MEDICAL DIET MENUS – A GUIDE FOR PARENTS, GUARDIANS & CARERS

At Lunchtime Co., your school caterer, our aim is to ensure that children with diagnosed allergies and intolerances are supported and receive a tasty, nutritious and safe meal. Our nutrition and catering teams work together and follow a robust process so you can feel reassured that whenever safely possible, an alternative menu will be provided for your child.

Which children will require an alternative menu?

- ✓ Children with diagnosed food allergies or diagnosed food intolerances
- ✓ Children with Type 1 Diabetes who require a carbohydrate count
- ✓ Children with medical conditions requiring a modified menu

Keeping everyone safe

We aim to provide meals for as many children as possible, as safely as possible. We will only provide menus that exclude the whole allergen. We do not offer children with medical diets the self-service salad bar and dessert station options.

Identification of your child with a medical diet

In line with the Government guidance, your child will be issued a photographic ID card that is managed by the school office, which contains the important information about your child's allergies and intolerances. This card will then be handed in to the school catering team each lunchtime, to ensure your child is served the correct meal.

Always fresh, inclusive, tasty and nutritious

We are aware of how important it is that, despite your child needing a medical diet menu, you feel confident knowing that they are still receiving a balanced and enjoyable lunch. Most of our dishes are made from scratch using fresh, local ingredients without compromising on taste.

Where possible, the Nutrition Team strive to adapt the dishes already featured on the standard menu to suit your child's needs. Examples include exchanging pasta for gluten free pasta, utilising various allergen aware pizza options or using plant-based dairy substitutes. We also have a range of bespoke medical diet recipes that are not featured on our standard menus that are suitable for more numerous or complex allergies, never compromising on flavour and nutrition.

How do I apply for a medical diet?

Please complete and return medical diet form to your child's school office, who will pass this onto our catering team. This will ensure we feed your child a safe meal until their named medical diet menu is in place. Until we have received this form, in the interest of your child's safety, they will be served a plain jacket potato and fruit.

What happens next?

The Nutrition Team will prepare a medical diet menu based on the current standard menu. The allergen information is supplied directly from our manufacturers and suppliers, and products that are labelled with a 'may contain' for that allergen will also be excluded. Your child's menu will include a main meal, jacket potato/ pasta option, dessert & fresh fruit. Please note that choices may vary depending on your child's school.

Your child's menu will normally be created within 2 weeks of receiving all the information. If the menu is more complex, it may take longer, and you will be informed of any delay via the Nutrition Team. Once processed you will receive a copy of your child's personal medical diet menu, so you can select which dishes they would like. Please pass these choices onto the school office so they can be given to the onsite catering team. You will receive a new medical diet menu for your child every time the school's menu changes.

What if my child no longer requires a medical diet?

If your child no longer requires a medical diet, and they can eat from the standard menu, you need to inform the school office in writing, who will then pass on the written confirmation to Lunchtime Co.

MEDICAL DIET / FOOD ALLERGY REQUEST FORM

Child's name ..... School name .....

Class name ..... School year .....

Details of Special / Medical Requirement Requested

Allergen	Allergy / Intolerance? Tick	Allergen	Allergy / Intolerance? Tick
Celery		Molluscs	
Crustaceans		Mustard	
Gluten		Nuts	
Egg		Peanuts	
Fish		Sesame Seeds	
Lupin		Soya	
Milk / Dairy		Sulphur Dioxide	

Any other allergy, please list

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Please advise if the pupil requires a vegetarian only menu, circle the option needed **Yes or No**

If you require a Texture Modified Diet, please email medicaldiets@lunchtime.co.uk for a separate TMF form.

By signing this form, you consent to the processing of your personal data in accordance with the General Data Protection Regulation (GDPR). Your data will be collected, used, and stored solely for the purpose(s) outlined in this document.
(For further information please refer to our Company GDPR policy)

I agree for this form and the information contained in it can be shared with Lunchtime Co. by the school and both parties can retain this information for the purpose of management of the child's medical diet needs.

Parent / Carer Signature .....

Print Name .....

Date .....

The Lunchtime kitchens are nut free environments and we take every precaution to eliminate cross contamination with all allergens. However, we cannot guarantee 100% allergen free

Please send a completed copy of this form to your school who will pass onto Lunchtime Co.