



Saint Brendan's Nursery Class



Allergens & Special Diets

It is important that if your child requires a special diet due to religious and lifestyle reasons, allergens and intolerances or medically prescribed dietary requirements, you must complete the relevant application below. This information is also available on NLC website – [NLC School Diets & Nutrition](#)

YELLOW DIETS: Religious and Lifestyle diets

If a child has one of the following religious or lifestyle diets, parent/carers can complete the online **Yellow Form**.

- Buddhism
- Hinduism
- Kosher
- Pescatarian
- Sikhism
- Vegan
- Vegetarian
- Halal

PURPLE DIETS – Allergen/Food intolerance

If a child has one of the following food allergen/intolerance diets, parent/carers are required to complete the online. **PURPLE FORM**

- Food Intolerances
- Restrictive Diet
- Food Allergy and Lifestyle
- Food Allergy - Single Allergens
- Food Allergy - Double Allergens
- Food Allergy and Religious
- Food Intolerance and Religious

- Food Intolerance and Lifestyle
- Restrictive, Allergy and Religious

Parent/carers will also be required to submit proof of condition to specialdiet@northlan.gov.uk

Please note, that the service will not be able to provide a special diet menu until proof has been received from the parent/carer. This is to ensure the safety of the child

RED DIETS – Complex diets

If a child has one of the following health conditions below, **a health professional** is required to complete the attached **Red Form – Medically prescribed Diet Form**

- Diabetes
- Diabetes Coeliac
- Coeliac
- PKU
- Multiple food allergies
- Dysphasia/Chocking (SALT) – Textured Diet
- Sensory condition – Textured Diet
- Requires Blended/textured diet
- Any other complex health conditions

Please note, this form **MUST** be completed by a dietician/medical practitioner prior to submitting. Once completed this can be sent to specialdiet@northlan.gov.uk where a member of the nutrition team will review.

For any more information please contact specialdiet@northlan.gov.uk

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