



Dear Parents/Carers

Introducing the New Allergy-Friendly School Menu

As a school, we are committed to providing safe, nutritious and inclusive school meals for all children. As part of this commitment, our catering provider is introducing a new Top 14 Allergy-Free Menu, designed to significantly reduce the risk of allergen incidents while still offering variety and choice.

With food allergies on the rise, this new approach ensures that children with allergies can enjoy meals that are safer, simpler, and more inclusive. Unlike previous allergen menus, which often provided limited choice, this menu allows all children with dietary needs to eat the same meals as their peers, creating a shared and supportive dining experience.

Our catering provider also remains committed to medical diet provision, ensuring that children with allergies beyond the 14 key allergens continue to receive meals that meet their specific needs.

Why the Change?

- **Enhanced safety** – Up to 8% of children have food allergies, with 18% of allergic reactions happening in schools. Simplifying the menu reduces the risk of cross-contamination and human error.
- **Better nutrition** – The new menu focuses on whole ingredients, with a higher proportion of plant-based foods and a reduction in processed alternatives.
- **Continued choice** – Children will still have meat and vegetarian options, though selections may differ slightly from the current menu.
- **Greater inclusivity** – All children with allergies will have access to the same menu, ensuring they are not singled out.

Our catering provider supports the Natasha Allergy Research Foundation, an organisation dedicated to improving food safety and understanding the causes of allergies. They actively contribute to this important work through funding, education and best practice in school meal provision.

Thank you for your support in making our school meals safer and more inclusive for all children.