

21/09/2026

Dear Member School,

Please find attached our allergen matrix, covering current Food For Thought recipes and menu items, along with information that can be shared with parents and carers.

The matrix has been developed to make allergen information easier for schools and families to access. It will be updated regularly as dishes, products or supplier information change. The information is based on details provided by our suppliers and is correct to the best of our knowledge at the time of publication. The publication date is shown on the matrix.

The latest version will be maintained on the Food For Thought website, so please encourage families to always check the latest version rather than relying on a previously downloaded or saved copy.

The matrix is provided as a guide only and should not be relied upon as the sole means of determining whether a meal is suitable for a child with an allergy or dietary requirement. Allergen information should always be confirmed with the school cook/chef before the meal is served.

The matrix does not replace the school's existing allergy management arrangements or Individual Healthcare Plans (IHPs). Please continue to ensure the catering team is made aware of pupils' allergies and dietary requirements, including any changes.

Please feel free to share the matrix and accompanying parent/carers information with your school community.

If you have any questions, please contact your Area Manager.

Kind regards,



Daniel Reeves
Area Manager
Food For Thought Merseyside Ltd.