

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

Angus
Complete an application form for Housing Benefit / Council Tax Benefit which are available at your local benefit enquiry office or telephone 01382 536500 or FREEPHONE 0800 252056 (mobiles may be charged).

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 e.g. Full Award Letter and proof of Child Benefit Entitlement.

*All information current as at March 2013, please check with your local council for up to date threshold levels.

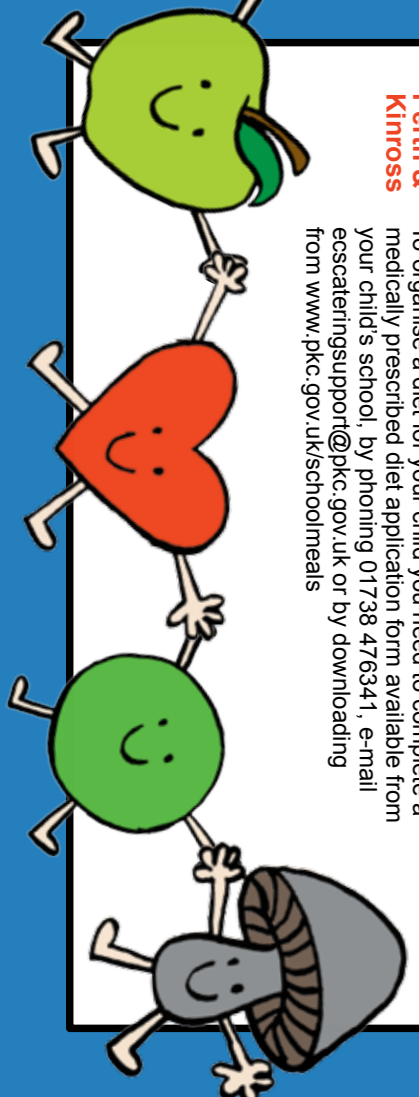
- Income Support (IS)
- Income based Job Seeker's Allowance (IBJSA)
- Any income related element of Employment and Support Allowance
- Child Tax Credit (CTC), but not Working Tax Credit, and your income is less than £15,860 (as assessed by HM Revenue and Customs)
- Child Tax Credit (CTC) and Working Tax Credit (WTC) and your income is less than £6,420 (as assessed by the Inland Revenue)

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*:

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.

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 £350 per annum!

Don't miss out on free school meals entitlement



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 escateringsupport@pkc.gov.uk or by downloading from www.pkc.gov.uk/schoolmeals

Please include details of your child's name, address, date of birth, the school they attend and the type of diet they are on.

Fiona Dawson - Monitoring Officer, Education Department, Angus House, Orchardbank Business Park, Forfar DD8 1AE.

Angus
To organise a diet for your child ask your GP or Dietitian to write to:

To organise a diet for your child you should provide the school with a written request for the diet giving your child's name, class, date of birth and type of diet required. For an Allergy / Intolerance Diet - please ensure that you also provide a letter from your child's Dietitian or GP detailing the specific food allergies/intolerances.

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Dundee
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My child has a dietary requirement can they have school lunches?
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?
To organise a diet for your child you should provide the school with a written request for the diet giving your child's name, class, date of birth and type of diet required. For an Allergy / Intolerance Diet - please ensure that you also provide a letter from your child's Dietitian or GP detailing the specific food allergies/intolerances.

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

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.

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.

Scottish Government.

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.

Choice of meals & dietary requirements

Schools Lunch Trip

Packed lunches can be ordered for any school trips or visits.

Our Packed Lunch Boxes contain:

- A sandwich, Wrap or Roll
- Salad Pot
- Piece of Fruit
- Piece of Homebaking
- Drink



Please see our printable order forms online at www.tayside-contracts.co.uk/school-catering.cfm



For more information on our recipes or ingredients used check out our online interactive menu which now also contains Traffic Light Coding showing you the nutritional balance of the dishes provided.

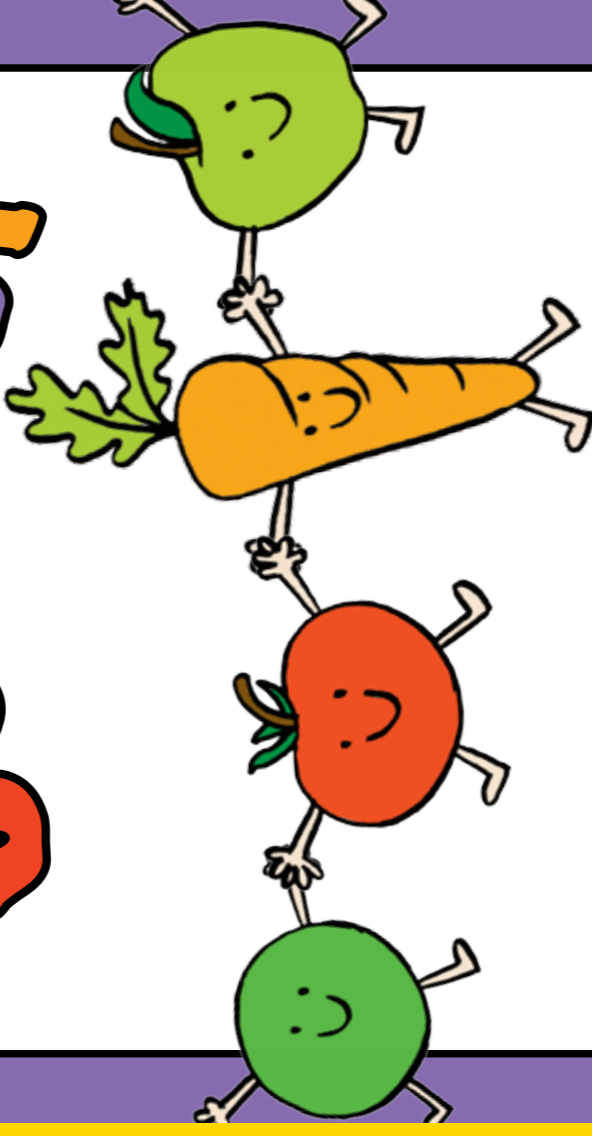
www.tayside-contracts.co.uk/school-catering.cfm



