



Special meals form
for children/pupils and
staff

Name		Personal identity number (xx-xx-xx)	
School	Pupil's telephone number		Unit/class
Guardian 1			Telephone number
Guardian 2			Telephone number

Alternative meals on ethical/religious grounds

<input type="checkbox"/> Pork-free meals
<input type="checkbox"/> Lacto-ovo vegetarian meals (no meat/fish, but can eat egg, dairy products)
<input type="checkbox"/> Semi-vegetarian meals (no meat, but can eat egg, dairy products and fish)

A medical certificate is required for the following

<input type="checkbox"/> Diabetes
<input type="checkbox"/> Tolerates lactose in cooked form

Mark the food/s that are to be excluded from meals:

<input type="checkbox"/> Fish	<input type="checkbox"/> Legumes	<input type="checkbox"/> Tomatoes cooked
<input type="checkbox"/> Shellfish	<input type="checkbox"/> Soy protein	<input type="checkbox"/> Tomatoes raw
<input type="checkbox"/> Egg	<input type="checkbox"/> Soy lecithin	<input type="checkbox"/> Celery
<input type="checkbox"/> Milk protein	<input type="checkbox"/> Carrots cooked	Other
<input type="checkbox"/> Lactose (fully excluded)	<input type="checkbox"/> Carrots raw	<input type="checkbox"/>
<input type="checkbox"/> Gluten	<input type="checkbox"/> Bell pepper cooked	<input type="checkbox"/>
<input type="checkbox"/> Citrus fruits	<input type="checkbox"/> Bell pepper raw	<input type="checkbox"/>
<input type="checkbox"/> Nuts, almonds	<input type="checkbox"/> Paprika	<input type="checkbox"/>

Symptoms

What happens in the event of an allergic reaction?
How long does it take for the symptoms to develop?
Steps taken in the event of an allergic reaction. Is medical care needed?
<input type="checkbox"/> The child has emergency allergy medication at school/preschool Where is this kept?

Rules to be followed when cooking special meals

The certificate **may only be used** for special meals on medical, religious and ethical grounds.

If for any reason you do not like the food being served, we offer various vegetables/salads, potatoes, rice or pasta as an alternative. Bread, margarine and milk are always available.

- ❖ Fill in the special meals form and submit it to the kitchen, your child's teacher/mentor or the school nurse as soon as possible. It is important that the information provided is as clear as possible to avoid any mistakes.

- ❖ The special meals form must be updated each academic year.

- ❖ If special meals are required due to allergies or hypersensitivity, a medical certificate or equivalent document such as a copy of medical records is required.
The medical certificate only needs to be renewed if your child's health changes during their time at school.
If your child needs special meals because of autism or other neuropsychological disability, you must submit a certificate from a professional such as an occupational therapist or dietician to confirm this. In these specific cases, it is important that you are in contact with the kitchen.

- ❖ **As guardian, it is your responsibility to make sure the kitchen at the preschool and school are informed if your child is ill, has time off, changes preschool or school or, for any other reason no longer needs special meals.**
Don't forget to report when your child is back at school!

<input type="checkbox"/> Medical certificate included	<input type="checkbox"/> Medical certificate already available for the kitchen
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Date	Signature of parent/guardian
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In the interests of your child's safety, this information will be made available to catering staff and other preschool/school staff. Consequently, the information on this form will not be confidential.
The medical certificate will be confidential.