BENMORE OUTDOOR CENTRE
CATERING GUIDANCE

IMPORTANT INFO FOR ALLERGIES & SPECIAL DIETARIES
Click to read

LINKS

MENUS
Standard
Vegetarian
Vegan
Gluten Free / Coeliac
Dairy Free
Egg Free
Nut Free
Halal
Limited Diets
Diabetes Support
All menus are subject to change

ALLERGEN CHART

NUTRITIONAL VALUES CHART

Our Mission
We are dedicated to serving high-quality, nutritious meals while being committed to sustainability and our environmental impact. A key part of our strategy is reducing food waste through careful meal planning.

To help us achieve this, please ensure all dietary information on the Consent form (KIC) is accurate. This allows our team to prepare exactly what is needed, ensuring every child is offered a suitable, healthy meal while eliminating unnecessary waste.

Our Commitment
We endeavour to accommodate all dietary requirements, allergies, and intolerances we are made aware of in advance to ensure every person has a safe and enjoyable experience. Our Team works closely with visiting schools to provide nutritious, inclusive alternatives.

Our menus have been designed around the ‘Nutritional Meals for Food and Drink in Schools Scotland’.

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STANDARD

Subject to change

STANDARD	Breakfast	Breakfast hot choice	Lunch	5pm cake	Dinner	Starter/Dessert	Drinks
Monday				Shortbread	Beef burger & bun, wedges, sweetcorn, coleslaw	Tomato soup, croutons	Breakfast: milk/water Lunch: diluting juice/water 5pm cake: diluting juice/water Dinner: water On selected activities: warm diluting juice/hot chocolate
Tuesday	Cereals, toast, jams, fruit, yoghurt	Bacon roll	Homemade soup, filled roll, salad, bread, crisps, fruit, biscuit or raisins Roll fillings: Cheese, tuna mayo, chicken, egg mayo	Carrot Cake	Chicken curry, rice, naan, veg	Cake and custard	
Wednesday		Hash browns, beans		Date crispy slice	Bolognese, penne, garlic bread, salad	Fro yo and fruit platter	
Thursday		Lorne sausage roll		Jam donut	Fish, chips, peas, salad	Brownie, ice cream, fruit	
Friday		Pancake					

We use:
Wholegrain rice
Wholewheat pasta
Wheaten rolls
Dairy free spread
50/50 bread
Sugar free squash

Lots of hidden fruit and vegetables in our soups, sauces, and baking!

Baked potatoes available at dinner*

*Limited availability

All soups are blended and free of all 14 allergens

Fruit available at every meal

Concerns/questions not covered in this guide should be directed to the school, who will liaise with Benmore. Schools: please email or tag @office in Teams.

Visiting school staff are responsible for supporting and monitoring pupil's food intake throughout the residential.

VEGETARIAN

Our menus have been designed with the 'Nutritional Meals for Food and Drink in Schools Scotland' in mind.
We endeavour to cater for all dietary needs we are made aware of in advance.

BENMORE

Essential Information for Consent Form (KIC)

- Vegetarian vs. Pescatarian: Please specify if a strictly vegetarian diet (no meat, poultry, or fish) is a required or if a pescatarian diet is followed.

This information helps ensure every young person has a positive experience at mealtimes and allows our kitchen to minimise food waste.

Notes:

- If fish is ok, please note 'pescatarian'. Those requesting 'Vegetarian' on the KIC form will be provided with the full vegetarian menu.

Subject to change

VEGETARIAN	Breakfast	Breakfast hot choice	Lunch	5pm cake	Dinner	Starter/Dessert	Drinks
MON				Shortbread	Meatfree burger & bun, wedges, sweetcorn, coleslaw	Tomato soup, croutons	Breakfast: milk/water Lunch: diluting juice/water 5pm cake: diluting juice/water Dinner: water On selected activities: warm diluting juice/hot chocolate
TUE	Cereals, toast, jams, fruit, yoghurt	Vegi sausage roll	Homemade soup, filled roll, salad, bread, crisps, fruit, biscuit or raisins Roll fillings: cheese, egg mayo, salad, (tuna mayo, if pescatarian)	Carrot Cake	Chickpea curry, rice, naan, veg	Cake and custard	
WED		Hash browns, beans		Date crispy slice	Veg sauce, penne, garlic bread, salad	Fro yo and fruit platter	
THUR		Vegi sausage roll		Jam donut	Quorn dippers, chips, peas, salad (fish, if pescatarian)	Brownie, ice cream, fruit	
FRI		Pancake					

We use:
Wholegrain rice
Wholewheat pasta
Wheaten rolls
Dairy free spread
50/50 bread
Sugar free squash

Lots of hidden fruit and vegetables in our soups, sauces, and baking!

