

NEW ALLERGY AWARE MENUS

For Spring-Summer 26, we are proud to announce the launch of our new Allergy Aware Menus. This initiative has been carefully devised by our team of registered Nutritionists and Dietitians to support your child's safety, health and enjoyment at lunchtime.

Food allergies are an increasing concern for many families. Statistics from Allergy UK show that food allergies in the UK have more than doubled over the past two decades, with hospital admissions for anaphylaxis rising significantly. Multiple and complex allergies are becoming more common, with many children diagnosed with more than one allergy. For example, around 60% of children with a cow's milk allergy also react to soya.

As one of the leading school caterers, we are continually evaluating and improving our processes to ensure that every child's welfare is our highest priority. By providing a dedicated set of menus, that exclude ingredients containing the top 14 allergens, can reduce the risk of cross-contamination, minimise potential hazards, and ensure each meal can be carefully reviewed for both safety and nutritional quality.

THE NEW ALLERGY AWARE MENUS INCLUDE THE FOLLOWING:

ALLERGY AWARE MENU 1 – Excludes all 14 allergens identified under the EU Food Information to Consumers (FIC) Regulation: celery, crustaceans, eggs, fish, gluten (wheat, barley, rye, and oats), peanuts, lupin, milk, molluscs, mustard, sesame, soya, sulphur dioxide/sulphites and tree nuts.

ALLERGY AWARE MENU 2 – Excludes celery, crustaceans, fish, lupin, molluscs, mustard, peanuts, sesame and tree nuts.

ALLERGY AWARE MENU 3 – Excludes celery, crustaceans, lupin, molluscs, mustard, peanuts and tree nuts

Children with allergies, intolerances, or medical dietary conditions **not** covered by the **allergens listed under the EU Food Information to Consumers (FIC) Regulation** will continue to receive a **bespoke menu** tailored to their needs.

NEW ALLERGY AWARE MENUS

DELICIOUS CHOICES FOR ALL

This development helps drive greater inclusivity, allowing more children with allergies and intolerances to enjoy the same, or similar, meals as one another. Our Allergy Aware menus mirror the standard school offering as closely as possible, while ensuring the utmost safety.

We continue to offer one of the most versatile medical diet menus in the sector, featuring meat and halal options, a choice of two vegetarian/vegan dishes, as well as sandwiches, jacket potatoes, vegetable rice, desserts and fresh fruit.*

*Please note that some options may vary depending on your child's school and preferences.



FRESH TASTES

These enhancements have made our allergy menus more varied and exciting than ever. New additions include top 14 allergen-free crunchy chicken goujons, garlic bread, a hummus and grated carrot sandwich and ice cream. Seasonal flavours also bring a taste of summer to the table, with Mexican enchiladas, banana cookies, juicy pineapple cake, and barbecue-style favourites such as burgers and hot dogs.

Alongside these new dishes, we have retained much-loved classics, including roast dinners, freshly made pizzas, gooey chocolate fudge cake and the traditional school favourite, iced sponge cake.

WORKING TOGETHER

Taylor Shaw adheres to the latest guidance on allergies, intolerances and nutrition from leading organisations including The School Food People (LACA), Allergy UK, Anaphylaxis UK and the British Dietetic Association.



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BUILDING THEIR FUTURE

We know that school meals go far beyond the classroom and help shape healthy habits for life.

A varied, balanced diet supports mood, concentration and learning, so our menus include a wide range of foods designed to support your child's overall wellbeing.



FOOD FOR GROWTH - All meat and vegetarian main meal choices provide over a third of the recommended daily protein intake, giving children the essential building blocks they need to grow, play and learn. Plant-based proteins such as beans, lentils and chickpeas feature in dishes including chillies, pastas and curries. These ingredients support gut health, help maintain steady energy levels and benefit the environment.



EATING A RAINBOW - Our three-week menu features more than 35 different plant foods, including a colourful variety of fruits, vegetables, pulses, herbs and spices. Vitamin C-rich foods such as peppers, melon, oranges, blueberries and broccoli help support immunity, healing and iron absorption.



STRONG BONES AND TEETH - Spring cabbage, kidney beans, broccoli, baked beans and fortified sandwich bread and cake flour all contribute towards children's daily calcium requirements.



HEALTHY DEVELOPMENT - A wide variety of whole foods across the menu provide key nutrients such as zinc, magnesium and B vitamins, which support energy production, mood and brain development. Rapeseed oil supplies essential fatty acids that aid vitamin absorption and help maintain a healthy nervous system and brain.



FUELLING THE DAY - The menu provides the carbohydrates children need to stay energised throughout the day. Iron from meat, poultry, pulses, leafy greens and fortified bread supports healthy red blood cells and helps prevent tiredness.



THE RIGHT BALANCE - We want to ensure no child feels hungry, so we carefully create meals that balance enjoyment with good nutrition. We focus on whole foods and have carefully managed special dietary products, which can be overly processed, less nutritious and higher in salt.