

Special Diets



Our role at the City of Edinburgh Council is to provide special dietary menus for children who have a medical condition that they need to follow a specific diet for. We try to design the menus to meet as wide a range of diets as possible but can also adapt the menu for a variety of medical conditions such as allergy or intolerance to foods like dairy, gluten and egg free. We can provide menus for more complex needs like carbohydrate & fat counted menus or for children that need to have a different texture for example a puree diet. Ensuring children on a special medical menu meet their nutritional requirements during their lunch time meal.

The nutrient and food standards were developed for the whole school day. They restrict high fat/sugar/salt consumption and ensure children are having a variety of healthy food to meet their nutritional requirements for growth and development and are designed to help children develop healthy eating habits.

As well as teaching young people about food and drink, we are working to ensure the food and drink they consume at school is healthy and of a high quality.

The [Schools \(Health Promotion and Nutrition\) Act 2007](#) sets high nutritional standards for all food and drink provided in schools.

The Scottish Government have published the following guidance to assist local authorities, schools and caterers in providing healthy and high-quality food for school children:

- [Healthy Eating in Schools: A Guide to Implementing the Nutritional Requirements for Food and Drink in Schools \(Scotland\) Regulations 2008](#)
- [Schools \(Health Promotion and Nutrition\) Scotland Act: Health promotion guidance for local authorities and schools](#)

Allergen information is available for the 14 key allergens these include dairy, egg and cereals containing gluten, we provide information for all our menus with primary available online here.

We provide training to our catering teams on the following:

- Healthy eating – how to produce a healthy menu.
- Importance of having a school meal.
- Special diet – for example carbohydrate counted menus.
- Allergens – what information is needed, how to interpret the information from suppliers and displaying this information.
- Meeting the Schools (health promotion and nutrition) Act 2007
- Meeting Food for Life served here standards
- Nutritionally analysing menu. We analyse the menus to ensure that they are balance for the key nutrients including energy (calories) fat, saturated fat, salt, sugar, protein, carbohydrates, iron, calcium and fibre.