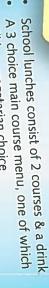
child is in primary 1-3? free school meals if my Do I need to apply for

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

requestly asked mestions...

lunches consist of? What do school



- will be a vegetarian choice
- Served with pasta, rice or potatoes
- There is a salad bar selection & freshly
- A choice of homemade dessert, fresh fruit A choice of fruit juice, milk or water baked bread
- or fruit yoghurt On selected days a starter of either soup, vegetables or fruit will be served in place

choose school meals 6 good reasons to

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

- child receives their preferred choice Variety & choice - pre-ordering ensures your
- Hot & healthy meals
- Approx 1/3rd of your childs 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

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