Food Allergies
Let's Keep Our Children Safe

Golden Lunch Co.

We understand that food allergies can be worrying, and we are committed to keeping every child safe and well at school.

The 14 Food Allergens

Please be aware of the 14 food allergens that must be declared (by law) in all food we provide:

Peanuts

Tree nuts
(e.g. almonds, hazelnuts, walnuts, cashews, pecans)

Sesame seeds

Milk

Eggs

Fish

Shellfish
(e.g. prawns, crab, lobster)

Soya

Lupin

Celery

Mustard

Molluscs
(e.g. clams, mussels, oysters)

Gluten
(wheat, barley, rye)

Sulphur dioxide
(in some dried fruit and drinks)

Please inform the school

of any allergies your child has, or if there are any changes to their allergy information.

Together we can keep all our children safe, happy and healthy!