

# THE 14 MAJOR FOOD ALLERGENS



CELERY



GLUTEN



EGGS



FISH



SOYA



SESAME



CRUSTACEANS



PEANUT



MILK



LUPIN



TREE NUTS



SULPHUR DIOXIDE



MUSTARD



MOLLUSCS

## SPECIAL DIETS AND FOOD ALLERGENS

Don't think that your child can't enjoy our great food if they have a special diet - this is an important part of our catering service. We can provide food if they have an intolerance, an allergy, or require an alternative choice due to religious beliefs.

Aspens already caters for lots of children with allergies, we have robust food safety procedures and our staff has regular allergen and food safety training. It is still important that parents talk to us so we can work together and continue to provide meals that are safe for their child to eat.

# SUSTAINABILITY

Sustainability is one of our core values - we recognise that our activities can affect the environment and so we do what we can to minimise our impact.

- This includes phasing out single use plastics, using environmentally friendly disposables and cleaning products, offering non meat proteins and seasonal fruit and vegetables.



# Why School Meals are GREAT

Lunch time is an important part of a child's school day, giving pupils a break with friends and the chance to recharge their batteries. But why should you choose a school meal? Take a look at the ten great reasons we have come up with!

- 1 School meals are delicious, healthy, safe, varied and could be free!
- 2 Measures have been taken around staff training, food safety and enhanced cleaning to ensure that all of our dinners are safe.
- 3 It would save you hours making packed lunches for your child!
- 4 Children receiving Free School Meals have exactly the same choice as everyone else and no-one will know that your child's meal is free.
- 5 You can see the menus and choices online so you know exactly what they'll be eating.
- 6 The school catering team is fully trained and ready to cater for children with allergies or other special diets.
- 7 School meals help encourage good eating habits from an early age and provide the opportunity to further develop their social skills as they sit down with friends to enjoy their meals.
- 8 There are plenty of opportunities to try new foods and more fussy eaters are much more likely to try new things if their friends are eating the same meals as they are.
- 9 It's easy to apply – speak to your school office for details or check your eligibility here:  
[www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)
- 10 You'll be supporting the school too. Schools receive extra government grants for every child who is claiming Free School Meals. That can be used to pay for more books, computers, special events and much more.



# TAKE YOUR IMAGINATION ON A FOOD JOURNEY



SCHOOL MEALS HELP ENCOURAGE GOOD EATING HABITS  
FROM AN EARLY AGE AND PROVIDE THE OPPORTUNITY TO  
FURTHER DEVELOP THEIR SOCIAL SKILLS AS THEY SIT DOWN  
WITH FRIENDS TO ENJOY THEIR MEALS.

**CONTACT US**

E: [info@aspens-services.com](mailto:info@aspens-services.com)

w: [www.aspens-services.co.uk](http://www.aspens-services.co.uk)

**Aspens**  
🌿🌿🌿🌿🌿