Baked potatoes available at dinner*

*Limited availability

All soups are blended and free of all 14 allergens

Fruit available at every meal

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VEGAN

Essential Information for Consent Form (KIC)

- **Is food that 'may contain' also not suitable?**
- **Is it a full vegan diet or will some non-vegan options from the standard menu be chosen?**

This information helps ensure every young person has a positive experience at mealtimes and allows our kitchen to minimise food waste.

Notes:

- Dairy free milk alternative is oat milk - ***if a specific dairy free milk type is preferred this should be supplied by parent/carer.***
- Dairy free spread used throughout.
- All soups/sauces dairy free
- Vegan mayonnaise available on request.

Subject to change

VEGAN	Breakfast	Breakfast hot choice	Lunch	5pm cake	Dinner	Starter/Dessert	Drinks
MON				Shortbread	Meatfree burger & bun, wedges, sweetcorn, coleslaw	Tomato soup, croutons	Breakfast: milk/water Lunch: diluting juice/water 5pm cake: diluting juice/water Dinner: water On selected activities: warm diluting juice/hot chocolate
TUE	Cereals, toast, jams, fruit, yoghurt	Vegi sausage roll	Homemade soup, filled roll, salad, bread, crisps, fruit, biscuit or raisins Roll fillings: Vegan cheese, salad	Lotus biscuits	Chickpea curry, rice, naan, veg	Cake and custard	
WED		Hash browns, beans		Date crispy slice	Veg sauce, penne, garlic bread, salad	Sorbet and fruit platter	
THUR		Vegi sausage roll		Jam donut	Quorn dippers, chips, peas, salad	Sorbet, fruit	
FRI		Ve Pancake					

We use:
Wholegrain rice
Wholewheat pasta
Wheaten rolls
Dairy free spread
50/50 bread
Sugar free squash

Lots of hidden fruit and vegetables in our soups, sauces, and baking!

Baked potatoes available at dinner*

*Limited availability

Coleslaw made with vegan mayo

All soups are blended and free of all 14 allergens

Fruit available at every meal

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GLUTEN FREE/COELIAC

Essential Information for Consent Form (KIC)

- **Allergy or Coeliac disease?**
- **Is allergy airborne?**
- **Is food that 'may contain' the allergen also not suitable?**
- **Can allergen be consumed if cooked?**
- **Is it an allergy, intolerance, or dislike?**

This information helps ensure every young person has a positive experience at mealtimes and allows our kitchen to minimise food waste.

Notes:
Our Kitchen has a dedicated gluten-free station equipped with a separate air-fryer, toaster, and utensils.
To prevent cross-contamination all gluten-free food is covered until service.

Subject to change

GLUTEN FREE	Breakfast	Breakfast hot choice	Lunch	5pm cake	Dinner	Starter/Dessert	Drinks
MON				Shortbread	Beef burger, wedges, sweetcorn, coleslaw	Tomato soup	Breakfast: milk/water Lunch: diluting juice/water 5pm cake: diluting juice/water Dinner: water On selected activities: warm diluting juice/hot chocolate
TUE	GF Cereal, GF toast, jams, fruit, yoghurt	Bacon	Homemade soup, filled sandwich, salad, crisps, fruit, biscuit or raisins Roll fillings: Cheese, tuna mayo, chicken, egg mayo	Genoa cake	Chicken curry, rice, veg	Cake and custard	
WED		Hash browns, beans		Date crispy slice	Bolognese, GF penne, salad	Fro yo and fruit platter	
THUR		GF sausage		Fruity flapjack	GF Fish, chips, peas, salad	Choc cake, ice cream, fruit	
FRI		GF Pancake					

We use:
Wholegrain rice
Wholewheat pasta
Wheaten rolls
Dairy free spread
50/50 bread
Sugar free squash

Lots of hidden fruit and vegetables in our soups, sauces, and baking!

