

Edwards & Blake Allergy Menus – A Guide for Parents

As your school caterer, Edwards & Blake's aim is to ensure that children with allergies and intolerances are supported and receive a tasty, nutritious, and safe meal. Our dietitians and catering team work together and follow a robust process, so you can feel reassured that whenever safely possible, an alternative menu will be provided.

Which children will require an alternative menu?

- ✓ Children with diagnosed food allergies or diagnosed food intolerances.
- ✓ Children with other medical dietary needs for example Type 1 Diabetes, PKU, Cystic Fibrosis, Ketogenic Diets, amongst others.
- ✗ Those with religious, cultural or personal requirements/preferences (e.g. autism) can choose from the standard menu and do not need to complete a medical diet request form.

Sound Nutritional and Allergy Management

Edwards & Blake only use registered Dietitians to create our menus. They must have completed at least 3 years study with clinical training and are all members of the British Dietetic Association.

How to apply for an alternative menu

- Complete the 'medical diet request form' provided by your child's school.
- Supply a recent photograph of your child.
- Provide medical evidence if needed (see below).
- Return everything to the school office who will pass it on to our team to be processed. The photograph will be passed to the kitchen team for identification purposes.

Medical evidence – do I need it?

- ✗ You **do not** need medical evidence if your child is allergic to any of **the top 14 allergens** (see box 1)

Medical evidence is needed for...

- ✓ Allergies to any food **not listed in the top 14 allergens** e.g. pea.
- ✓ A combination of **the top 14 allergens** and non-top 14 allergens e.g. gluten and pea
- ✓ Another dietary need e.g. Type 1 Diabetes

Written medical evidence must come from a dietitian, GP or consultant. **No other medical evidence is permitted, including results from home analysis kits.**

Box 1 - The top 14 allergens

- Celery
- Crustaceans
- Eggs
- Fish
- Gluten (cereals containing wheat, barley, rye and oats)
- Lupin
- Milk
- Molluscs
- Mustard
- Peanuts
- Sesame
- Soya
- Sulphur Dioxide/Sulphites
- Tree Nuts (almond, hazelnut, walnut, cashew, pecan nut, brazil nut, pistachio nut and macadamia nut)

Keeping Everyone Safe

Edwards & Blake aim to provide meals for as many children as possible, as safely as possible. However, we cannot cater for children requiring an EpiPen (or equivalent) for an allergy **not listed in the top 14 allergens**. This is because suppliers are not legally obliged to provide all ingredient and derivative information, and they only need to declare **the top 14 allergens**.

We only provide menus that exclude the whole allergen and not different forms of cooked or raw products, for example, we do not partake in the milk ladder or differentiate between raw or baked egg.

What happens next?

The Edwards & Blake Nutrition and Dietetic Team will prepare a medical diet menu based on the school's current 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.

This menu will include a main meal, vegetarian or vegan option, Halal dish, sandwiches, jacket potatoes or rice, dessert, fruit and salad. 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, or further advice from a health care professional is needed, it may take longer, and you will be informed of any delay through the catering team.

Whilst your child's menu is being processed, they can bring in a packed lunch or be served an appropriate jacket potato with filling and a piece of fruit.

Once processed, you will receive a copy of the menu so you can select which dishes your child would like and these will be passed on to the school.

What happens on Theme Days?

Occasionally schools will serve a different 'themed' menu for a specific occasion. To ensure that your child is fed safely, they will continue to be served a dish from their approved medical diet menu.

What if my child requires a carbohydrate count?

If your child has Type 1 Diabetes, and we have received the request forms and medical evidence, you will receive a carbohydrate count detailing typical portion size, carbohydrate per typical serving and carbohydrate per 100g of the meals on your child's school menu. This report is generated automatically from our menu management system using the data directly provided by the manufacturers and suppliers.

Always Fresh, Inclusive, Tasty and Healthy

We are aware of how important it is that despite needing a special menu, you feel confident knowing that your child is still getting a balanced and enjoyable lunch.

Most of our dishes are made from scratch, using fresh, local ingredients, are nutritionally reviewed, and include additional vegetables or fruit, without compromising on taste.

Where possible the dietitians strive to adapt the dishes already featured on the standard menu to suit your child's needs. Examples include exchanging the spaghetti for a gluten free pasta in a Bolognese, various pizza options or using a plant-based milk as an alternative.

We also have a range of special diet recipes, not on the standard menu, that are suitable for more numerous or complex allergies, never compromising in flavour and nutrition.

What if my child no longer requires a medical diet menu?

If your child no longer has an allergy, intolerance or medical condition, you can cancel their medical diet menu by emailing nutrition@edwardsandblake.co.uk.

For more information on our school catering please visit www.elior.co.uk/our-sectors/education.

Medical Diet Request Form

Please complete all parts of this request form in full and return it to your child's school. If you require assistance to complete this form, please contact the school.

If your child has dietary requirements but does not require an adapted medical diet menu from Elior, Taylor Shaw or Edwards & Blake then there is no need to complete this form.

