

## Do I need to apply for free school meals if my child is in primary 1-3?

- No, after the 5th January 2015 all primary 1-3 pupils are entitled to a free school meal. This will be automatically processed so no application is necessary.
- However, children in nursery and primary 4-7 must continue to apply for free school meals following your local Council's process.
- That's a saving of £40 per child per month - that's around £360 a year.

## Frequently asked questions...

### What do school lunches consist of?

- School lunches consist of 2 courses & a drink
- A 3 choice main course menu, one of which will be a vegetarian choice
- Served with pasta, rice or potatoes
- There is a salad bar selection & freshly baked bread
- A choice of fruit juice, milk or water
- A choice of homemade dessert, fresh fruit or fruit yoghurt
- On selected days a starter of either soup, vegetables or fruit will be served in place of dessert.

## 6 good reasons to choose school meals

Not only will you save money but your child will also experience:

- Variety & choice - pre-ordering ensures your child receives their preferred choice
- Hot & healthy meals
- Approx 1/3rd of your child's nutritional needs being met through a school meal
- Time saving
- Development of social skills
- All served in a secure & welcoming environment

## Tell me more about school meals...

- Our menus are seasonal & rotate on a 3 week cycle.
- Our Autumn Winter menu runs October to March.
- Our Spring Summer menu runs from April to October.

All our menus are nutritionally analysed by our full time Nutritionist to ensure they are compliant with legislation. The menus meet the nutritional requirements of the Schools (Health Promotion and Nutrition) (Scotland) Act 2007. They are also checked by Health & Nutrition Inspectors from Education Scotland.