www.tayside-contracts.co.uk

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

Meals



Schools

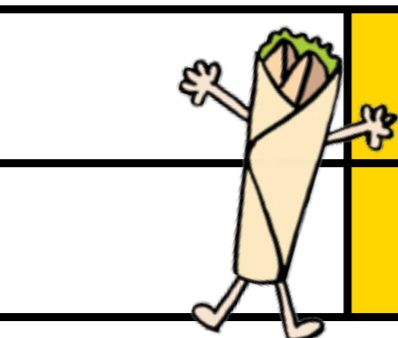
Spring/Summer 2013



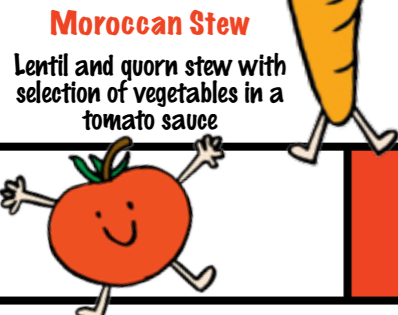
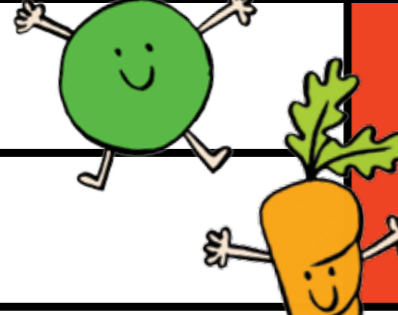
Spring/Summer 2013



Chicken Goujons
Chicken breast fillet slices coated in breadcrumb



Kickin' Chicken Wrap
A tortilla wrap filled with hot chicken in a lightly spiced tomato sauce



Moroccan Stew
Lentil and quorn stew with selection of vegetables in a tomato sauce

Too many unhealthy foods are bad for your heart

	Monday	Tuesday	Wednesday	Thursday	Friday
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Week 1 15th April 6th May 27th May 17th June 12th August 2nd September 23rd September	Chicken Curry Tuna Wrap Tomato Pasta (V) Seasonal Vegetables Rice Potato Wedges Chocolate Sponge & Custard	Traditional Mince Fish Fingers Vegetable Risotto (V) Seasonal Vegetables Mashed Potatoes Pasta St. Clements Sponge	Steak Casserole Cheese & Tomato Pizza (V) Lentil Bolognese (V) Seasonal Vegetables Boiled Potatoes Ice-Cream & Raspberry Sauce	Chicken Stir Fry Roast Beef, Yorkshire Pudding & Gravy Vegetable Nuggets (V) Seasonal Vegetables Roast Potatoes Rice Caramel Flan	Sausage Roll Salmon Fishcake Hot Vegetable Wrap (V) Baked Beans Seasonal Vegetables Chips Fruit Salad	
	Week 2 22nd April 13th May 3rd June 24th June 19th August 9th September 30th September	Tomato Soup Or Melon & Orange Starter Pork Steak & Gravy Chicken Goujons Chickpea Pakora (V) Seasonal Vegetables Boiled Potatoes	Sweet & Sour Chicken Fish Nuggets Macaroni Cheese (V) Seasonal Vegetables Baby Potatoes Rice Fruit Jelly	Cottage Pie Turkey Burger Bean Chilli (V) Seasonal Vegetables Pasta Roast Potatoes Lemon Muffin	Oven Baked Sausages Chicken Curry Cheese Baguette (V) Baked Beans Seasonal Vegetables Rice Mashed Potatoes Sticky Sponge & Toffee Sauce	Tex Mex Burrito Breaded Fish Quorn Pie (V) Seasonal Vegetables Chips Tiffin
	Week 3 29th April 20th May 10th June 26th August 16th September 7th October*	Chicken & Sweetcorn Baguette Pork Meatballs in Tomato Sauce Macaroni Cheese (V) Seasonal Vegetables Boiled Potatoes Pasta Chocolate Brownie	Pasta Bolognese Fish Fingers Baked Potato with Baked Beans (V) Baked Beans Seasonal Vegetables Mashed Potatoes Golden Crispie	Lentil Soup Or Grape & Orange Starter Beef Burger in Bun Kickin' Chicken Wrap Vegetable Curry (V) Seasonal Vegetables Potato Wedges Rice	Steak Pie Tuna Pasta Salad Cheese & Tomato Pizza (V) Seasonal Vegetables Roast Potatoes Pear & Honey Sponge	Sausages & Gravy Breaded Fish Moroccan Stew (V) Seasonal Vegetables Chips Ice-Cream & Jelly



Eat 5 portions of fruit and vegetables a day!



Drink plenty of water!

Don't skip breakfast!



Keep active!



Eat oily fish!

PASS GO!
Pick up a fruit and be on your way

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	Packed Lunches We also offer a packed lunch for school trips etc. Contact your school head teacher for details.	Changes Changes to the menu may occur for theme days.	Notes *Perth & Kinross schools will finish in week commencing 7th October.
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