# Egg Free School

Dear parents and guardians,

As a result of a member of our school community having significant allergies in relation to eggs , our school must become egg-free campus for all students and staff. This will mean that a number of typical lunchbox fillers such as mayonnaise, etc. will no longer be able to come to school. Essentially, any food that lists egg as an ingredient will not be able to be consumed during school.

While we understand that this will impact on lunchbox planning, we ask that all families respect this requirement as it could have serious implications on a member of our school.

Due to the severity of the problem, it is important that all parents follow these measures to reduce the risk of an allergic reaction to this child.
We thank you for your co-operation.

Séamus Dempsey

| Baked / Well Cooked Egg | Lightly Cooked Egg | Undercooked / Raw Egg |
|---|---|---|
| • Plain Cakes<br>• Biscuits (e.g. Jaffa cakes, sponge fingers)<br>• Dried Egg Pasta<br>• Egg Noodles<br>• Pancakes<br>• Shop bought pre-cooked frozen Yorkshire puddings<br>• Prepared meat dishes and sausages containing egg<br>• Waffles<br>• Chocolate bars containing nougat or dried egg (e.g. Milky Way or Crème Egg)<br>• Gravy granules (if they contain egg)<br>• Quorn<br>• Cooked Egg Glaze | • Scrambled Egg<br>• Boiled Egg<br>• Fried Egg<br>• Omelette<br>• Egg fried rice<br>• Homemade Meringues<br>• Lemon Curd<br>• Quiche/Flan/Spanish tortilla<br>• Poached Egg<br>• Egg in batter or breadcrumbs (e.g. scotch egg, fish finger)<br>• Hollandaise Sauce<br>• Egg Custard<br>• Crème Brulee<br>• Homemade pancakes or Yorkshire Pudding (especially those that contain 'sticky' batter)<br>• Fresh egg pasta | • Fresh Mayonnaise<br>• Fresh mousse containing egg<br>• Fresh ice cream (especially deluxe types)<br>• Royal icing<br>• Home-made Marzipan<br>• Raw egg in cake mix and other dishes awaiting cooking (children of all ages like to lick the spoon!)<br>• Horseradish sauce<br>• Tartar sauce<br>• Salad cream<br>• Cheese that contain egg white lysozyme or egg protein. |