

## ISS Education Personal Choice Menu September 2019: Primary Education

At ISS Education our menus are designed to cater for the majority of the school population by offering a variety of foods in a range of dishes (including vegetarian dishes) on a daily basis. Depending on the school or area contract, ISS Education also caters to meet with Halal and Kosher requirements.

### **Personal Choice**

Some pupils may not be able to choose meals from the standard menu due to personal choices e.g. vegan or additional religious reasons. These pupils do not require a special diet menu (for safeguarding reasons) but may wish to follow the personal choice menu. This menu is only to be used in circumstances where meals from the standard menu are unsuitable. This personal choice menu is accompanied by recipes and a summary of the key 14 allergens as covered by the 2014 EU FIC legislation.<sup>1</sup>

### **Vegetarian and Vegan**

The menu offers vegetarian and vegan alternatives that do not include any of the following ingredients: Honey, onions, garlic, potato, sweet potato, carrots, swede, turnip, mushrooms, beetroot, celeriac, parsnips, radish, ginger, parsley, fennel & horseradish.

#### *Vegetarian*

The stated recipes do not contain any of the above listed ingredients. In addition these recipes do not contain any meat, poultry and, or fish or derivatives of the aforementioned. These recipes do contain dairy and egg.

#### *Vegan*

The stated recipes do not contain any of the above listed ingredients. In addition these recipes do not contain any meat, poultry, fish, dairy, egg and, or honey or derivatives of the aforementioned.

### **Halal**

Halal means permitted or lawful. Halal food refers to any food items that are allowed to be eaten according to Islamic Sharia law. This means that for any food to be considered Halal it must comply with the religious ritual and observance of Sharia law.

Halal food has been subjected to an approved certification systems which guarantee to consumers that nothing in the food has any forbidden components. Halal certificates are issued, for a fee, by a certifying body. ISS Education holds copies of such certificates for products used in Halal dishes. All stated recipes in this personal choice guide are suitable for a Halal diet.

For further information please contact the Nutrition Team at [nutrition@uk.issworld.com](mailto:nutrition@uk.issworld.com)

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<sup>1</sup> FIC 14 Key Allergens : Cereals containing gluten; crustaceans; eggs; fish; peanuts; soybeans; milk; nuts; celery; mustard; sesame; sulphur dioxide & sulphites; lupin, and; molluscs.

<http://eur-lex.europa.eu/legal-content/EN/TXT/PDF/?uri=CELEX%3A32011R1169&from=en>