

[Your Name]
[Your Address]
[Your Phone Number]
[Your Email]

[Date]

[Manager's Name]
[Restaurant/Company Name]
[Business Address]

Subject: Return to Work Notice - [Your Name]

Dear [Manager's Name],

I am writing to formally notify you that I have been cleared by my physician to return to my position as [Your Job Title] following my recent surgery on [Date of Surgery].

My official return date will be [Date]. Attached to this letter, you will find a medical release form from my doctor outlining my fitness for duty.

Regarding food service safety and physical requirements, my physician has noted the following [choose one]:

[Option A: Full Release]

I have been cleared for full duty with no restrictions. I am capable of performing all tasks, including heavy lifting, prolonged standing, and standard food handling procedures.

[Option B: Modified Duty]

I have been cleared to return with the following temporary restrictions until [End Date]:

- Lifting limit of [Number] pounds.
- Requirement to sit for [Number] minutes every hour.
- Avoidance of [Specific Task, e.g., operating heavy machinery/dishwashing].

I am eager to rejoin the team and ensure a smooth transition back into the kitchen. Please let me know if there are any specific health and safety protocols or re-orientation steps I need to complete upon my arrival.

Thank you for your support during my recovery.

Sincerely,

[Your Signature]
[Your Printed Name]