

MOVING ON FROM NURSERY TO

PRIMARY 1

a guide to School Meals

As your child moves to Primary 1, you may wonder about what lies ahead.

We've provided the key information below to help ease your child's class transition.



Fife
COUNCIL

Your school offers **freshly cooked and nutritionally balanced** 2 week menus, including **vegetarian** options or meals for specific dietary needs.

Meals include **2 courses** - starter (soup) or dessert and hot or cold main meal with 2 portions of vegetables and 1 portion of fruit. A drink is provided with each lunch, choice of milk or water.

We hold theme days throughout the year to encourage children to try new meals.



Lunch selections are made each morning on a smart board in the classroom.

Children receive a coloured wristband matching their chosen meal for easy identification by kitchen staff.

Parents can pre-select meals for their children in advance via the Ipayimpact app. The school office can provide login details.



We understand children have allergies, intolerances, or cultural preferences. If your child needs special menu, complete the Specific Dietary Requirements form (available online or from the school office). A hospitality co-ordinator will arrange a meeting with you (in-person, phone, or MS Teams) to create a pre-agreed menu for your child.



Scan the QR code to visit Fife Council School Meals website to view our menus, download Specific Dietary Requirements form and more.

Did you know?

OUR HEALTHY MEALS ARE FREE TO ALL P1-P5 CHILDREN

SAVING OVER £475 A YEAR!

We know that starting **PRIMARY 1** is a big step for both you and your child but rest assured that we are here to support you every step of the way.

WE LOOK FORWARD TO WELCOMING YOUR CHILD TO PRIMARY 1