

**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:

Food & Nutrition Team

Facilities Support

Tayside Contracts

Tel 01382 834

Email [specialdiets@tayside-contracts.co.uk](mailto:specialdiets@tayside-contracts.co.uk)

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

Contact the:

**Food & Nutrition Team (Tayside Contracts)**

Tel 01382 834048

[www.tayside-contracts.co.uk/facilities/school-catering](http://www.tayside-contracts.co.uk/facilities/school-catering)

**Medically prescribed diet application**

**Nut, peanut & sesame allergy declaration**



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**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.tayside-contracts.co.uk/schoolmeals](http://www.tayside-contracts.co.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  
<http://www.tayside-contracts.co.uk/school-catering>

Nursery, Primary & Secondary 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 and/or peanut allergy we ask parents/carers to complete the form, provided online:

Print & fill  
out details

Hand in or post to  
your school reception

## 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 either your school or email the form to: [specialdiets@tayside-contracts.co.uk](mailto:specialdiets@tayside-contracts.co.uk)

### Are nut, peanut and sesame free school meals available?

The school meals provider (Tayside Contracts) does not knowingly use nuts, peanut or sesame based products in the provision of catering services in schools. However, some products may have been produced in a factory where nuts, peanuts or sesame seeds are used and therefore contamination of these products may occur. Tayside Contracts cannot therefore guarantee that all products are always nut free and peanut free.

### What do I have to do to ensure my child with a nut and/or peanut allergy gets a school meal?

It is a parent's/carer's decision to allow their child to attend for school meals and has a nut, peanut and or sesame allergy. If you wish them to receive a school meal please complete the disclaimer in the Special Diet Registration Form and agree an appropriate protocol for the provision of medication with the school.

or send via email