

FOOD POLICY (LUNCH & TEA)- SCHOOL & NURSERY

Our philosophy on food is to provide wholesome food for the children. Ensuring they are nutritious and balanced as food makes such a significant difference to children's well-being, education and health. We source our fresh ingredients from local suppliers and where possible we use wholemeal, organic and free range ingredients.

Our chef prepares meals daily on the premises and food is very rarely fried. A range of fresh vegetables and home-made salads are offered and a variety of fresh fruit is offered daily. Puddings and cakes are home-baked. We are 'meat free' every Monday, helping to reduce our impact on the environment.

We cater for the diverse needs of children, recognising that they may have specific dietary needs due to medical reasons. Before a child starts with us, we gather information from parents or carers, including any relevant information from other professionals, so that we are fully aware of each child's specific dietary needs prior to their start. We can cater for allergies/intolerances once we have received confirmation in writing from your GP/Hospital.

Allergies

We work closely with families and medical professionals to put plans in place for children with allergies. These ensure that everyone involved in the child's care is aware of how the allergy needs to be managed and any action required. We follow the advice of the medical professionals and would require a letter from your child's GP or Consultant before implementing any dietary restrictions.

Intolerances

Unlike food allergies, the symptoms of an intolerance to food are less severe and non-life threatening. However, we still take the utmost care to manage intolerances to ensure children's ongoing good health. Symptoms of intolerances can present themselves some time after the food has been consumed and the effects can cause distress in young children. Like the management of allergies, a care plan will be implemented that details the specific needs of the child and the actions required. We follow the advice of the medical professionals and would require a letter from your child's GP or Consultant before implementing any dietary restrictions.

Coeliac Disease and other medical condition

Coeliac disease in young children is an autoimmune disease that can sometimes be mistaken for an intolerance and/or allergy. When a condition has been identified and confirmed by a medical professional, we will create a care plan with parents and adapt the daily menu to suit their individual needs as necessary.

Religious Preferences

We respect the traditions of each of our children and families. We cater for several religious diets, recognising that some foods are prohibited.

Vegetarian:

Our vegetarian diets are healthy and include all necessary nutrients. We ensure a vegetable source of protein, such as dried beans, peas or lentils are served with a grain or cereal i.e. bread, pasta and rice.

With all these specialist diets, we work with our families to ensure we are meeting the child's individual needs whilst maintaining a balanced diet, creating care plans where necessary.