

EDUCATION CATERING

THERAPEUTIC DIETS IN PRIMARY SCHOOLS (POLICY AND PROCEDURE)



Education Catering has a department level policy and procedure in place for managing primary age school pupils requiring a diet that is specific to their needs, named therapeutic diets. Education Catering provides a therapeutic diet to pupils when requested by a health professional (defined as a dietitian/doctor/) where a child has been assessed or is previously known to a health professional.

Our standard diets include:

- Egg and Soya Free
- Gluten and Milk Free
- Gluten free
- Milk free
- Egg free
- Soya free

We also have complex diets, which are specific to individually assessed medical needs. These can include:

- Diabetic
- PKU diet – Specifically designed for the condition called Phenylketonuria

Any other exception will be assessed on an individual basis by the health professional, which may include diets that are required due to an allergenic reaction to any of the 14 allergens listed under retained EU regulation 1169/2011 Food Information to Consumer. In order to access a therapeutic diet, the following process must be followed:

1. Parents/carers must consult with their health professional (as defined above) in regard to their child's specific dietary need.
2. Their chosen health professional should contact Education Catering at educationcatering@cardiff.gov.uk to outline the specific dietary requirement.
3. A member of the Education Catering Operations Team will liaise with the health professional to develop where possible a menu and environment that addresses the pupil's specific dietary needs.
4. The agreed menu will then be implemented within the pupil's school.

Please note that when considering the safe provision of a meal to a child with a severe allergy we will follow the recommendation of the health professional. Additionally, we are unable to provide a therapeutic diet to pupils of primary school age without the guidance of a health professional. Where a pupil has a complex need, we are happy to work with parents/carers, schools and pupils to develop a school meal solution.

Education Catering operates and maintains an allergen matrix, which lists all the 14 allergens listed under retained EU regulation 1169/2011 Food Information to Consumers that appear or may appear in dishes on their menu. This matrix is available upon request.