

Ordering a Special Menu

”Engelska”

School/Kindergarten:

Class/section:

Student/Child's given name and surname:	
Legal Guardians name:	Legal Guardians name:
Telephone home:	Telephone home:
Mobile:	Mobile:
E-mail adress:	E-mail adress:

Desired menu:

Mark X

Menu free of blood and blood- & giblets	
Menu free from pork	
Lactose vegetarian menu	
Lactose free vegetarian menu + fish	
Lactose free vegetarian menu + fish + chicken	
Gluton free menu	
Lactose reduced menu	
Milk free menu	

Have allergy / Am sensitive to: Mark X

Fish	
Kyckling	
Carrots	
Tomato	
Paprika	
Soja (leguminous)	
Soja-lecithin (E322)	
Egg	

Would like to meet kitchen staff together with an interpreter

Signature and permission to register in general registry*

Date:	Legal Guardians Signature:	Date:	Legal Guardians Signature:



Information regarding food at schools and kindergartens A good meal

Peanuts, nuts and almonds are not allowed in school/kindergarten and are therefore not offered on the menu. Sesame seeds are also not served because of allergies.

- Students/children who for ethical reasons do not eat meat are offered lactose free vegetable food instead (contains milk products and eggs).
- Do not send students/children with food from home! The kitchen does not take responsibility for storage and serving of food students/children bring with them from home.
- Report to the kitchen if your child is sick or absent from school. By so doing we avoid making food that ends up being thrown away.

The plate serving below shows the proportions between a meals various components required for a well-balanced intake of nutrients.



Photo: Peter Adamsson

*To ensure that your child receives the correct special menu their name and current menu requirements are recorded in a special registry of menus. The registry is of tremendous help as it helps us to mark the food with the correct names to ensure correct preparation and serving. The registration of minors requires authorization by legal guardians.