



Carbohydrate Counting- Education

At Mellors we like to treat each school individually, our catering managers have the flexibility to use a large number of fresh local suppliers across the North of England.

Each catering manager works with the pupils in school to create a menu that fits the likes and dislikes of the pupils in that school.

The Nutrition and Food Development team do produce a recipe bible and menu selector for our catering managers to work with and this information along with any individual school recipes can be discussed with a pupil's carer or family dietician.

Each family has a dietician allocated to them for one to one care. Mellors have been advised by the head of paediatric dietetics to follow the following process.

1. The school catering manager, Pupil, Guardian or school welfare officer at the school can arrange a meeting to discuss the menu and the pupil's choices for the cycle in place.
2. The pupil can pick what they would like from the menu cycle on a daily basis and this will be recorded by the manager.
3. The school catering manager/ cook can then provide the recipe and portion size of each dish to the parent/ welfare office (this can be a set portion size for the child to ensure the cook portions the correct food amount daily)
4. The guardian of the pupil can then either use the information to calculate the carbohydrate count or they can contact the family dietician who will be able to produce this on their behalf or provide simple guidance on how to calculate the information given.

If anybody has any questions or needs further assistance, please don't hesitate to contact me on the details below.

With Kind Regards

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