Part A: Medical diet information (to be completed by the parent/guardian)

Child's first name

Child's surname

Child's date of birth

Child's school year group

Parent/guardian name

Parent/guardian phone number

Parent/guardian email

School name

School address (including postcode)

Medical Diets: Allergies (please tick all that apply):

14 Main Allergens

- | | | | |
|--|-----------------------------------|----------------------------------|------------------------------------|
| <input type="checkbox"/> Celery | <input type="checkbox"/> Fish | <input type="checkbox"/> Mustard | <input type="checkbox"/> Soya |
| <input type="checkbox"/> Cereals containing Gluten | <input type="checkbox"/> Lupin | <input type="checkbox"/> Nuts | <input type="checkbox"/> Sulphites |
| <input type="checkbox"/> Crustaceans | <input type="checkbox"/> Milk | <input type="checkbox"/> Peanuts | |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Molluscs | <input type="checkbox"/> Sesame | |

Other allergens not listed above (please write here). *Medical evidence is required for other allergens outside of the 14 main allergens. This can be a letter from your GP, Consultant Paediatrician or Dietitian and must be submitted with this form. Please note: Medical diets cannot be provided if your child requires an autoinjector (EpiPen) for allergies outside of the 14 main allergens.*

Medical Diets: Medical Conditions (please tick all that apply):

- | | |
|--|--|
| <input type="checkbox"/> Type 1 Diabetes (requiring carbohydrate counting) | <input type="checkbox"/> G6PD |
| <input type="checkbox"/> Coeliac Disease | <input type="checkbox"/> Cystic Fibrosis (requiring fat count) |
| <input type="checkbox"/> PKU | <input type="checkbox"/> Prader-Willi |

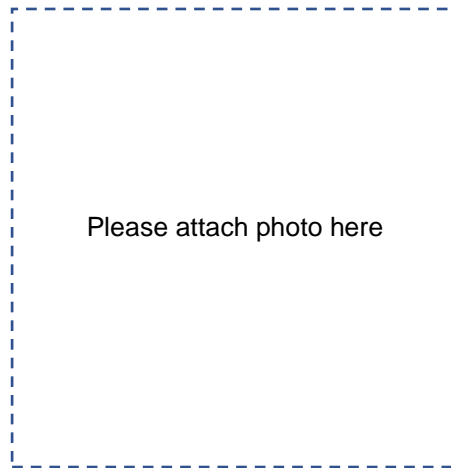
Other medical conditions not listed above (please write here):

Medical evidence is required for all medical conditions. This can be a letter from your GP, Consultant Paediatrician or Dietitian and must be submitted with this form.

Part B: Supporting documentation (to be provided by the parent/guardian)

I have attached medical evidence as requested in part A for allergies outside of the main 14 allergens and / or any medical condition (please tick)

Please attach a recent colour passport style photograph of your child for identification purposes. This will be retained by the school for their medical diet menu.

**Part C: Terms & Conditions**

By completing this medical diet request form, parents/guardians are consenting for an adapted medical diet menu to be prepared for their child. The medical diet menu will continue until Elicor is notified in writing otherwise. You will receive a copy of the medical diet menu and are required to notify any discrepancies immediately. If you do not notify any discrepancies prior to the menu start date, this will signify the acceptance of the medical diet menu. It is the parent/guardian's responsibility to inform Elicor in the case of any changes to the medical diet requested for their child.

The personal data about your child contained within this form will be stored and used to create a medical diet menu for your child to ensure they receive the correct meal. You can withdraw your consent at any time, but please note that if you do so, we will not be able to continue to provide your child with a medical diet.

Elicor can provide a jacket potato with a suitable filling from the date of receipt of a medical diet request until the date a medical diet menu has been confirmed for a child. Otherwise, pupils must provide a packed lunch meal as an interim measure. **Please complete the jacket potato selection form below.**

Elicor will not participate in the reintroduction of allergens or partial exclusion of allergens. For example, we cannot support reintroduction of milk using a milk ladder or differentiate between cooked, baked or raw egg. The allergen will be fully excluded from the child's menu until we receive written confirmation from the parent/guardian that the child can tolerate the allergen in full.

We reserve the right to refuse to provide a meal if it is deemed to be too complex or high risk to safely manage at the school.

I consent to Elicor processing this personal data for the purpose of providing a medical diet and I confirm that I have read and understand the above.

Parent/guardian Name	<input type="text"/>
Signature	<input type="text"/>
Date	<input type="text"/>

Medical Diet Jacket Potato Selection Form

Whilst waiting for their medical diet request to be processed, your child may be able to receive a jacket potato option and a piece of fruit for their lunch. Please tick the options that are suitable for your child. Alternatively, you can provide a packed lunch until your child's menu has been approved.

Child's name:

Child's date of birth:

Class:

1. Jacket Potato Options (Please tick any that can be provided for your child)

Jacket Potato with Cheese
Ingredients: Potato, Mild Cheddar Cheese (**MILK**) Cheddar Cheese (**MILK**), Anti-caking Agent: Potato Starch.

Jacket Potato with Baked Beans
Ingredients: Potato, Baked Beans Beans (53%), Tomatoes (25%), Water, Sugar, Modified Maize Starch, Glucose - Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings

Jacket Potato with Tuna Mayonnaise
Ingredients: Potato, Tuna Chunks in Brine Skipjack tuna (**FISH**), water, salt Light Mayonnaise (**EGG**) Water, Rapeseed Oil, Modified Maize Starch, Spirit Vinegar, Free Range Pasteurised (**EGG**) Yolk (2.3%), Sugar, Salt, Lemon Juice From Concentrate, Stabilisers (Guar Gum, Xanthan Gum, Pectin), (**EGG**) White Powder, Citrus Fibre, Preservative (Potassium Sorbate)

2. Fresh fruit

Yes No

Fruit varies by school and may include either an apple, grapes, a banana, or an orange. Please note, not all options are available at every school.

Please return this form to your child's school.

Note to school: This form must be kept in the school kitchen to be used by the catering team, until a medical diet template has been received.