

Dear Parents and Guardians,

As usual, I would like to extend a big “welcome back” to the new academic year and the new challenges that we will meet. For some of you this may well be the first time that you have chosen for your child to opt for a school lunch.

Please let me assure you that we have been working extremely hard behind the scenes to ensure that our local suppliers are fully prepared for this forthcoming term, as indeed we are. We will continue to provide freshly cooked local produce at all of our sites and as usual if you do wish to contact us with any questions or comments please do not hesitate to do so. Please can I remind you to visit our website at [www.principals-catering.com](http://www.principals-catering.com) and we would like to encourage you to try the online payment option which is becoming increasingly popular.

Please note that if you believe that your child is entitled to free school meals it is still very important to register this through the official channels and I’m sure your school office will be able to assist you.

Yours sincerely

*J Rutherford*

Julian Rutherford  
Operations Director



Please note that from September 2014 all Reception, Year 1 and Year 2 children are entitled to a free school lunch.  
All other meals must be paid for in advance.



[www.principals-catering.com](http://www.principals-catering.com) “buy meals”.

This gives you an auditable, secure payment.

Any queries or questions we would love to hear from you on 020 8663 6686 (just ask for Emily) or E-mail us on [catering@pc-fare.co.uk](mailto:catering@pc-fare.co.uk)

### ALLERGIES

If your child is affected by allergies listed below please inform your local school contact.

Severe allergic reactions to foods are becoming more and more common.

Please see below a list of foods (the big fourteen) that most commonly cause allergic reactions.

1. Peanuts (also called groundnuts)
2. Nuts, such as almonds, hazelnuts, walnuts, Brazil nuts, cashews, pecans, pistachio, Queensland nuts and Macadamia nuts.
3. Fish
4. Shellfish crustaceans
5. Molluscs
6. Sesame seeds
7. Eggs
8. Milk
9. Soya, Soybeans, tofu, Bean curd
10. Celery, celeriac
11. Mustard
12. Cereals containing gluten (namely wheat, rye, barley, oats, Spelt, kamut or their hybridized strains
13. Sulphur Dioxide and sulphites at levels above 10mg/kg or 10mg/litre expressed as 502
14. Lupin flour

