: Guar Gum, Locust Bean Gum; Gelling Agent: Pectin; Colour: Curcumin), Vanilla Flavour 𝐌𝐢𝐥𝐤 Ice (31%) (Water, Glucose-fructose Syrup, Sugar, Reconstituted Skimmed 𝐌𝐢𝐥𝐤, Whey Powder (𝐌𝐢𝐥𝐤), Coconut Oil, Colour: Calcium Carbonate; Stabilisers: Guar Gum, Locust Bean Gum; Gelling Agent: Pectin; Flavouring), Sugar Sprinkles (5%) (Sugar, Coconut Oil, Glazing Agent: Beeswax; Concentrated Beetroot Juice, Colour: Curcumin; Glucose Syrup, Paprika Extract, Water), Chocolate Flavoured Coating (3.5%) [Vegetable Oils (Coconut Oil, Rapeseed Oil, Sunflower Oil), Sugar, Fat Reduced Cocoa Powder\*, Flavouring, Emulsifier: Lecithins (𝐒𝐨𝐲𝐚)]. MintCarnival Ice Cream: Mint Flavour Ice Cream (69%) [Water, Reconstituted Skimmed 𝐌𝐢𝐥𝐤, Whey Powder (𝐌𝐢𝐥𝐤), Coconut Oil, Glucose Syrup, Glucose-fructose Syrup, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Plant Extracts (Spirulina Concentrate, Safflower Concentrate), Flavouring, Stabilisers: Locust Bean Gum, Guar Gum], Chocolate Flavoured Centre (15%) [Sugar, Vegetable Oils In Varying Proportions (Coconut Oil, Rapeseed Oil, Sunflower Oil), Fat Reduced Cocoa Powder\*, Emulsifier: Lecithins (Oya); Flavouring], Chocolate Flavoured Coating (15%) (Coconut Oil, Sugar, Fat Reduced Cocoa Powder\*, Cocoa Mass\*, Emulsifier: Lecithins (𝐒𝐨𝐲𝐚)), Biscuit Crumb (1.5%) [𝐖𝐡𝐞𝐚𝐭 𝐅𝐥𝐨𝐮𝐫 (𝐖𝐡𝐞𝐚𝐭 𝐅𝐥𝐨𝐮𝐫, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Palm Oil, Rapeseed Oil, Invert Sugar Syrup, Raising Agent: Sodium Carbonate; Salt].Chocolate Carnival Ice Cream: Chocolate Flavour Ice Cream (69%) (Water, Reconstituted Skimmed 𝐌𝐢𝐥𝐤, Whey Powder (𝐌𝐢𝐥𝐤), Coconut Oil, Glucose-fructose Syrup, Glucose Syrup, Fat Reduced Cocoa Powder\*, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Stabiliser: Locust Bean Gum, Guar Gum), Chocolate Flavoured Coating(15%) (Coconut Oil, Sugar, Fat Reduced Cocoa Powder\*, Cocoa Mass\*, Emulsifier: Lecithins (𝐒𝐨𝐲𝐚)), Chocolate Flavoured Centre (15%) [Sugar, Vegetable Oils In Varying Proportions (Coconut Oil, Sunflower Oil, Rapeseed Oil), Fat Reduced Cocoa Powder\*, Emulsifier: Lecithins (𝐒𝐨𝐲𝐚); Flavouring], Biscuit Crumb (1.5%) [𝐖𝐡𝐞𝐚𝐭 𝐅𝐥𝐨𝐮𝐫 (𝐖𝐡𝐞𝐚𝐭 𝐅𝐥𝐨𝐮𝐫, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Palm Oil, Rapeseed Oil, Invert Sugar Syrup, Salt, Raising Agent: Sodium Carbonate, Salt].Bobblemania Ice Cream Lolly: Strawberry Flavour Ice Cream(43%) (Water, Reconstituted Skimmed 𝐌𝐢𝐥𝐤, Coconut Oil, Whey Powder (𝐌𝐢𝐥𝐤), Glucose-fructose Syrup, Glucose Syrup, Sugar, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Concentrated Beetroot Juice, Stabilisers: Locust Bean Gum, Guar Gum; Flavouring), Sugar Balls (26%) (Sugar, 𝐖𝐡𝐞𝐚𝐭 Starch, Water, Glucose Syrup, Concentrated Beetroot Juice, Coconut Oil, Colour: Curcumin; Vegetable Extracts (Spirulina Extract, Safflower Concentrate, Carrot Concentrate), Glazing Agent: Beeswax), Chocolate Flavoured Ice Cream (19%) (Water, Reconstituted Skimmed 𝐌𝐢𝐥𝐤, Coconut Oil, Whey Powder (𝐌𝐢𝐥𝐤), Glucose-fructose Syrup, Sugar, Glucose Syrup, Fat Reduced Cocoa Powder\*, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Stabilisers: Locust Bean