Baked potatoes available at dinner*

*Limited availability

All soups are blended and free of all 14 allergens

Fruit available at every meal

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Visiting school staff are responsible for supporting and monitoring pupil's food intake throughout the residential.

DAIRY FREE

Essential Information for Consent Form (KIC)

- **Is allergy airborne?**
- **Is food that 'may contain' the allergen also not suitable?**
- **Can allergen be consumed if cooked?**
- **Is it an allergy, intolerance or dislike?**

This information helps ensure every young person has a positive experience at mealtimes and allows our kitchen to minimise food waste.

Notes:

- Dairy free milk alternative - *Oat milk* - ***if a specific dairy free milk type is preferred this should be supplied by parent/guardian.***

Subject to change

DAIRY FREE	Breakfast	Breakfast hot choice	Lunch	5pm cake	Dinner	Starter/Dessert	Drinks
MON				Shortbread	Beef burger & bun, wedges, sweetcorn, coleslaw	Tomato soup, croutons	Breakfast: milk/water Lunch: diluting juice/water 5pm cake: diluting juice/water Dinner: water On selected activities: warm diluting juice
TUE	Cereals, toast, jams, fruit, yoghurt	Bacon roll	Homemade soup, filled roll, salad, bread, crisps, fruit, biscuit Roll fillings: Tuna mayo, chicken, egg mayo	Lotus biscuits	Chicken curry, rice, naan, veg	Cake and custard	
WED		Hash browns, beans		Date crispy slice	Bolognese, penne, garlic bread, salad	Sorbet and fruit platter	
THUR		Lorne sausage roll		Jam donut	Fish, chips, peas, salad	Choc cake, sorbet, fruit	
FRI		Ve Pancake					

We use:
Wholegrain rice
Wholewheat pasta
Wheaten rolls
Dairy free spread
50/50 bread
Sugar free squash

Lots of hidden fruit and vegetables in our soups, sauces, and baking!

Baked potatoes available at dinner*

*Limited availability

All soups are blended and free of all 14 allergens

Fruit available at every meal

Concerns/questions not covered in this guide should be directed to the school, who will liaise with Benmore. Schools: please email or tag @office in Teams.

Visiting school staff are responsible for supporting and monitoring pupil's food intake throughout the residential.

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EGG FREE

Essential Information for Consent Form (KIC)

- **Is allergy airborne?**
- **Is food that 'may contain' the allergen also not suitable?**
- **Can allergen be consumed if cooked?**
- **Is it an allergy, intolerance or dislike?**

This information helps ensure every young person has a positive experience at mealtimes and allows our kitchen to minimise food waste.

Notes:
- Vegan mayonnaise available on request for lunch roll filling for tuna mayo.

Subject to change

EGG FREE	Breakfast	Breakfast hot choice	Lunch	5pm cake	Dinner	Starter/Dessert	Drinks
MON				Shortbread	Beef burger & bun, wedges, sweetcorn, coleslaw	Tomato soup, croutons	Breakfast: milk/water Lunch: diluting juice/water 5pm cake: diluting juice/water Dinner: water On selected activities: warm diluting juice/hot chocolate
TUE	Cereals, toast, jams, fruit, yoghurt	Bacon roll	Homemade soup, filled roll, salad, bread, crisps, fruit, biscuit or raisins Roll fillings: Cheese, chicken.	Lotus biscuits	Chicken curry, rice, naan, veg	Cake and custard	
WED		Hash browns, beans		Date crispy slice	Bolognese, penne, garlic bread, salad	Fro yo and fruit platter	
THUR		Lorne sausage roll		Jam donut	Fish, chips, peas, salad	Ice cream, fruit	
FRI		Ve Pancake					

We use:
Wholegrain rice
Wholewheat pasta
Wheaten rolls
Dairy free spread
50/50 bread
Sugar free squash

Lots of hidden fruit and vegetables in our soups, sauces, and baking!

