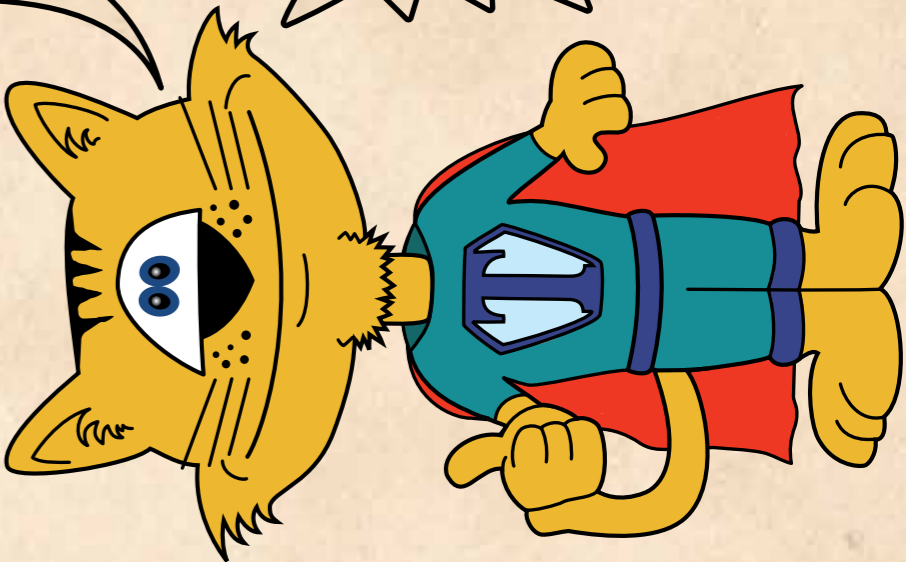




Our school menus meet the Nutrient Standards For Food and Drink set for school lunches



www.tayside-contracts.com

AUTUMN/WINTER 2015-16 SCHOOL MEALS

FREE SCHOOL MEAL ENTITLEMENT

In a welcoming environment, Free school meal provision is confidential and school systems maintain the anonymity of children and families.

Dundee, Angus and Perth & Kinross Councils are encouraging parents and carers to check if they can get Free school meals for their children. This is worth over £375 per annum!

A great choice of meals are available for primary pupils, offering healthier lunch options and the chance to spend time with their friends in a welcoming environment. Free school meal provision is confidential and school systems maintain the anonymity of children and families.

CAN I GET FREE SCHOOL MEALS FOR MY CHILD?

You can claim Free school meals for your child if you are receiving any of the following*:

- Income Support (IS)
- Income-based Job Seeker's Allowance (IBJSA)
- Any income related element of Employment and Support Allowance
- Child Tax Credit (CTC), but not Working Tax Credit, and your income is less than £16,010
- Both maximum Child Tax Credit and maximum Working Tax Credit with an income under £6,420
- If you are between 16 and 18 years old and receive any of these benefits in your own right, you can claim Free school meals for yourself.
- You may also be eligible if you are an asylum seeker receiving support under Part VI of the Immigration and Asylum Act 1999
- Universal Credit

*All information current as at March 2015, please check with your local council for up to date threshold levels.

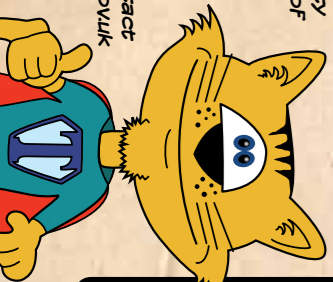
Don't miss out!

HOW DO I APPLY?

Dundee Download the Form on www.dundeecity.gov.uk and come to Dundee City Council, Dundee House, 50 North Lindsay Street, Dundee DD1 1QE. Bring proof of benefit eg. Full Award Letter and proof of Child Benefit Entitlement.

Angus: Complete an application form for Housing Benefit/Council Tax Benefit which are available at your local benefit enquiry office or telephone 01392 536500 or FREEPHONE 0800 255056 (mobiles may be charged).

Perth & Kinross: For further information about Free school meals, please contact Education and Children's Services on 01738 476200, email ecsschools@pkc.gov.uk or visit the Council website at www.pkc.gov.uk/schoolmeals



EVERY PRIMARY 1-3 PUPIL IS ENTITLED TO A FREE SCHOOL MEAL NO APPLICATION PROCESS NECESSARY!

SAVE UP TO £40 PER CHILD EVERY MONTH

that's around £375 a year!

EVERY PRIMARY 1-3 PUPIL IS ENTITLED TO A FREE SCHOOL MEAL NO APPLICATION PROCESS NECESSARY!

Illustration of a piggy bank with a £10 note and a £20 note being inserted into it.

CHOICE OF MEALS & DIETARY REQUIREMENTS

Dundee, Angus and Perth & Kinross Councils Education Departments in partnership with Tayside Contracts, offer a great choice of meals for all our primary pupils. Our varied school lunch menu meets all the nutritional standards set by the Scottish Government.

Schools are offering healthier lunch options in a safe and welcoming environment for your children, where they can sit with their friends and enjoy their lunch.

