

## **Medical Diet – FAQs for Parents, Guardians & Carers**

### **How I can be assured meals are safely prepared for my child to eat?**

It is imperative that all meals for students with known allergies are prepared under strictly controlled conditions to ensure that cross contamination is minimised, and the meal served is as safe as possible. The preparation of meals is executed in strict adherence to our Allergen Process. Preparation is only to be completed by staff members who have fully completed their Allergen and Medical Diet training, which is refreshed and maintained annually. All recipes are strictly adhered to in accordance with the Medical Diet Cookbook.

### **When will I be provided with a copy of the menu?**

Once your request has been processed by our Dietetic and Nutrition Team, you will receive a confirmation email. Your child's school office will be provided with a copy of their menu, which they will pass on to you.

### **What if I need to update my child's dietary requirements?**

If your child already has a medical diet and you are updating their record, please click on this link <https://orders.lunchhound.co.uk/medicaldiets/request> Please fill out all details to match the original request and include all allergies and conditions, including those you have previously informed us of. This will ensure your child is correctly matched to the information in our records and the Nutrition Team can approve the updated medical diet request.

### **What if my child no longer has an allergy?**

If your child no longer requires a medical diet and they can eat from the standard menu, you need to click this link: <https://orders.lunchhound.co.uk/medicaldiets/request> Please complete the data fields then tick the box under heading number 6, 'Remove Existing Medical Diet'. This will ensure your child is correctly matched to the information in our records and the Nutrition Team can approve the medical diet removal request.

### **Can my child participate in Theme Days?**

We offer an Allergy Aware Theme Day menu. This includes a collection of recipes that are suitable for the children avoiding the EU Top 14 Allergies. These recipes can be used for children avoiding the following allergens: celery, cereals containing gluten, crustacean, egg, fish, lupin, milk, mollusc, mustard, peanut, tree nut, sesame, soya and sulphites. For those requiring the carbohydrate or fat values for Theme Day dishes, nutritional information can also be supplied. Children with allergies outside of the Top 14 can choose their favourite meal and dessert from their approved medical diet menu.

### **My child has ARFID (Avoidant Restrictive Food Intake Disorder)**

Currently a child with ARFID is not required to follow a medical diet and can instead be managed at site level. This allows the catering team to provide a more flexible and varied menu, and directly adhere to suggestions from the pupil, family and school. Please discuss with your school and catering team for further information.

### **Can my child use the Salad Bar?**

Children on medical diets cannot use the salad bar, but instead, shall be provided with salad prepared in line with their medical diet menu.