If your child has any special dietary requirements, please complete the form below and return it with your child for the attention of the school office as soon as possible.

|  |  |
| --- | --- |
| Parent/Guardian contact information | |
| Name: | Date of Birth: |
| Address:  Postcode: | |
| Contact telephone number:  Day contact number:  Evening contact number:  Mobile number: | |
| Name of child who has special dietary requirements: | |
| Year/Class of child (if known): | |
| 1. Dietary information | |
| Is this request for special dietary requirements the result of: (please tick)  Medical diagnosis Personal preference | |
| Details of dietary requirements: | |
| 1. Allergy/Intolerance (where applicable) | |
| Details of know allergy/condition: | |
| Diagnosed by: | |

**Please attach a letter from the practitioner detailing the condition along with any**

**diet/information sheet received.**

**Glossary of Terms**

1. Special Diets

There are different interpretations of special diets; however, within Education we refer to special diets as those that include the following common conditions:

**Common special diets include nut, nut trace/gluten/wheat/dairy/egg/soya etc or a combination of.**

There may be other diets you encounter that are not listed above; if in doubt the nutritionist will be able to advise you.

N.B. Within Education, vegetarian and vegan diets are not classified as a special diet.

1. Allergens and Intolerances
2. **Milk Free**

**Contains no added milk or milk derivatives**

Absence of butter, cheese, cream, skimmed milk, lactose, margarine or shortening containing whey, whey, whey syrup, when syrup sweeteners, yoghurt, milk solids, non-fat milk solids, caseinates.

1. **Egg Free**

**Contains no added egg or egg derivatives**

Absence of dried egg, egg albumen, egg lecithin, egg yolk, pasteurised egg.

1. **Wheat and wheat free**

**For use with wheat intolerance**

Absence of breadcrumbs, hydrolysed wheat protein, rusk, wheat bran, wheat binder, wheat flour, wheat germ, wheat germ oil, wheat gluten, raising agent containing wheat starch, wheat starch, wheat thickener, whole wheat.

1. **Gluten Free**

**For people with coeliac disease and dermatitis herpetiformis**

Absence of wheat (as above) plus rye and barley. Some people with coeliac disease are also sensitive to oats.

1. **Soya**

**Contains no soya or soya derivatives**

Absence of soya in flavourings, hydrolysed vegetable protein, soya lecithin (E322) or soya protein.

1. **Any nuts, nut derivatives and seeds, and oils derived from nuts, for example:**

Peanuts, hazelnuts, tree nuts, almonds, almond essence, nutmeg, palm oil, caraway and sesame seeds.

Coconut, coconut milk, coconut cream (although coconut is not a nut some people may also be allergic to coconut).

1. Vegetarians/Vegan Diets
2. **Vegetarians**

Items suitable for ‘Vegetarian’ are for lacto-ovo vegetarians. They do not contain animal flesh or other animal products such as lard, gelatine or animal-based rennet but may contain egg, milk and cheese products. To be suitable any cheese should be vegetarian cheese, made with non-animal rennet.

1. **Vegan**

‘Vegan’ excludes all forms of animal flesh and products, i.e. milk, eggs, cheese, honey, and animal-based food additives such as lecithin or whey.