



Tayside 
contracts



INFORMATION ON SCHOOL MEALS

We can provide packed lunches all year round for school trips and class outings.

FREE SCHOOL MEALS FOR ALL P1-5 PUPILS

No application process necessary. Save up to £45 a month per child. That's around £420 a year!

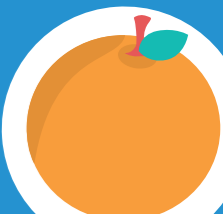


QUALITY INGREDIENTS

All our eggs are free range.
Our lentils, peas, cheese and oats are locally sourced in Scotland.
All our fish products are MSC (Marine Stewardship Council) for sustainability.
All our chicken dishes are made using Red Tractor Chicken.
All our fruit and vegetables are locally sourced from Total Produce and are Scottish where possible.
All of our milk is locally sourced by Graham's Dairies.
All our butchermeat is QMS (Quality Meat Scotland).
Our mince, roast beef, steak, pork & chicken sausages and beef burger mince are all locally sourced by Campbells Prime Meat in Linlithgow.



www.tayside-contracts.co.uk



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 primary pupils. The varied school lunch menu meets all the nutritional standards set by the Scottish Government.

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

Adapted menus can be provided for children on medically prescribed diets to treat a specific condition, allergies or intolerances to any of the 14 main allergens. An adapted menu is based on the current school menu, excludes items to which a pupil is intolerant/allergic, and adapts recipes for menu options where possible. Please note that this does not mean we can provide specialist items specific to your child, we can only adapt the menu using products from our supply chain.

As there are no nuts, peanuts or sesame seeds in any dishes on the menu, Tayside Contracts does not provide adapted menus for nut, peanut or sesame seed allergies. All products with a 'may contain' declaration for nuts, peanuts and sesame seeds are highlighted on the menu with the appropriate icon. Please refer to the Tayside Contracts website for allergen, nutrition and recipe information.

HOW DO I MAKE THESE ARRANGEMENTS FOR MY CHILD?

Adapted Menu Request Forms can be found on the Tayside Contracts School Catering web page: www.tayside-contracts.co.uk/catering/school-catering

A copy of any medical confirmation from a health professional which details your child's allergens/intolerances, should be provided where possible.

Angus:

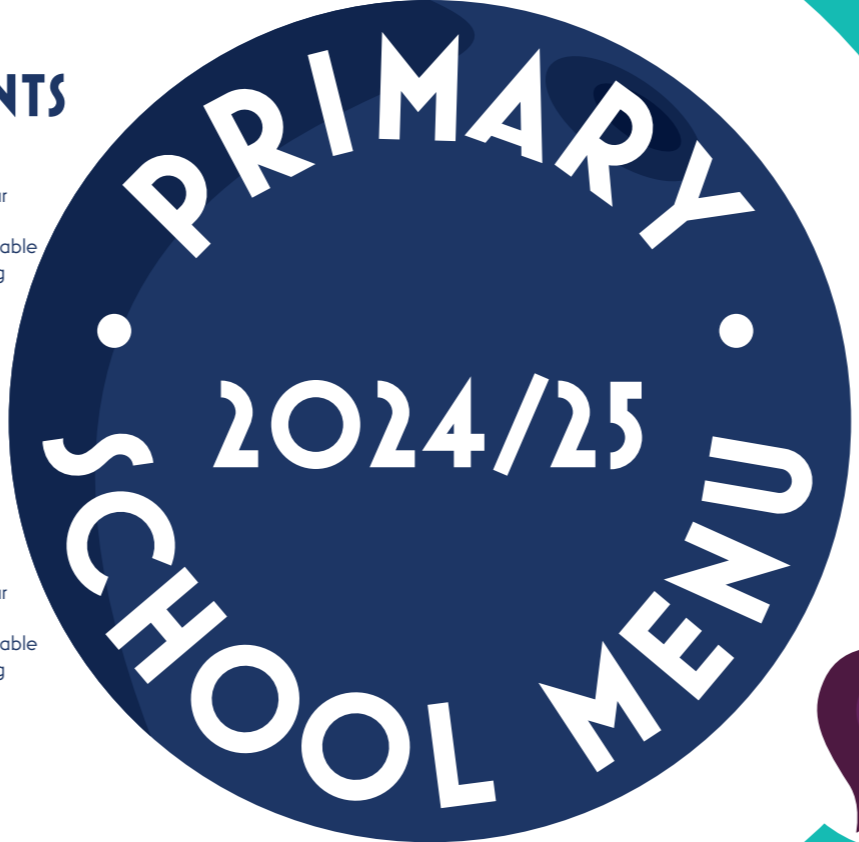
To arrange an adapted menu for your child please complete the Adapted Menu Registration Form, which is available from the school, online or by emailing ACCESSschoolsLearnContracts@angus.gov.uk

Dundee:

To arrange an adapted menu for your child, please complete the Adapted Menu Registration Form, which is available from the school or online.

