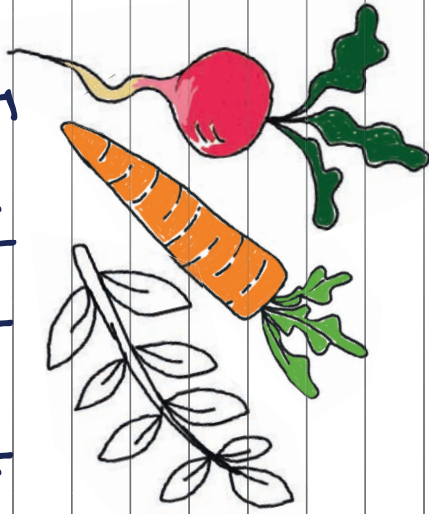


Find out what's on the menu, any day of the school week.
'Alexa, ask Tayside Diners what's for lunch.'
<https://www.amazon.co.uk/Andrew-Open-Dundee-Tayside-Diners/dp/B074R5X41G>

The legislation around school meals is changing in 2020. To find out more, visit https://www.taysidecontracts.co.uk/_assets/_user/_file/_consultation_information_link_for_2019_20_Menu.pdf

Free school meals for all P1-3 pupils

No application process necessary. Save up to £42 a month per child. That's around £410 a year!



Information on School Meals

Packed lunches are available all year round for school trips and class outings.



All our fish products are MSC (Marine Stewardship Council) for fish sustainability



All our butcher meat is QMS (Quality Meat Scotland)



All our chicken dishes are made using Red Tractor chicken

Choice for 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 offer healthier lunch options in a safe and welcoming environment for your children to sit with 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 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.

Tayside Contracts does not provide nut, peanut, or sesame seed free special diet menus.

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.



Tayside Contracts does not use any nuts, peanuts or sesame seeds in any dishes on the school menu.

Some ingredients may contain traces of these if they are produced in premises where these items may be present.

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 dietitian 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 Dietitian to write to: Catering Advisor, Schools & Learning, Angus Council, Angus House, Orchardbank Business Park, Forfar, DD8 1AN. Tel: 01307 491910. Please include details of your child's name, address, date of birth, the school they attend and the type of diet required.

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 2019/20



Our school menus meet the Nutritional requirements for Food and Drink in Schools (Scotland) Regulations 2008



[ataysidecontract](https://www.taysidecontracts.co.uk)

www.taysidecontracts.co.uk

Tayside contracts

Free School Meal Entitlement



Dundee, Angus and Perth and Kinross Councils are encouraging parents and carers to check if they are entitled to free school meals for their children. This is worth over £410 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 14 or above

You can claim free school meals for your child(ren) if you are receiving:

- 0 Income Support (IS)
- 0 Income based Job Seeker's Allowance (IBJSA)
- 0 Any income related element of Employment and Support Allowance
- 0 Child Tax Credit (CTC), but not Working Tax Credit, and your income is less than £16,105
- 0 Child Tax Credit (CTC) and Working Tax Credit (WTC) and your income is less than £6,420
- 0 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
- 0 Support under Part VI of the Immigration and Asylum Act 1999
- 0 Universal Credit where the monthly earned income does not exceed £610.

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

How do I apply?

Dundee: Download the form on www.dundeeccity.gov.uk and go 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.

Angus: Complete an application form for Housing Benefit/Council Tax Benefit which are available at your local benefit enquiry office or telephone 03452 777 778.

