



## Quality Ingredients

All our eggs are *free range*.

Our lentils, peas, cheese and oats are *locally sourced* in Scotland.

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

All our chicken dishes are made using *Red Tractor Chicken*.

All our fruit and vegetables are locally sourced from Total Produce and are *Scottish* where possible.

All of our milk is locally sourced by Graham's Dairies.

All our butchermeat is QMS (Quality Meat Scotland).

Our mince, roast beef, steak, pork & chicken sausages and beef burger mince are all locally sourced by Campbells Prime Meat in Linlithgow.



## School Meals

### WHAT'S FOR LUNCH?

- 2 choice menu, including a vegetarian choice
- 2 course meal with a drink and a choice of salad and freshly baked bread
- Pupils can choose either milk or water
- When dessert is available there is also the option of fresh fruit or yoghurt as an alternative

### WHY CHOOSE SCHOOL MEALS?

- Mealtimes are a very sociable time in nursery
- Develops social skills and independence
- It's free!
- Tasty and healthy
- Time saving – no packed lunches to prepare

### PRE-ORDER AND ONLINE INFORMATION

Our menus are colour coded to make pre-ordering simple. Pre-ordering ensures pupils receive their chosen meal.

[www.tayside-contracts.co.uk/catering/school-catering](http://www.tayside-contracts.co.uk/catering/school-catering)

On our school meals web page, you will be able to view:

- Our recipes
- Pictorial menus
- Packed lunch menu
- Allergen and Nutrition Gateway

### NUTRITION

All our menus are nutritionally compliant with 'Setting the Table - nutritional guidance and food standards for early years childcare providers in Scotland'. The requirements differ from the Primary Menu.

- Oily fish (e.g. salmon) must be provided once a week
- No more than one deep-fried or processed items in a single week e.g. chicken nuggets, sausages, fish fingers
- No additional salt
- No condiments such as tomato sauce
- No confectionery or chocolate



## Choice of Meals & Dietary Requirements

Dundee, Angus and Perth & Kinross Councils' Education Departments in partnership with Tayside Contracts offer a great choice of meals for nursery pupils. The varied school lunch menu meets all the nutritional standards set by the Scottish Government.

### MY CHILD HAS A DIETARY REQUIREMENT, CAN THEY HAVE SCHOOL LUNCHES?

Adapted menus can be provided for children on medically prescribed diets to treat a specific condition, allergies or intolerances to any of the 14 main allergens. An adapted menu is based on the current school menu, excludes items to which a pupil is intolerant/allergic, and adapts recipes for menu options where possible. Please note that this does not mean we can provide specialist items specific to your child, we can only adapt the menu using products from our supply chain.

As there are no nuts, peanuts or sesame seeds in any dishes on the menu, Tayside Contracts does not provide adapted menus for nut, peanut or sesame seed allergies. 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 the Tayside Contracts website for allergen, nutrition and recipe information.

### HOW DO I MAKE THESE ARRANGEMENTS FOR MY CHILD?

Adapted Menu Request Forms can be found on the Tayside Contracts School Catering web page: [www.tayside-contracts.co.uk/catering/school-catering](http://www.tayside-contracts.co.uk/catering/school-catering)

A copy of any medical confirmation from a health professional which details your child's allergens/intolerances, should be provided where possible.

#### Angus:

To arrange an adapted menu for your child please complete the Adapted Menu Registration Form, which is available from the school, online or by emailing [ACCESSSchoolsLearnContracts@angus.gov.uk](mailto:ACCESSSchoolsLearnContracts@angus.gov.uk)

#### Dundee:

To arrange an adapted menu for your child, please complete the Adapted Menu Registration Form, which is available from the school or online.

#### Perth & Kinross:

To arrange an adapted menu for your child, please complete the Adapted Menu Registration Form, which is available from the school, online or by emailing [ecscateringsupport@pkc.gov.uk](mailto:ecscateringsupport@pkc.gov.uk)

School meals are monitored as part of nursery inspections by the Care Inspectorate. We work closely with our suppliers to develop healthier products suitable for children and young people. We also add as many fruits and vegetables to our dishes as possible.

### FREE MEALS

Children attending nursery for over 4 hours are entitled to a meal and a snack.

Children aged 0-5 are also entitled to a portion of milk and healthy snack under the Scottish Milk and Healthy Snack Scheme.

School Meals are free for all Primary 1-5 when they move to primary school.



Scan the QR code or [click here](#) to view nutrition and allergen information.



# Nursery School Menu 2023-24

[www.tayside-contracts.co.uk](http://www.tayside-contracts.co.uk)

Tayside  contracts



Unlimited bread, fruit, vegetables and salad available daily.  
Yoghurt\* is also offered as an alternative on dessert days.