Perth & Kinross:

To arrange an adapted menu for your child, please complete the Adapted Menu Registration Form, which is available from the school, online or by emailing ecscateringupport@pkc.gov.uk



FREE SCHOOL MEAL ENTITLEMENT

Angus, Dundee and Perth and Kinross Councils are encouraging parents and carers with children in P6 or P7 to check if they are entitled to free school meals for their children. This is worth over £420 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.

If your child is in P6 or P7 - You can claim free school meals for your child(ren) if you are receiving:

- Income support;
- Income-based Job Seeker's Allowance;
- Income-based Employment and Support Allowance;
- Support under Part VI of the Immigration and Asylum Act 1999;
- Universal Credit (where their monthly earned income is not more than £796);

- Child Tax Credit, but not Working Tax Credit, where their income is less than £19,995
- Both Child Tax Credit and Working Tax Credit where their income is not more than £9,552.

For more information on Child Tax Credit and Working Tax Credit visit the Inland Revenue website.

HOW DO I APPLY?

Angus:

Complete an online application form for Free School Meals/School Clothing Grant or access the form from your local benefit enquiry office or call 03452 777 778.

Dundee:

Complete the free school meals online application form or pick one up from Dundee City Council, Dundee House, 50 North Lindsay Street, Dundee DD1 1QE. Proof of benefit e.g. Full Award Letter and proof of Child Benefit Entitlement is required.

Perth & Kinross:

Complete the free school meals online application form, contact Education and Children's Services on 01738 476200, or email ecsschools@pkc.gov.uk



PRIMARY 2024/25 SCHOOL MENU

Bread, fruit, vegetables and salad available daily. Yoghurt is also offered as an alternative on dessert days.

We would love to hear your thoughts and suggestions. Please email us at schoolmeals@tayside-contracts.co.uk

Look out for our School Meals Newsletters throughout the year and if you haven't already don't forget to follow us on our dedicated school meals Instagram – @TCSchoolFood



WEEK COMMENCING

WEEK 1

22nd April
20th May
17th June
15th July
12th August
9th September
7th October

4th November
2nd December
30th December
27th January
24th February
24th March

WEEK 2

1st April
29th April
27th May
24th June
22nd July
19th August
16th September

14th October
11th November
9th December
6th January
3rd February
3rd March
31st March

