

Our catering service has a procedure where we aim to cater for pupils who have special diets for medical reasons.

The 14 most common food allergens (identified by the European Union) are:

* celery
* cereals containing gluten (including wheat, oats, barley and rye)
* crustaceans
* eggs (including hen, duck, etc.)
* fish
* lupin
* milk (including cows, goats, sheep, etc.)
* molluscs
* mustard
* nuts (including almond, hazelnut, walnut, cashew, pecan, brazil, etc.)
* peanuts
* sesame
* soya
* sulphur dioxide (above 10mg/kg in the finished product)

If you need to register your child as having a special diet then please contact our school office for a point of contact. In addition to medical requirements, the special diet process covers vegan diets and diets for religious reasons.

Ardvreck School & Nursery, have menus for gluten, egg and dairy free pupils who have been registered as receiving a special diet. [Allergen information](https://www.scotborders.gov.uk/downloads/download/1505/winter_school_menu_allergen_and_ingredient_information) for the current menu are also available.

We offer a choice of menus per term, operating on a three-week cycle and served with a selection of healthy side dishes, bread and a well-stocked salad bar.