Baked potatoes available at dinner*

*Limited availability

Coleslaw made with vegan mayo

All soups are blended and free of all 14 allergens

Fruit available at every meal

Concerns/questions not covered in this guide should be directed to the school, who will liaise with Benmore. Schools: please email or tag @office in Teams.

Visiting school staff are responsible for supporting and monitoring pupil's food intake throughout the residential.

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NUT FREE

Standard menu with guidance for nut allergies

Essential Information to include on Consent Form (KIC)

- **Is allergy airborne?**
- **Is food that 'may contain' also not suitable?**
- **Is it an allergy, intolerance, or dislike?**

This information helps ensure every young person has a positive experience at mealtimes and allows our kitchen to minimise food waste.

Notes:

- We do not use nuts or nut-based ingredients in any of our dishes.
- Some foods 'may contain' nuts. Please refer to Allergen Guide for more info and clearly note on KIC form if 'may contain' is an issue.
- **If the allergy includes 'may contain nuts', please highlight on the Consent Form.**

Subject to change

STANDARD	Breakfast	Breakfast hot choice	Lunch	5pm cake	Dinner	Starter/Dessert	Drinks
Monday				Shortbread	Beef burger & bun, wedges, sweetcorn, coleslaw	Tomato soup, croutons	Breakfast: milk/water Lunch: diluting juice/water 5pm cake: diluting juice/water Dinner: water On selected activities: warm diluting juice/hot chocolate
Tuesday	Cereals, toast, jams, fruit, yoghurt	Bacon roll	Homemade soup, filled roll, salad, bread, crisps, fruit, biscuit or raisins Roll fillings: Cheese, tuna mayo, chicken, egg mayo	Carrot Cake	Chicken curry, rice, naan, veg	Cake and custard	
Wednesday		Hash browns, beans		Date crispy slice	Bolognese, penne, garlic bread, salad	Fro yo and fruit platter	
Thursday		Lorne sausage roll		Jam donut	Fish, chips, peas, salad	Brownie, ice cream, fruit	
Friday		Pancake					

We use:
Wholegrain rice
Wholewheat pasta
Wheaten rolls
Dairy free spread
50/50 bread
Sugar free squash

Lots of hidden fruit and vegetables in our soups, sauces, and baking!

Baked potatoes available at dinner*

*Limited availability

Coleslaw made with vegan mayo

All soups are blended and free of all 14 allergens

Fruit available at every meal

Concerns/questions not covered in this guide should be directed to the school, who will liaise with Benmore. Schools: please email or tag @office in Teams.

Visiting school staff are responsible for supporting and monitoring pupil's food intake throughout the residential.

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_HALAL

Vegan/vegetarian menu with Halal guidance

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Essential Information for Consent Form (KIC)

- **Vegetarian vs. Pescatarian: Please specify if a strictly vegetarian diet (no meat, poultry, or fish) is required or if a pescatarian diet (includes fish) is followed.**
- **Indicate if a full Halal menu is required or if non-halal options from the standard menu will be chosen.**

This information helps ensure every young person has a positive experience at mealtimes and allows our kitchen to minimise food waste.

Notes:

- As we do not serve Halal meat, those requesting Halal on their KIC form will be provided with the vegetarian menu.
- If fish can be consumed, please specify this on the KIC form and we will provide the Pescatarian menu.
- No gelatine is used in our current menu. If gelatine is included an alternative will be provided.

Subject to change

HALAL	Breakfast	Breakfast hot choice	Lunch	5pm cake	Dinner	Starter/Dessert	Drinks
MON				Shortbread	Veg burger & bun, wedges, sweetcorn, coleslaw	Tomato soup, croutons	Breakfast: milk/water Lunch: diluting juice/water 5pm cake: diluting juice/water Dinner: water On selected activities: warm diluting juice/hot chocolate
TUE	Cereals, toast, jams, fruit, yoghurt	Ve lorne sausage roll	Homemade soup, filled roll, salad, bread, crisps, fruit, biscuit or raisins Roll fillings: Cheese, tuna mayo, egg mayo	Carrot Cake	Chickpea curry, rice, naan, veg	Cake and custard	
WED		Hash browns, beans		Date crispy slice	Veg sauce, penne, garlic bread, salad	Fro yo and fruit platter	
THUR		Ve lorne sausage roll		Jam donut	Quorn dippers, chips, peas, salad (fish, if pescatarian)	Brownie, ice cream, fruit	
FRI		Pancake					

We use:
Wholegrain rice
Wholewheat pasta
Wheaten rolls
Dairy free spread
50/50 bread
Sugar free squash

Lots of hidden fruit and vegetables in our soups, sauces, and baking!

