

Contacts

What should I do if my child's dietary needs change?

If the medically prescribed diet is no longer required at any time during the school year please contact:

Catering Support Team

Education & Children's Services

Perth & Kinross Council

Tel 01738 476299

Email ECSCateringSupport@pkc.gov.uk

Where can I get more detailed information about the school meals menu?

Contact the:

Food & Nutrition Co-ordinator (Tayside Contracts)

Tel 01382 834048

www.tayside-contracts.co.uk/facilities/school-catering

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

www.pkc.gov.uk

(PKC Design Team - 2019330)

Medically prescribed diet application Nut, peanut and sesame seed allergy declaration



Tayside 
contracts



Tuna Mayo Sandwich

| Ingredients | Amount |
|-----------------|----------|
| Wholemeal Bread | 2 slices |
| Tuna in Mayo | 40g |
| Salad Dressing | 1 bowl |

- Method**
1. Take two slices of bread.
 2. Put your measured filling on one slice of bread.
 3. Place the other piece of bread on top of the filling.
 4. Now cut your sandwich carefully with a knife.
 5. Place your sandwich in the container and apply the correct date & label.
 6. Store in refrigerator until service/required.

Nutritional Content per Standard Size Portion

| | |
|--------------------|--------|
| Energy (kcal) | 274.94 |
| Fat | 7.21 |
| of which saturates | 1.27 |
| Carbohydrates | 40.80 |
| of which sugars | 0.46 |
| Fibre | 1.54 |
| Protein | 1.21 |



Can I self-manage my child's diet?

You may be comfortable in doing so. There is a variety of relevant information included within our primary school menu, which you can view or download from www.pkc.gov.uk/schoolmeals



click on meals to see more

Also, you can find out recipes and ingredient information, including allergens from Tayside Contracts' interactive menu by clicking on the link at www.tayside-contracts.co.uk/school-catering.cfm

Primary school meals can be adapted to cater for children with a wide variety of dietary needs. Meat-free and pork-free options are also available. Secondary school pupils are encouraged to speak to the Cook-in-Charge to identify suitable options from the menu range available. Allergen information is available via the website or in the secondary school dining room.

Need a Form?

For children who have a medically prescribed diet, or who have a nut, peanut or sesame seed allergy we ask parents/carers to complete the form, provided online:

Download

www.pkc.gov.uk/schoolmeals top right download box, Diet and Allergy School meals.

Print & fill out details

Hand in or post to

your school reception or send via email (full address on form).

Questions and Advice

What is a medically prescribed diet?

A medically prescribed diet is one which has been prescribed by a medical professional. We require confirmation from a medical professional before any medically prescribed diet can be catered for through school meals.

What do I have to do to ensure my child gets a school meal which meets their medically prescribed diet?

Please complete the parent/carer part of the application form, arrange for a relevant medical professional to complete their part of the form and then return this to Education & Children's Services.

Are nut, peanut or sesame seed free school meals available?

Our school meals provider Tayside Contracts does not use any nuts, peanuts or sesame seeds in any dishes on the school menu. Some ingredients may contain traces of these if they are produced in premises where these items may be present.

What do I have to do to ensure my child with a nut, peanut or sesame seed allergy gets a school meal?

Tayside Contracts does not provide nut, peanut or sesame seed free special diet menus. It is a parent's/carer's decision to allow their child to attend for school meals given these circumstances. If your child has a nut, peanut or sesame seed allergy and you wish them to receive a school meal please complete the disclaimer in the declaration form and agree an appropriate protocol for provision of medication with the school. All products with a may contain declaration for nut, peanut and sesame seed are listed at www.tayside-contracts.co.uk/catering

