

# CHARTWELLS MEDICAL DIET PROCESS



Step 1

The Medical Diet Request form and medical evidence confirming pupils' allergies must be sent over to Chartwells. If we are awaiting paperwork, pupils can enjoy our **Safe Solutions Menu**.

## Safe Solutions Menu

This one-week menu will be readily available and will include simple dishes, free from the 14 legal allergens to ensure pupils with food allergies are kept safe whilst we are awaiting paperwork.

Step 2

A nutritionist or special diet coordinator will review the paperwork to ensure there are no discrepancies and advise what menu type the pupil can go onto.

## Allergy Aware

Our Allergy Aware menu is a reduced allergen menu which does not include the majority of the 14 legal allergens.

Our development chefs work hard to ensure the menu is aligned as closely as possible to the school's main menu so that pupils with medical diets can safely enjoy meals with us.

The Allergy Aware menu is readily available and can be implemented with a quicker turnaround time!

Step 3

The pupil will be assigned to Chartwells Allergy Aware menu.

## Bespoke Menus

Bespoke menus are created for pupils with allergies that sit outside the 14 legal list. Such menus can be complex therefore require more time to create.

Our team of nutritionists and special diet coordinators work hard to ensure that these menus contain variety and are safe for our pupils to enjoy.

Due to the complexity of bespoke menus, this can take between 3-5 weeks to implement.

Step 3

A bespoke menu will be created for the pupil using the school's core menu. Specialist ingredients may also be used to ensure the menu contains variety and is as similar to the rest of the school's menu!

The menu is double checked by a nutritionist to ensure the menu is completely free from the pupil's allergies.

Step 4

Chartwells will work with the school to ensure an identification system is implemented before launching the menu.

Step 5

Unit and parent confirmation forms are completed to ensure the parents and kitchen are happy and confident in safely catering for the pupil.

Pupil can safely enjoy school meals.

All Chartwells staff are provided with robust medical diet training to ensure we are continuously providing safe meals to the pupils we feed.



**Chartwells**  
So much more than Fantastic Food