Baked potatoes available at dinner*

*Limited availability

Coleslaw made with vegan mayo

All soups are blended and free of all 14 allergens

Fruit available at every meal

Concerns/questions not covered in this guide should be directed to the school, who will liaise with Benmore. Schools: please email or tag @office in Teams.

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Visiting school staff are responsible for supporting and monitoring pupil's food intake throughout the residential.

LIMITED DIETS – This could include (but not limited to) ARFID, food sensory, selective eating

BENMORE

Essential Information for Consent Form (KIC)

- All information relevant and helpful for Benmore to arrange a suitable menu

This information helps ensure every young person has a positive experience at mealtimes and allows our kitchen to minimise food waste.

Notes:

- If the standard menu is not suitable, please speak with school staff who will liaise with the Centre to build a menu to cover needs.
- Parents/guardians are welcome to pack food for pupils with limited diets if our menus don't meet preferences. All items must be appropriately packed and chilled for transport. To help our team, please provide the school with written instructions on how and when the food should be served. **Please see Essential Informatio for guidance on sending food.**

Subject to change

	Breakfast	Breakfast hot choice	Lunch	5pm cake	Dinner	Starter/Dessert	Drinks
Monday				Shortbread	Beef burger & bun, wedges, sweetcorn, coleslaw	Tomato soup, croutons	Breakfast: milk/water Lunch: diluting juice/water 5pm cake: diluting juice/water Dinner: water On selected activities: warm diluting juice/hot chocolate
Tuesday	Cereals, toast, jams, fruit, yoghurt	Bacon roll	Homemade soup, filled roll, salad, bread, crisps, fruit, biscuit or raisins Roll fillings: Cheese, tuna mayo, chicken, egg mayo	Carrot Cake	Chicken curry, rice, naan, veg	Cake and custard	
Wednesday		Hash browns, beans		Date crispy slice	Bolognese, penne, garlic bread, salad	Fro yo and fruit platter	
Thursday		Lorne sausage roll		Jam donut	Fish, chips, peas, salad	Brownie, ice cream, fruit	
Friday		Pancake					

We use:
Wholegrain rice
Wholewheat pasta
Wheaten rolls
Dairy free spread
50/50 bread
Sugar free squash

Lots of hidden fruit and vegetables in our soups, sauces, and baking!

Baked potatoes available at dinner*

*Limited availability

Coleslaw made with vegan mayo

All soups are blended and free of all 14 allergens

Fruit available at every meal

Concerns/questions not covered in this guide, please contact the school who will liaise with Benmore. Schools: please email or tag @office in Teams.

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Visiting school staff are responsible for managing and monitoring pupil's food intake throughout the residential.

DIABETES GUIDANCE

Standard menu with diabetes guidance

Essential Information for Consent Form KIC)

- All information relevant and helpful for Benmore to arrange a suitable menu and support.

This information helps ensure every young person has a positive experience at mealtimes and allows our kitchen to minimise food waste.

Notes:

- Please speak to the school, who will liaise with Centre to discuss support/requirements.
- Visiting school staff are responsible for monitoring and supporting pupils with their requirements with the support from Centre staff.
- Scales are available to allow portions to be measured. Please refer to our Nutritional Value Matrix for carbohydrate values.
- If you would like to send any pre-packed alternatives to our homemade food to ensure carb content is exact, please let the school know. **Please do not send anything containing nuts.**

Schools must check their employer's policy on training requirements to support pupils with diabetes on a residential.

