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September 2018

Dear Parent/Carer

Barcelona Trip

Dietary Requirements

Under Spanish Health & Safety laws it is obligatory that we have specific details of any special dietary requirements at least 2 weeks prior to the trip.

Definitions

Peanut allergy: no peanuts in any form.

Gluten-free diet: no foods with gluten.

Lactose-free diet: no milk or milk products, including butter, cheese and yogurt.

Vegetarian: no poultry, meat or meat products. (As some vegetarians eat fish and seafood; some do not, please specify)

Vegan: no animal products, including meat, poultry, seafood, eggs, honey, milk and other dairy products.

All food on this trip will be low-fat, low-salt and low-sugar.

Please tick the appropriate box or boxes if your child has a food allergy or special dietary restriction we should know about.

- Peanut allergy
- Gluten-free diet required
- Vegetarian diet required
- Other food allergy: **
- Lactose-free diet required
- Vegan diet required

**Other: Please specify:
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Name of Child.....

Name of Parent/Guardian.....

Signed by Parent/Guardian..... Date.....

David Snowden
Barcelona Trip Leader



Principal: James Tickle
Vice Principals: Susan Pike, Stuart Hinds
Assistant Principals: Helen Blythe, Jenny Gladney