Gum, Guar Gum), Chocolate Flavoured Coating (13%) [Vegetable Oils In Varying Proportions (Coconut Oil, Sunflower Oil, Rapeseed Oil), Sugar, Fat Reduced Cocoa Powder\*, Emulsifier: Lecithins (𝐒𝐨𝐲𝐚); Flavouring].Milkshake Lolly:Water, Reconstituted Skimmed 𝐌𝐢𝐥𝐤 (16%), Whey Powder (9%) (𝐌𝐢𝐥𝐤), Glucose Syrup, Sugar, Coconut Oil, Fat Reduced Cocoa Powder (0.5%), Stabilisers: Guar Gum, Carob Gum; Flavouring, Concentrated Beetroot Juice, Gelling Agent: Pectins.Choc Stick Ice Cream: Chocolate Flavoured Ice Cream(84%) (Water, Reconstituted Skimmed 𝐌𝐢𝐥𝐤, Whey Powder (𝐌𝐢𝐥𝐤), Glucose Syrup, Sugar, Coconut Oil, Fat Reduced Cocoa Powder\*, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Stabilisers: Locust Bean Gum, Guar Gum), Chocolate Flavoured Coating(16%) (Coconut Oil, Sugar, Fat Reduced Cocoa Powder\*, Cocoa Mass\*, Emulsifier: Lecithins (𝐒𝐨𝐲𝐚)). |
| **Other**  |  | **(Drinks and Dried/Canned Goods)** |
| Four Seasons Sweetcorn in Water | N/A | Sweetcorn, Water |
| Corale Baked Beans | N/A | Haricot Beans (51%), Tomatoes (34%), Water, Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Paprika Extract, Flavouirings. |
| Cucina, Penne Pasta | For allergens see ingredients in **bold.** May also contain egg and soya | Durum **wheat** semolina, water. |
| Cucina Bolognese Pasta sauce  | N/A | Tomato (78%),CONCENTRATED TOMATO PUREE (10%), ONION(7%), Sugar, Modified Maize Starch, Water, Salt, BAZIL(0.9%), Rapeseed Oil, Garlic Puree, Acidity Regulator, Citric Acid, Onion Powder, Parsley, Dried Basil, Oregano, Dried Oregano, Ground Black Pepper. |
| (ALDI OWN) Spaghetti  | For allergies see ingredients in **bold.** May contain Egg andSoya | **Wheat** Flour, Durum Wheat Semolina.  |
| Sun Quench Apple & Blackcurrant(Double Strength) | For allergens see ingredients in **bold.** | Water, APPLE JUICE CONCENTRATE (18%), BALCKCURRENT JUICE FROM CONCENTRATE (2%), Acid; Colour: Anthocyanins; Acidity Regulator: Sodium Citrates; Sweetners: Acesulfame K, Sucralose; Flavouring, Preservatives: Potassium Sorbate, Sodium **Metabisulphite;** Antioxidant: Ascorbic Acid. |
| Sun Quench Orange(Double Strength) | For allergens see ingredients in **bold.** | Water, ORANGE JUICE FROM CONCENTRATE (20%), Acid: Citric Acid; Acidity Reulator: Sodium Citrates; Flavouring, Sweetners: Acesulfame K, Sucralose; Stabilisers: Glycerol Esters of Wood Rosins, Sodium Carboxy Methyl Cellulose; Preservatives: Potassium Sorbate, Sodium **Metabisulphite**; Colour: Carotenes; Antioxidant: Ascorbic Acid. |
|  Choceur Instant Hot Chocolate Drink  | For allergens see ingredients in **bold.** | Sugar, Whey Powder (**Milk**), FAT REDUCED COCOA POWDER (13%), Died Glucose Syrup, Coconut Oil, Skimmed **Milk** Powder, MILK CHOCLATE (4%) (Sugar, Cocoa Mass, Whole **Milk** Powder, Cocoa Butter, Skimmed **Milk** Powder), Flavouring, Anticaking agent: Silicon Dioxide; Thickeners; Carboxymethyl Cellulose, Guar Gum; **Milk** Proteins, Acidity Regulator: Potassium Phosphates; Stabilisers: Polyphosphates, Sodium Phosphates; Emulsifier: Mono – and Diglycerides of Fatty Acids. |