



Tayside Contracts believes in providing quality meals using quality ingredients. Where possible we use locally sourced products.

ALL OUR EGGS ARE **FREE RANGE**



ALL OUR FISH PRODUCTS ARE MSC (MARINE STEWARDSHIP COUNCIL) FOR **SUSTAINABILITY**



ALL OUR CHICKEN DISHES ARE MADE USING **RED TRACTOR CHICKEN** OUR LENTILS, PEAS, CHEESE AND OATS ARE **LOCALLY SOURCED IN SCOTLAND**

OUR FRESH FRUIT AND VEGETABLES ARE SOURCED LOCALLY FROM TOTAL PRODUCE AND IS **SCOTTISH** WHERE POSSIBLE



ALL OF OUR MILK IS LOCALLY SOURCED BY D&D DAIRIES IN CRIEFF

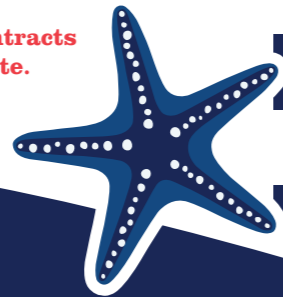


ALL OUR **BUTCHERMEAT IS QMS (QUALITY MEAT SCOTLAND)**



OUR MINCE, ROAST BEEF, STEAK, SAUSAGES AND BEEF BURGERS ARE ALL LOCALLY SOURCED BY CAMPBELLS PRIME MEAT IN LINLITHGOW

All nutritional information for Tayside Contracts school meals can be found on our website.



CHOICE OF MEALS AND DIETARY REQUIREMENTS

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

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

All schools now run a pre-order service. Your child can be sure they will get the lunch of their choice by using our pre-order service.

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

School lunches can be provided for children on 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 allergies. Ask your school for more information.

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 the school to progress your 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 please provide proof of the child's medical allergen diagnosis or ask your Dietician to email ACCESSSchoolsLearnContracts@angus.gov.uk, or write to Monitoring Officer, Schools and Learning, Angus Council, Angus House, Orchardbank Business Park, Forfar, DD8 1AN. Tel 03452 777 778. Please include details of your child's name, address, date of birth, the school they attend and the type of diet they require.

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

As there are no nuts, peanuts or sesame seeds in any dishes on the menu, Tayside Contracts does not provide special diet 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 our website for allergen and ingredient information.



NURSERY MENU



Scotland's Year of Coasts and Waters 2020





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

27th April
25th May
22nd June
17th August
14th September
9th November
7th December
4th January
1st February
1st March
29th March

Lentil Soup (Ve)
Chicken Curry
Vegeballs in BBQ Sauce (Ve)
Rice
Pasta
Mixed Vegetables
Lettuce & Tomato

Traditional Mince & Doughballs
Macaroni Cheese (V)
Boiled Potatoes
Peas
Cucumber & Pepper Sticks
Tiffin with Mandarins (V)

Roast Beef in Gravy with Yorkshire Pudding
Baked Potato and Baked Beans (Ve)
Mashed Potato
Broccoli & Cauliflower
Carrot Sticks & Sweetcorn
Raspberry & Apple Cake with Custard (V)

Tomato Soup (Ve)
Chicken & Tomato Rice
Vegetable Burrito (Ve)
Pilau Rice
Carrots
Beetroot & Lettuce

Salmon & Sweet Potato Fishcake
Vegetable Omelette (V)
Diced Potatoes
Peas & Sweetcorn
Carrot & Cucumber Sticks
Fruit Salad (Ve)

WEEK 2

4th May
1st June
29th June
24th August
21st September
19th October
16th November
14th December
11th January
8th February
8th March

Minestrone Soup (Ve)
Tuna Mayo Baked Potato
Vegetable Curry (Ve)
Mixed Salad
Rice
Peas
Cucumber Sticks & Sweetcorn

Cheese & Tomato Pizza (V)
Quorn Fillet in Gravy (V)
Mashed Potatoes
Sweetcorn
Carrot Sticks & Lettuce
Oatie Biscuit with Banana (Ve)

Steak Pie
Tomato Pasta (Ve)
Roast Potatoes
Broccoli & Cauliflower
Beetroot & Pepper Sticks
Gingerbread Muffin with Custard & Pears (V)

BBQ Chicken
Quorn Casserole (V)
Boiled Potatoes
Green Beans
Tomato & Cucumber Sticks
Ice-Cream with Apple Slices (V)

Leek & Potato Soup (Ve)
Veggie Bites (V)
Baked Potato & Baked Beans (Ve)
Diced Potatoes
Baked Beans
Lettuce & Carrot Sticks

WEEK 3

13th April
11th May
8th June
31st August
28th September
26th October
23rd November
21st December
18th January
15th February
15th March

Tomato Soup (Ve)
Salmon Fish Fingers
Tomato Pasta (Ve)
Sweetcorn
Sweet Chilli Pasta Salad
Lettuce & Cucumber

Chicken in Gravy with Yorkshire Pudding
Baked Potato with Baked Beans (Ve)
Roast Potatoes
Carrots
Beetroot & Sweetcorn
Jelly with Peaches (Ve)

Bolognese Mince
Macaroni Cheese (V)
Spaghetti
Peas
Lettuce & Carrot Sticks
Chocolate Brownie with Custard & Banana Slices (V)

Steak Pie
Vegetable Bean Burger (V)
Boiled Potatoes
Mixed Vegetables
Cucumber & Pepper Sticks
Shortbread with Apple (Ve)

Vegetable Soup (Ve)
Chicken Fajita
Quorn Pasta Bake (V)
Broccoli and Cauliflower
Lettuce & Tomato

WEEK 4

20th April
18th May
15th June
10th August
7th September
2nd November
30th November
25th January
22nd February
22nd March

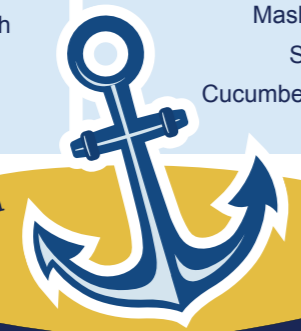
Lentil Soup (Ve)
Salmon & Sweet Potato Fishcake
Broccoli Pasta Bake (V)
Mashed Potatoes
Sweetcorn
Cucumber Sticks & Tomato

Creamy Chicken & Ham Pie
Baked Potato and Cheese (V)
Roast Potatoes
Broccoli
Sweetcorn & Carrot Sticks
Oven Baked Doughnut with Apple (V)

Vegetable Soup (Ve)
Kickin' Chicken Wrap
Tomato Pasta (Ve)
Peas
Cucumber Sticks & Lettuce

Cheese & Tomato Pizza (V)
Vegetable Curry (Ve)
Rice
Carrots
Lettuce & Pepper Sticks
Banana Loaf with Custard & Pears (V)

Mince Filled Yorkshire Pudding
Sweet & Sour Vegeballs (Ve)
Boiled Potatoes
Mixed Vegetables
Cucumber Sticks & Beetroot
Jelly with Mandarins (Ve)



(V) Vegetarian

(Ve) Vegan

Fruit and Yoghurt available daily. Unlimited bread, vegetables and salads daily.

