

# Your Diet. Your Way. Every Day.

Whatever your child's allergy, intolerance, lifestyle or medical dietary need, our kitchen team will work with you to plan meals they can enjoy safely — every day, on every menu.

## THE 14 ALLERGENS WE MANAGE EVERY DAY

|                                                                                                |                                                                                                  |                                                                                                                      |                                                                                                    |                                                                                                          |
|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <br>Peanuts | <br>Milk      | <br>Crustaceans                  | <br>Soybeans  | <br>Fish            |
| <br>Celery  | <br>Tree Nuts | <br>Sesame Seeds                 | <br>Mustard   | <br>Lupin           |
| <br>Eggs    | <br>Molluscs  | <br>Cereals containing<br>gluten | <br>Sulphites | <br>Other allergies |

**RED**  
Severe reaction or anaphylactic risk — a tailor-made, medically-guided plan is put in place.

**AMBER**  
Food intolerance — suitable meals are flagged for you on our menu.

**BLUE**  
Lifestyle choice, such as Halal or Vegan — catered for on request.

*“No child should ever miss out at lunchtime.”*



All 14 allergens catered for



Free menu consultations



Halal & Vegan options

## Need an Alternative Menu for your child?

- 1

Pick up an **Alternative Menu Booklet** from the school Hall, School Reception or download it from the school website.
- 2

Complete the allergy, lifestyle or medical section that applies — attach **any letter from your GP, consultant or dietician.**
- 3

Return it to the School Main Office, email Aspens on **george.stephenson.high@aspens-services.com**, or call 0191 216 5164.