

WARNING!

Please avoid bringing in to school the products in Step 2 and 3

Step	Type of Egg	Comment	Food
1	Manufactured/ processed/highly cooked egg	These are foods containing highly baked egg as an ingredient with no sign of any slightly uncooked egg within the food	Level one: Low protein dose Plain Cakes and Biscuits Waffles (shop bought) Sponge fingers Gravy granules (if they contain egg) Shop bought pre-cooked frozen Yorkshire puddings Manufactured (shop bought)pancakes and scotch pancakes Level two: Moderate protein dose Prepared meat dishes and sausages/burgers (including vegetarian) containing egg Egg glaze on pastry Quorn or similan mycoprotein products Manufactured meringues Level three: High protein dose Dried egg pasta Dried egg noodles Waffles (home made) Chocolate bars containing egg in their filling e.g. Nougat, Milky Way and Mars Bar, Chewitts Some soft-centred chocolates Commercial marzipan
2	Loosely cooked egg	It will depend on how well cooked the egg is e.g. for pancakes or brownie it will depend if there is some sticky or raw batter left inside	Homemade pancakes and some Yorkshire pudding – especially those that contain any 'sticky' batter inside Bread and butter pudding Fresh egg pasta Homemade products where egg is used to make breadcrumbs to stick to fish/chicken etc. Homemade meringues Hollandaise sauce Egg custard, Crème brulee, Crème Caramel, Lemon Curd Quiche, Flan, Spanish Tortilla Scrambled egg Boiled egg Fried egg, Egg fried rice Omelette Poached Egg Egg in batter, breadcrumbs e.g. scotch egg Tempura batter
3	Uncooked or raw egg		Fresh mousse Fresh mayonnaise Some ice creams, especially fresh and deluxe types Some sorbets Homemade marzipan Royal Icing (both fresh & powdered royal icing sugar) Horseradish and tartare sauce, salad cream Raw egg in cake mix and other dishes awaiting cooking Foods containing egg white lysozyme e.g. Frico Edam cheese and some bough pesto