



Benmore Outdoor Centre

Food allergies and additional dietary requirements guide – Schools

We endeavour to cater for all food allergies and dietary requirements that we have been informed of in advance of the visit on the KICcentre form.

Parents/guardians are welcome to pack food for children with dietary requirements/allergies/limited diets. Please let us know in advance and ensure all food is packed/chilled correctly for travel to the Centre. They should instruct the group leader of how/when the food should be offered to the pupil so the school can facilitate this throughout the stay.

Please be clear on the form whether it is an allergy or a dislike and if the allergen is ok once cooked, ie eggs/milk cooked in baking/sauces is fine, drinking milk and consuming mayo is not.

Please note on KIC form if the allergy includes ‘may contain’. And contact us directly to discuss further if an allergy is airborne.

If you have questions which are not answered in this guide please get in touch with Amy.bryden@edinburgh.gov.uk. Enquiries should come from the school on parent/guardian behalf.

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

Our current standard menu can be found [here](#).

Dairy free - DF

- Soya milk is offered as the DF alternative - if a specific DF milk alternative is preferred this should be brought by them.
- Margarine used for breakfast/rolls/baking is dairy free.
- We have DF cheese for rolls/pasta/pizzas

Nut allergy

The Centre does not use nuts in meals apart from coconut (tree nut) in 1 pudding. This is removed from the menu on weeks we have anyone with nut allergies. Detailing on the KIC form if it is only a specific nut is helpful, ie ‘Nut allergy – walnuts only’.

Egg allergy

We offer a substitute for any food containing eggs. We can offer vegan mayonnaise in this instance. Please notify us if allergy is airborne and we will substitute everyone's mayo for the week to the vegan alternative.

Please be clear whether it is all eggs or if egg is ok in the likes of cakes etc.

Diabetes

We find that every diabetic visitor is different in the way they manage their food/carb counting. Please speak to the Centre if you need to discuss or require guidance/support. Visiting school staff are responsible for monitoring and managing their diabetic pupils' food with support from the Centre where required. We have scales which can be used to measure portions.

Please check your employers guidance on what training your school staff require to support pupils with diabetes on a residential.

Gluten free/coeliac - GF

Dedicated GF section in kitchen with fryer/toaster/utensils

- Gluten free cereal, toast for breakfast
- Gluten free bread for lunch sandwich
- Homemade soups do not contain gluten
- GF pizza base
- GF fish fingers
- GF pasta
- GF 5pm cake and dessert alternative

Current GF dinner menu:

- Gluten free fish fingers, chips, peas, salad
- Chicken breast (without bbq sauce), rice, veg
- Hidden veg gluten free pasta bake
- Gluten free pizza, wedges

Vegetarian

If we are notified of someone with a vegetarian diet we will offer a fully vegetarian alternative. If fish is eaten please note this as 'pescetarian' to help us reduce our food waste.

Current vegetarian dinner menu:

- Vegan vegetable burger, chips, peas, salad
- Plant based burger or vegan dippers, rice, veg
- Hidden veg pasta bake, garlic bread
- Cheese Pizza, wedges

Vegan

See dairy free section for dairy alternatives. All lunch soups are vegan and we can offer salad or vegan cheese rolls.

Current vegan dinner menu:

- Vegan vegetable burger, chips, peas, salad
- Plant based burger or vegan dippers, rice, veg
- Hidden veg pasta bake with vegan cheese
- Vegan cheese Pizza, wedges
- Vegan dessert option will be offered which can include vegan chocolate cake, sorbets, vegan sponges, fruit

Halal

We will offer a vegetarian menu. Please let us know whether fish can be eaten or if a fully vegetarian menu offering is preferred to help us reduce our food waste.

Food containing gelatin will not be offered.

Limited diets

Parents/guardians are welcome to send as much food as they like to support this. Please speak with the Centre in advance of arrival if supplementary food is brought and what the Centre will require to do to support the pupil.

More information

- Small number of baked potatoes and cheese are available each dinner time for anyone who does not want the dinner offered
- Salad is available at every lunch and dinner
- Vegetables are available at every dinner
- Fruit is available at every breakfast, lunch and dinner