WEEK 3

8th April
6th May
3rd June
1st July
29th July
26th August
23rd September

21st October
18th November
16th December
13th January
10th February
10th March

WEEK 4

15th April
13th May
10th June
8th July
5th August
2nd September
30th September

28th October
25th November
23rd December
20th January
17th February
17th March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milkshake (V)</p> <p>Mild Chicken Tikka Curry with Rice</p> <p>Quorn Sausage Casserole with Diced Potatoes (Ve)</p> <p>Fish Fingers with Diced Potatoes</p> <p>Peas</p> <p>Marble Sponge & Custard with Peas (V)</p>	<p>Cheese & Crackers (V)</p> <p>Macaroni Cheese with Crusty Bread (V)</p> <p>Traditional Mince with Yorkshire Pudding and Mashed Potatoes</p> <p>Chicken Mayo Wrap with Salad Selection</p> <p>Vegetable Medley</p>	<p>Pasta Bolognese with Garlic & Herb Bread</p> <p>Cheese Sandwich with Coleslaw (V)</p> <p>Chicken Fillet in Tomato Sauce with Roast Potatoes</p> <p>Broccoli</p> <p>Tiffin with Mandarins (V)</p>	<p>Quorn Dog Roll** with Potato Wedges (V)</p> <p>Chilli Loaded Wedges (Ve)</p> <p>Cauliflower Cheese with Crusty Bread (V)</p> <p>Peas</p> <p>Chocolate Ice Cream with Peaches (V)</p>	<p>Lentil & Tomato Soup (Ve)</p> <p>Chicken & Tomato Pasta with Crusty Bread</p> <p>Breaded Fish with Chips</p> <p>Chickpea & Sweetcorn Mayo Wrap with Salad Selection (V)</p> <p>Peas & Sweetcorn</p>
<p>Milkshake (V)</p> <p>Breadsticks** & Dip (V)</p> <p>Tomato Pasta (Ve) with Crusty Bread (Ve*)</p> <p>Sweet Potato & Coconut Curry with Rice (V)</p> <p>Quorn Dog Roll** with Potato Wedges (V)</p> <p>Peas & Carrots</p>	<p>Cheese & Tomato Pizza with Diced Potatoes (V)</p> <p>Chicken Sausages in Gravy with Diced Potatoes</p> <p>Ham Sandwich with Salad Selection</p> <p>Broccoli</p> <p>Gingerbread Sponge with Apple Slices (V)</p>	<p>Steak Pie with Boiled Potatoes</p> <p>Macaroni Cheese with Garlic & Herb Bread (V)</p> <p>Salmon Fishcake with Boiled Potatoes</p> <p>Green Beans</p> <p>Oatie Biscuit with Fruit Cocktail (Ve)</p>	<p>Cream of Tomato Soup (V)</p> <p>Chicken Fajita Baked Potato with Golden Savoury Rice</p> <p>Quorn Fillet in Gravy (Ve) with Mashed Potatoes (V)</p> <p>Chicken Burger Roll** with Golden Savoury Rice</p> <p>Peas & Sweetcorn</p>	<p>Mexican Burrito with Rice (Ve)</p> <p>Breaded Fish with Chips</p> <p>Chicken Tikka Roll** with Salad Selection</p> <p>Peas</p> <p>Vanilla Sponge with Peas (V)</p>
<p>Milkshake (V)</p> <p>Sliced Melon Medley (Ve)</p> <p>Chicken Meatballs in Swedish Style Sauce with Mashed Potatoes</p> <p>Cheese Finger Roll** with Salad Selection (V)</p> <p>Pork Sausages with Mashed Potatoes & Baked Beans</p> <p>Peas & Sweetcorn</p>	<p>Vegeballs in Tomato Sauce with Pasta (Ve)</p> <p>Salmon & Sweet Potato Fishcake with Roast Potatoes</p> <p>Chicken Fillet in Gravy with Yorkshire Pudding and Roast Potatoes</p> <p>Broccoli</p> <p>Tiffin with Banana Slices (V)</p>	<p>Macaroni Cheese with Crusty Bread (V)</p> <p>Cheese & Tomato Pizza with Potato Salad (V)</p> <p>Veggie Nuggets with Potato Salad (V)</p> <p>Carrots</p> <p>Shortbread with Fruit Cocktail (Ve)</p>	<p>Mild Quorn Curry with Rice (V)</p> <p>Chicken Goujons with Potato Wedges & Baked Beans</p> <p>Cheese & Ham Baguette** with Rice Salad</p> <p>Vegetable Medley</p> <p>Vanilla Ice Cream with Apple Slices (V)</p>	<p>Vegetable Soup (Ve)</p> <p>Lasagne with Garlic & Herb Bread (V)</p> <p>Breaded Fish with Chips</p> <p>Mild Chicken Curry with Rice</p> <p>Peas & Carrots</p>
<p>Milkshake (V)</p> <p>Lentil Soup (Ve)</p> <p>Beef Burger Roll** with Cheese and Potato Wedges</p> <p>Katsu Chicken Curry* with Rice</p> <p>Tomato Pasta (Ve) with Garlic & Herb Bread (Ve*)</p> <p>Peas</p>	<p>Macaroni Cheese with Garlic & Herb Bread (V)</p> <p>Vegeballs in Gravy with Diced Potatoes (Ve)</p> <p>Quorn Dippers with Diced Potatoes & Baked Beans (Ve)</p> <p>Broccoli</p> <p>Raspberry Jelly with Mandarins (Ve)</p>	<p>Chicken Meatballs in Tomato Sauce with Pasta</p> <p>Quorn Dog Roll** with Pasta Salad (V)</p> <p>BBQ Chicken Pizza with Pasta Salad</p> <p>Carrots</p> <p>Gingerbread Cookie with Peas (V)</p>	<p>Beef Lasagne with Crusty Bread</p> <p>Mild Quorn Korma Curry with Rice (V)</p> <p>Ham & Cucumber Finger Roll** with Salad Selection</p> <p>Vegetable Medley</p> <p>Chocolate Sponge & Custard with Peaches (V)</p>	<p>Cheese & Chive Oat Biscuit (V)</p> <p>No-Sausage Roll (Ve*) with Chips (Ve)</p> <p>Breaded Fish with Chips & Baked Beans</p> <p>Chicken Burrito with Rice</p> <p>Peas & Sweetcorn</p>



Scan the QR code or click here to view nutrition and allergen information.

