

# YOUR SCHOOL MENU



<b>Flavourings</b>			
All flavourings unless clearly stated 'Natural' must be avoided. Flavourings do not have 'E' numbers		<b>Other additives not allowed for infants and young children</b>	
		<b>Anti-Oxidants</b>	
<b>Flavour Enhancers</b>		E310	Propyl gallate
E621	Monosodium glutamate (MSG)	E311	Oxtyl gallate
E622	Monopotassium glutamate (MPG)	E312	Dodecyl gallate
<b>Anti-Oxidants</b>		<b>Sweeteners</b>	
E320	Butylated Hydroxy Anisole (BHA)	E950	Acesulfame
E321	Butylated Hydroxy Toluene (BHT)	E951	Aspartame
		E953	Isomalt
<b>Preservatives</b>		E954	Saccharin
E210	Benzoic Acid	E965	(i) (ii) Malitol
E211	Sodium-Benzoate	E966	Lactitol
E220	Sulphur Dioxide		Sucralose
E249	Potassium Nitrite	E120	Cochineal/carminic acid is a natural colouring but some parents have reported reactions, so be careful.
E250	Sodium Nitrite	E150(a)	Is a natural product but may cause some problems
E251	Sodium Nitrate	E160(b)	Anatto is a natural colouring that may cause problems
E252	Potassium Nitrate		
E282	Calcium Propionate (bread preservative)		



**HACSG**  
THE HYPERACTIVE CHILDREN'S  
SUPPORT GROUP



Hampshire  
County Council

