

21/09/2026

Dear Parent/Carer,

Please find attached our allergen matrix, covering current Food For Thought recipes and menu items.

The matrix will be updated regularly as new dishes and products are introduced, or where allergen information provided by our suppliers changes. Please always check the latest version on the Food For Thought website.

The allergen information within the matrix is based on information provided by the suppliers of the products and ingredients used in our recipes and is correct to the best of our knowledge at the time of publication. The publication date can be found on the matrix.

Please use the allergen matrix as a guide and as a first step when checking the allergens contained within a particular meal. It should not be used as the sole means of confirming whether a meal is suitable for a child with an allergy or dietary requirement.

Before your child eats, allergen information should always be confirmed with the school cook/chef. They are best placed to confirm the ingredients and products being used in the school kitchen on that particular day, including any approved substitutions or changes.

Food For Thought takes every reasonable step to ensure that the allergen information we provide is accurate and kept up to date. However, because products and supplier information can change, checking with the school cook/chef provides an important final check before a meal is served.

If you have any questions or concerns regarding allergens, please speak to the school in the first instance. They can answer your query or escalate it to Food For Thought where needed.

Kind regards,



Daniel Reeves
Area Manager
Food For Thought Merseyside Ltd.