

Introducing Our New Allergen Aware Menus

At Impact Food Group (IFG) our mission is to transform lives through the power of food. We want as many children as possible to have access to healthy food, including those with dietary needs. To do this in a way which is safe for both our young customers and our staff, we have created our Allergen Aware Menu which we're excited to share with you and tell you more about.

What is the Allergy Aware Menu?

Based on our new primary menu, the Allergy Aware Menu offers popular and nutritious meal options whilst also being suitable for children with allergies to gluten, milk and soya. These allergens were identified as the most commonly reported in primary schools. If your child has an allergy outside of these four, we will provide full allergen information on our core recipes and ingredients, which can be used to make meal selections for your child from the main menu.

Please note, we do not add any nuts or peanuts, or any foods that may contain nuts or peanuts, into our primary menus, so if your child has an allergy to only nuts or peanuts then the main primary school menu is suitable.

Menu Highlights

Child-Friendly Choices: Each day the Allergen Aware Menu offers three main meals to choose from, including a jacket potato option. In addition, there is access to a salad bar and the choice between a dessert, fresh fruit or jelly. Examples of main meals include salmon and pea pasta, vegan sausage and mash, fish fingers and chips, creamy chicken korma with rice and mild Mexican beef chilli with carrot rice, to name a few! Desserts range from shortbreads to brownies and sponges, including vegan friendly options.

Sustainability in Action: Our menu reflects our commitment to sustainability. New dishes like our Cauliflower Pasta Bake use the entire vegetable – in this case cauliflower leaves, stalks, and all – reducing waste while providing a delicious meal.

Veggie Variety: We've broadened our use of seasonal vegetables to go beyond sweetcorn and peas, using ingredients which rotate with the seasons and introduce children to a rainbow of fresh flavours.

Pasta with Purpose: A favourite for many children, our pasta dishes now feature a protein-enriched tomato sauce with blended lentils and vegetables, offering additional protein without compromising on taste.

Allergen Buddies

To further support children with allergies or intolerances when it comes to school meals, IFG recently launched our Allergen Buddy scheme. The catering team at your school now has a dedicated expert on hand daily to provide clear and relevant allergen information to anyone eating with us. Wearing distinctive Allergen Buddy hats and aprons, they are easy to spot, making it simple to find someone to ask about the meals available each day.

If you have any questions or suggestions regarding our new Allergy Aware Menu please contact our Impact Safety Team at impactsafety@impactfood.co.uk.

Thank you for your time and support.

The Impact Safety Team