

Food allergy

Keeping you safe on our ward

If you have a food allergy please tell our staff and we will ensure that this is recorded in your patient record and provide you with a safe diet.

Please ask us about allergen information, our staff can supply you with menu's and confirm the presence of allergens in any of the food prepared or served on this ward.

Celery		Found in salads, soups and stock
Cereals		For example wheat, rye, oats and barley. Found in cakes, bread, batter, pasta, pastry and soups
Crustaceans		Such as crab, lobster, prawns and scampi. Often used in Thai and SE Asian cuisine
Eggs		Found in cakes, mayonnaise, mousse, pasta, quiche, sauces and pastries
Fish		Such as in sauces, relish and stock cubes
Lupin		Found as a bean or as flour
Milk		Used in butter, cheese, cream, yoghurt and milk powder
Molluscs		Mussels, squid, whelks and found in oyster sauce
Mustard		Found in bread, curries, marinades and salad dressings
Nuts		Tree nuts such as almond, cashew, hazelnut and found in bread, crackers, desserts, stir-fry dishes, marzipan and nut oil
Peanuts		Often found in cakes, desserts, sauces and groundnut oil
Sesame		Found in bread, breadsticks, houmous, sesame oil and tahini
Soya		Often as a curd, miso paste, textured soya protein, tofu or as a flour
Sulphur Dioxide		Sulphites are preservatives, used in dried fruit, meat products and vegetables.

If after speaking to your ward team, you remain concerned about a food allergy, ask to speak to one of our Dietitians.

Keep safe, tell us if you have a food allergy.

For further information about this notice please contact paul.butler@oxfordhealth.nhs.uk