Subject to change

	Breakfast	Breakfast hot choice	Lunch	5pm cake	Dinner	Starter/Dessert	Drinks
Monday				Shortbread	Beef burger & bun, wedges, sweetcorn, coleslaw	Tomato soup, croutons	Breakfast: milk/water Lunch: diluting juice/water 5pm cake: diluting juice/water Dinner: water On selected activities: warm diluting juice/hot chocolate
Tuesday	Cereals, toast, jams, fruit, yoghurt	Bacon roll	Homemade soup, filled roll, salad, bread, crisps, fruit, biscuit or raisins Roll fillings: Cheese, tuna mayo, chicken, egg mayo	Carrot Cake	Chicken curry, rice, naan, veg	Cake and custard	
Wednesday		Hash browns, beans		Date crispy slice	Bolognese, penne, garlic bread, salad	Fro yo and fruit platter	
Thursday		Lorne sausage roll		Jam donut	Fish, chips, peas, salad	Brownie, ice cream, fruit	
Friday		Pancake					

We use:
Wholegrain rice
Wholewheat pasta
Wheaten rolls
Dairy free spread
50/50 bread
Sugar free squash

Lots of hidden fruit & vegetables in our soups, sauces, and baking!

Baked potatoes available at dinner*

*Limited availability

All soups are blended and free of all 14 allergens

Fruit available at every meal

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Concerns/questions not covered in this guide, please contact the school who will liaise with Benmore. Schools: please email or tag @office in Teams.

IMPORTANT – PLEASE READ - REGARDING FOOD ALLERGIES AND SPECIAL DIETARY REQUIREMENTS

BENMORE

1. OUR COMMITMENT

We endeavour to accommodate all dietary requirements, allergies, and intolerances to ensure every person has a safe and enjoyable stay. Our catering team is trained in allergen management and works closely with visiting schools to provide nutritious, inclusive alternatives.

2. SEVERE ALLERGIES

For pupils with severe or life-threatening allergies, schools must notify the Centre via the 30-day form to allow time discuss specific safety protocols and amend menu if required.

3. 30-DAY NOTIFICATION

To ensure our team has time to fully prepare, schools must complete all paperwork and upload all consent forms (KIC) to Teams at least 30 days before the arrival date.

6. MEDICAL AND SUPERVISION RESPONSIBILITY

Please note that while Centre staff provide operational and catering support, visiting school staff retain primary 24/7 responsibility and duty of care for their pupils.

- School groups must bring their own required emergency medical supplies (such as adrenaline auto injectors/EpiPens or fast-acting glucose treatments) to all meals and activities.
- School staff must be present in the dining room queue to monitor their pupils, identify high-risk individuals, and administer emergency medications if required.
- Centre staff cannot take responsibility for tracking individual pupil food choices or meal intake at the service counter.

5. PRE-PACKED FOOD ALTERNATIVES

To ensure absolute safety or exact macronutrient counts (such as carbohydrate values for diabetes management),parents are welcome to send pre-packed food alternatives under the following strict conditions:

- All items must be securely packed and chilled if needed.
- Every item must be clearly labelled with the pupil's name and school.
- All parent-provided foods must include a clear, legible ingredients list.
- Any home-prepared meals containing dairy, meat, or other perishable ingredients must be clearly marked with the date it was prepared or defrosted.
- Parents must note that frozen or chilled food will begin to defrost during
- transit to the Centre. Once arrived, these items cannot be safely refrozen and must be consumed within a strict timeline (typically within 24 to 48 hours).
- The kitchen will discard any perishable home-cooked food that is undated, past its safe storage limit, or shows signs of temperature spoilage.
- The kitchen cannot prep, reheat, or serve unlabelled or loosely wrapped foods.
- No foods should contain nuts including tree nuts.

4. ALLERGEN AND CROSS-CONTAMINATION STATEMENT

While we take every precaution to prevent cross-contamination and follow strict food safety standards, our kitchen handles a wide variety of ingredients, including many of the 14 main allergens. Therefore, we cannot guarantee a completely allergen-free environment.

Please note that our dining room queue system requires pupils to guide themselves through the service line, which inherently introduces a risk of pupil-led cross-contamination at the counter. Please speak with the school if this will not be suitable.

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ADD IN NUTRITIONAL VALUE PDF AND ALLERGEN SHEET