

SPECIAL DIETARY REQUIREMENTS

Special diets will be catered for, provided requests for these are supported by a medical report such as a letter from your GP or hospital dietician.

Requests for special diets must be made direct to Chartwells with a supporting letter and the required supporting evidence - email: westsussexspecialdiets@compass-group.co.uk

A special menu will then be agreed upon, in writing, between the parent and the Area Manager for the child's school. Once signed consent for the diet is received by Chartwells a date will be advised for the menu to commence. A packed meal should be supplied by the parent/guardian until a commencement date is received.

Parents who require a special diet are advised not to order meals until this process is completed.

If your child does not sit within any of the above or you require any further information please email Chartwells on:

westsussexspecialdiets@compass-group.co.uk.

Christmas meal/Theme days

If your child **does not** receive a special diet from us and requires one for this day please email Chartwells on westsussexspecialdiets@compass-group.co.uk.

Please allow 3 working days prior to order cut off.

Please ensure you attach a doctor/dietician letter stating your child's allergy with a covering email/letter.

Gluten Free

SD Chicken & Vegetable Pasta, Peas or Salad, No Bread, Tutti Frutti Yoghurt, Water or Milk, Not Half & Half

Milk Free

Pasta Bolognese, Peas or Salad, No Bread, Alpro Soya Yoghurt & Berries, Water only, Not Half & Half

Egg Free

Cheese & Tomato Pizza or Pasta Bolognese, Peas or Salad, No Bread, Tutti Frutti Yoghurt, Water or Milk

Soya Free

Cheese & Tomato Pizza or Pasta Bolognese, Peas or Salad, **No Bread**, Tutti Frutti Yoghurt, Water or Milk

Celery Free

Pasta Bolognese, Peas or Salad, Garlic Bread, Tutti Frutti Yoghurt, Water or Milk, **Not Half & Half**

Tomato Free

SD Chicken & Vegetable Pasta, Peas or Green Salad, Garlic Bread, Tutti Frutti Yoghurt, Water or Milk, **Not Half & Half**

Carb Count Information

Beef Pasta Bolognese - 250g portion - 39g

- half portion - 125g portion - 19g

Cheese & Tomato Pizza - 125g portion - 37g

- half portion - 63g portion - 18g

Peas - 60g portion - 5g

Tutti Frutti Yoghurt - 120g portion - 7g

Milk - 151g portion - 7g