(V) Vegetarian (Ve) Vegan  
\* May contain nuts \*\* May contain Sesame Seeds



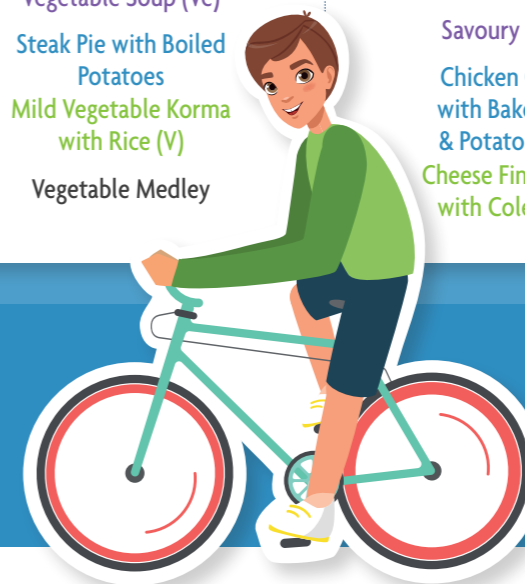
## WEEK COMMENCING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> 24th April 22nd May 19th June 17th July 14th August 11th September 9th October	Breadsticks (Ve) with Dip (V) Chicken Fillet in Gravy with Yorkshire Pudding & Boiled Potatoes Macaroni Cheese with Garlic Bread (V) Peas	Beef Burger Roll** with Potato Wedges Quorn Fillet in BBQ Sauce with Boiled Potatoes (Ve) Sweetcorn Raspberry Jelly with Peaches (Ve)	Mild Chicken Curry with Rice Tomato Pasta (Ve) with Crusty Bread (V) Broccoli Marble Sponge with Custard & Mandarins (V)	Pasta Bolognese with Crusty Bread Cheese Finger Roll** with Salad Selection (V) Green Beans Oatie Biscuit with Banana (Ve)	Lentil Soup (Ve) Salmon Nuggets with Potato Wedges Vegetable Noodles (V) Peas & Sweetcorn
<b>WEEK 2</b> 3rd April 1st May 29th May 26th June 24th July 21st August 18th September	Steak Pie with Boiled Potatoes Baked Bean Baked Potato with Salad Selection (Ve) Vegetable Medley Gingerbread Sponge with Custard & Pears (V)	Mild Chicken Korma Curry with Rice Veggie Nuggets with Potato Wedges (V) Peas & Carrots Tiffin with Mandarins (V)	Lentil Soup (Ve) Creamy Cajun Salmon Pasta with Crusty Bread Quorn Dog Roll** with Diced Potatoes (V) Broccoli	Breadsticks (Ve) with Dip (V) Golden Savoury Rice (Ve) with Crusty Bread (V) Cheese & Tomato Pizza with Potato Wedges (V) Sweetcorn	Fish Fingers with Baked Beans & Diced Potatoes Veggie Bean Burrito with Salad Selection (V) Peas Raspberry Jelly with Pineapple (Ve)
<b>WEEK 3</b> 10th April 8th May 5th June 3rd July 31st July 28th August 25th September	Quorn Dog Roll** with Diced Potatoes (V) Macaroni Cheese with Crusty Bread (V) Broccoli Strawberry Ice Cream with Berry Sauce (V)	Traditional Mince with Boiled Potatoes Cheese Finger Roll** with Salad Selection (V) Carrots Shortbread with Apples (Ve)	Pizza Swirl (V) Chicken Burger Roll** with Pasta Salad Lentil Bolognese with Rice (Ve) Sweetcorn	Cream of Tomato Soup (V) Roast Beef in Gravy with Yorkshire Pudding & Roast Potatoes BBQ Vegeball Sub** with Salad Selection (Ve) Vegetable Medley	Salmon Nuggets with Potato Wedges Meat Free Taco with Rice (Ve) Peas & Carrots Chocolate Orange Sponge with Custard & Mandarins (V)
<b>WEEK 4</b> 17th April 15th May 12th June 10th July 7th August 4th September 2nd October	Chicken Fillet in Gravy with Yorkshire Pudding & Roast Potatoes Tomato Pasta (Ve) with Crusty Bread (V) Green Beans Chocolate Brownie with Peaches (V)	Fish Bites with Diced Potatoes & Baked Beans Cheese & Tomato Pizza with Baked Beans (V) Peas & Sweetcorn Vanilla Ice Cream with Pineapple (V)	Vegetable Soup (Ve) Steak Pie with Boiled Potatoes Mild Vegetable Korma with Rice (V) Vegetable Medley	Savoury Slice (V) Chicken Goujons with Baked Beans & Potato Wedges Cheese Finger Roll** with Coleslaw (V)	Peas Creamy Chicken Tomato Pasta Quorn Fillet in Gravy with Potato Wedges (Ve) Peas & Carrots Chocolate Cookie

We would love to hear your thoughts and suggestions. Please email us at [schoolmeals@tayside-contracts.co.uk](mailto:schoolmeals@tayside-contracts.co.uk)



Look out for our School Meals Newsletters throughout the year and if you haven't already don't forget to follow us on our dedicated school meals Instagram - @TCSchoolFood



Menu design inspired by competition winner Sophie Balbirnie (P7) from Errol Primary School's 'Save the Planet' theme.