Perth & Kinross: 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



Tayside Contracts Primary Menu 2019-20

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



Holidays
Check council website for all school holiday dates

Dessert choices will change for:
Pancake Day - 25/2/20 - Pancakes with Jam

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Chicken in Gravy with Yorkshire Pudding and Mashed Potatoes Fish Fingers with Mashed Potatoes Quorn Fillet in Gravy with Yorkshire Pudding and Mashed Potatoes (V) Cheese Roll* with Rice and Pepper Salad (V) Green Beans or Baked Beans Apple Crumble with Custard (V)	Lentil Soup with Bread* (V) Bolognese Meatballs with Pasta Popcorn Chicken with Diced Potatoes Bolognese Vegeballs with Pasta (Ve) Tuna Mayo Finger Roll* with Beetroot Salad Peas	Chinese Rice with Chicken Oven Baked Sausages [†] with Gravy and Mashed Potatoes Chinese Rice with Mushrooms (V) Turkey Sandwich with Potato Salad Carrots Sponge* with Berry Sauce (V)	Breadsticks* with Dip (V) Traditional Mince with Doughballs* and Mashed Potatoes Turkey Burger in a Bun* with Sweet Chilli Pasta Salad Traditional Quorn Mince with Doughballs* and Mashed Potatoes (V) Chicken Sandwich with Sweet Chilli Pasta Salad Broccoli	Chicken Curry with Rice Fish Bites with Potato Wedges Vegetable Curry with Rice (Ve) Ham Roll* with Mixed Salad Sweetcorn Cheese and Crackers with Grapes (V)
Week 2	Tomato Pasta (Ve) Macaroni Cheese (V) Quorn Burger in a Bun* with Pasta Salad (V) Coronation Veggie Wrap with Sweetcorn and Pea Salad (V) Carrots Chocolate Brownie* with Pear Slices and Custard (V)	Chinese Chicken Curry with Rice Cottage Pie Chinese Vegetable Curry with Rice (Ve) Tuna Mayo Roll* with Rice and Pepper Salad Peas Jelly with Berries (V)	Yellow Split Pea Soup with Bread* (V) Ham Pizza* with Pasta Chicken and Gravy with Baby New Potatoes Cheese and Tomato Pizza* with Pasta (V) Sliced Egg Finger Roll* with Veggie Sticks (V) Peppers and Sweetcorn	Roast Beef in Gravy with Yorkshire Pudding and Roast Potatoes Breaded Fish with Roast Potatoes Quorn Fillet in Gravy with Yorkshire Pudding and Roast Potatoes (V) Ham Sandwich with Potato Salad Broccoli Fruit Salad (V)	Carrot and Cucumber Sticks with Dip (V) Chicken Burger in a Bun* with Chips Baked Potato and Tuna Mayonnaise with Sweetcorn, Onion and Tomato Salad Baked Potato and Baked Beans with Sweetcorn, Onion and Tomato Salad (Ve) Turkey Sandwich with Sweetcorn, Onion and Tomato Salad Green Beans
Week 3	Chicken Fajita with Rice Hot Dog Roll* with Diced Potatoes Vegetable Fajita with Rice (Ve) Tuna Mayo Sandwich with Beetroot Salad Sweetcorn Ice-Cream with Berry Sauce (V)	Vegetable Soup with Bread* (V) Chicken in Tomato Sauce with Pasta Fish Fingers with Chips Quorn in Tomato Sauce with Pasta (V) Cheese Roll* with Rice and Pepper Salad (V) Peas	Chicken Mexican Rice Cheese and Tomato Pizzo* with Pasta (V) Veggie Mexican Rice (Ve) Egg Mayo Finger Roll* with Sweetcorn and Pea Salad (V) Green Beans Oven Baked Doughnut with Apple Slices (V)	Tomato Soup with Pitta Bread Fingers (Ve) Steak Pie with Mashed Potatoes Creamy Chicken and Sweetcorn Pasta Quorn Pie with Mashed Potatoes (V) Turkey Sandwich with Mixed Salad Carrots	Beef Burger [†] in a Bun* with Roast Potatoes Baked Potato and Cheese with Apple Coleslaw (V) Veggie Bean Burger in a Bun* with Roast Potatoes (V) Chicken Sandwich with Coleslaw Sweetcorn and Peppers or Apple Coleslaw Natural Yoghurt with Mango Puree (V)
Week 4	Quorn Dog Roll* with Diced Potatoes (V) Cheese and Tomato Pizzo* with Pasta (V) Baked Potato and Baked Beans with Sweetcorn, Onion and Tomato Salad (Ve) Sliced Egg Roll* with Sweetcorn, Onion and Tomato Salad (V) Mixed Vegetables Chocolate Sponge* with Mandarins and Custard (V)	Traditional Mince with Mashed Potatoes Breaded Fish with Potato Wedges Traditional Quorn Mince with Mashed Potatoes (V) Ham Finger Roll* with Potato Salad Sweetcorn Frozen Raspberry Yoghurt with Peach Slices (V)	Leek and Potato Soup with Bread* (V) Oven Baked Chicken Sausages with Mashed Potatoes Vegetable Fingers with Mashed Potatoes Macaroni Cheese (V) Tuna Mayo Sandwich with Beetroot Salad Baked Beans or Beetroot Salad	Chinese Chicken Curry with Rice Lasagne Chinese Vegetable Curry with Rice (Ve) Turkey Sandwich with Coleslaw Peas Fruit Salad	Carrot and Cucumber Sticks with Dip (V) Chicken Burger in a Bun* with Sweet Chilli Pasta Salad Fishcake with Vegetable Noodles Cheesy Vegetable Cake with Vegetable Noodles (V) Veggie Rainbow Wrap with Mixed Salad (Ve) Broccoli

April '19

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

Week 1 Week 2
Week 3 Week 4

May '19

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

November '19

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

June '19

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

December '19

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

August '19

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

January '20

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

September '19

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

February '20

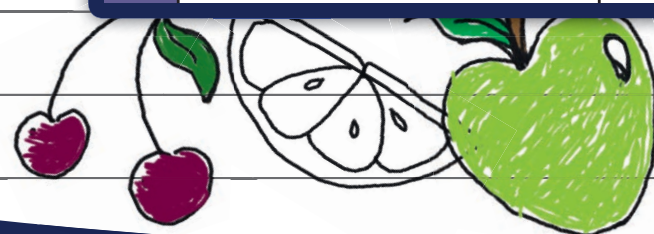
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

October '19

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

March '20

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			



Fresh fruit, salad, and unlimited bread available daily.
Yoghurts available as an alternative to desserts.

	[†] May contain Nuts	(V)	Vegetarian
	* May contain Sesame Seeds	(Ve)	Vegan

