Code of Good Practice

Vegetarian dishes must not contain:

- Animal flesh (meat, fish or shellfish).
- Meat, fish, or bone stock, or stock cubes containing same.
- Animal carcass fats (including suet, lard or dripping).
- Gelatine, gelatine-based jelly, or aspic (jelly made from meat stock).
- Products with ingredients derived from slaughterhouse e.g. calf rennet in cheese.
- Battery or intensively produced eggs should be avoided wherever possible. Please consult individual residents regarding their opinion about eggs.

Vegan dishes must not contain:

- Anything also on the vegetarian list.
- Dairy products including cheese, milk, butter, cream and yoghurt.
- Eggs.
- Products with ingredients derived from eggs or dairy e.g. albumen, casein, ghee, lactose or whey.
- Honey.
- Shellac.

This advice is provided as a best practice guide. Members of the Vegetarian for Life UK List undertake to operate within its spirit, to provide ethical catering for older vegetarians. For more information, please visit ***http://vegetarianforlife.org.uk***

Common Stumbling Blocks

Cheese
Traditionally cheese is made using rennet, an enzyme extracted from the stomach of slaughtered calves. Today, most UK cheese is vegetarian. If in doubt, please ask your supplier. Cheese products are never suitable for vegans. Cheese-alternatives are available.

Fats, Oils and Margarine
Butter is suitable for vegetarians, but not for vegans. Other animal fats and fish oils, and products containing them, are unsuitable for either. There are many margarines suitable for both vegetarians and vegans – usually clearly indicated on the container.

Gravies and Stock
Cubes or powders containing meat, poultry or fish are not acceptable. Please use vegetable stocks.

Honey
Royal jelly is not vegetarian. Honey is acceptable to vegetarians but not vegans. Agave syrup can be a useful replacement.

Milk and Cream
Milk and cream are acceptable to vegetarians, but not to vegans. Soya milk is readily available and is good for most vegans. Rice, nut and oat milks are also available for those who do not like soya.

Worcester Sauce
Usually contains anchovies, but vegetarian and vegan versions are available.

Toiletries
The majority of vegetarians and vegans have adopted their lifestyle because of concern for animal suffering. If you provide soap, shampoo and similar products, please try to ensure that they are animal-free and have not been tested on animals.

Kitchen Hygiene
Work surfaces, chopping boards, utensils and other equipment should either be kept separate from those used for non-vegetarian food preparation, or cleaned thoroughly beforehand. Cross contamination should also be avoided between vegetarian and vegan foods. Please ensure that fryers, grills and griddles used for meat and fish are thoroughly cleaned. Fryers must be filled with fresh, uncontaminated oil before vegetarian or vegan food is cooked.

Vegetarian for Life
Piccadilly Business Centre, Aldow Enterprise Park
Manchester, M12 6AE
vegetarianforlife.org.uk
info@vegetarianforlife.uk | 0161 257 0887