HOW CAN I ENSURE MY CHILD RECEIVES THE MAIN MEAL OF THEIR CHOICE?

All schools now run a pre-order service. When opting for a school lunch your child can choose their main meal.

MY CHILD HAS A DIETARY REQUIREMENT, CAN THEY HAVE SCHOOL LUNCHESES?

School lunches can be provided for children requiring medically prescribed diets. These are diets required to treat a specific condition for example a gluten free diet for coeliac disease or a milk free diet for milk allergy. Ask your school for details of the diets that can be provided.

HOW DO I MAKE THESE ARRANGEMENTS FOR MY CHILD?

Dundee To organise a diet for your child you should make contact with their SCHOOL. To aid school progressing this dietary request, please provide details of the request and where possible a letter from either your GP or child's dietician which will detail the specific food allergies/intolerances.

Angus: To organise a diet for your child ask your GP or Dietician to write to: Flora Dawson - Catering Advisor, People, Angus Council, Angus House, Orchardbank Business Park, Forfar, DD8 1AE. Tel: 01307 476304. Please include details of your child's name, address, date of birth, the school they attend and the type of diet they are on.

Perth & Kinross: To organise a diet for your child you need to complete a medically prescribed diet application form available from your child's school, by phoning 01738 476341, e-mail ecscateringsupport@pkc.gov.uk or by downloading from www.pkc.gov.uk/schoolmeals

SCHOOL MENU

AUTUMN / WINTER 2015-16

CALLING ALL SUPERHEROES...
TAYCAT NEEDS YOUR HELP TO
DEFEAT THE RUMBLING
TUMMIES

PLEASE CHOOSE WISELY...

3 CHOICES

Vegetables and
potatoes
+
A selection from the
salad bar
+
Homemade bread

PUDDINGS

Sweet of the day
or
Fresh Fruit
or
Fruit yoghurt

DRINKS

A glass of milk
or
Fruit juice
or
Water

There will be a change of menu
in place of the Chicken Casserole on the following
days: St Andrews Day 30th November - Corned
Beef Stovies. Burns Day 25th January - Haggis

A Fruit selection will be available as an
alternative on days where there is soup.

Dundee and Perth & Kinross schools will
return on Week 2 of the menu, 26th October.



FREE SCHOOL
MEALS FOR
P1-3'S

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 19th October 9th November 30th November 21st December 4th January 25th January 15th February 7th March 28th March	Sausage Roll Chicken Casserole Savoury Rice (V) Sweetcorn Baked Beans Mashed Potatoes Ice-Cream, Wafer & Fruity Sauce	Lentil Soup Turkey BBQ Meatballs Fish Fingers Veggie Frittata (V) Peas Pasta Baby Boiled Potatoes	Cottage Pie Chinese Chicken Curry Macaroni Cheese (V) Peas & Sweetcorn Rice Garlic Bread Chocolate Brownie	Roast Pork with Gravy Chicken Goujons Quorn Fajita (V) Carrots Parsley Potatoes Pasta Orange Sponge with Chocolate Custard	Beef Burger Roll Crumbed Salmon Fillet Lentil Bolognese Baked Potato (V) Broccoli Chips Tiffin
WEEK 2 26th October 16th November 7th December 11th January 1st February 22nd February 14th March	Turkey Meatballs in Tomato Sauce Pork Steak with Gravy Macaroni Cheese (V) Broccoli Boiled Potatoes Pasta Jam Sponge & Strawberry Custard	Roast Beef with Gravy Breaded Fish Quorn Burrito (V) Peas Roast Potatoes Fruit Jelly	Oven Baked Sausages Chicken Lasagne Cheese Baked Potato (V) Baby Carrots Baked Beans Mashed Potatoes Garlic Bread Gingerbread & Custard	Chicken Noodle Soup Traditional Mince Pie Spanish Ham Omelette Cheese & Tomato Pizza (V) Peas & Carrots Boiled Potatoes Pasta	Chicken Burger Roll Tuna Pasta Bake Quorn Biryani (V) Sweetcorn Chips Chocolate Muffin
WEEK 3 2nd November 23rd November 14th December 18th January 8th February 29th February 21st March	Creamy Chicken & Sweetcorn Breaded Fish Tomato Pasta (V) Baby Carrots & Peas Diced Potatoes Toffee Apple Crumble & Custard	Yellow Split Pea Soup Pasta Bolognese Oven Baked Sausages with Gravy Veggie Bean Burger Roll (V) Broccoli Mashed Potato Garlic Bread	Chicken Fillet in Gravy Beef Curry Cheese & Tomato Pizza (V) Mexicorn Rice Baby Boiled Potatoes Sticky Sponge with Custard	Steak Pie Savoury Chicken Rice Macaroni Cheese (V) Diced Carrot & Swede Boiled Potatoes Herb Bread Angel Delight	Turkey Burger Roll Fish Fingers Quorn Curry (V) Peas Rice Chips Lemon Drizzle Sponge

Visit our Fully interactive menu and game board online at
www.tayside-contracts.co.uk/school-catering.cfm