



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

Our school menus meet the Nutrient Standards for Food and Drink set for school lunches

# School Menu

## Spring/Summer 2014



## Don't Miss Out On Free School Meals Entitlement

Dundee, Angus and Perth & Kinross Councils are encouraging parents and carers to check if they can get free school meals for their children. This is worth over £350 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.

### Can I get free school meals for my child?

You can claim free school meals for your child if you are receiving any of the following\*:

- Income Support (IS)
- Income-based Job Seeker's Allowance (IBJSA)
- Any income related element of Employment and Support Allowance
- Child Tax Credit (CTC), but not Working Tax Credit, and your income is less than £15,910 (as assessed by HM Revenue and Customs)
- Child Tax Credit (CTC) and Working Tax Credit (WTC) and your income is less than £6,420 (as assessed by the Inland Revenue)
- Support under Part VI of the Immigration and Asylum Act 1999

\*All information current as at March 2014, please check with your local council for up to date threshold levels.

### How do I apply?

**Dundee**  
Download the form on [www.dundeecity.gov.uk](http://www.dundeecity.gov.uk) and come 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 01382 536500 or FREEPHONE 0800 252056 (mobiles may be charged).

**Perth & Kinross**  
For further information about free school meals, please contact Education and Children's Services on 01738 476200, email [ecsschools@pkc.gov.uk](mailto:ecsschools@pkc.gov.uk) or visit the Council website at [www.pkc.gov.uk/schoolmeals](http://www.pkc.gov.uk/schoolmeals)



## 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 all our primary pupils. Our varied school lunch menu meets all the nutritional standards set by the Scottish Government.

Schools are offering healthier lunch options in a safe and welcoming environment for your children, where they can sit with their 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.

### How do I make these arrangements for my child?

**Dundee**  
To organise a diet for your child you should provide the school with a written request for the diet giving your child's name, class, date of birth and type of diet required. For an Allergy / Intolerance Diet - please ensure that you also provide a letter from your child's Dietitian or GP detailing the specific food allergies/intolerances.

**Angus**  
To organise a diet for your child ask your GP or Dietitian to write to: Fiona Dawson - Catering Advisor, People, Angus Council, Angus House, Orchardbank Business Park, Forfar, DD8 1AE. Tel: 01307 476304. Please include details of your child's name, address, date of birth, the school they attend and the type of diet they are on.

**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](mailto:ecscateringsupport@pkc.gov.uk) or by downloading from [www.pkc.gov.uk/schoolmeals](http://www.pkc.gov.uk/schoolmeals)

## Your Menu

Your school menu is available online either through the Tayside Contracts website or your council website. Here you will find a fully interactive menu that allows parents, pupils and teachers to view the menu and all its recipes as well as ingredient information. The user simply clicks on any of our menu items and this will take them to a recipe page containing a picture, ingredients, a method and nutritional information as well as traffic light labelling. Selecting the underlined ingredients provides information on the brand, allergens and nutrition.

Your new interactive Spring/Summer menu has been designed to be used online as an interactive game to maximise its appeal. The game contains questions and activities that can be completed by children as a classroom or home learning tool. The game also supports learning outcomes for the Curriculum for Excellence.

The whole concept of the interactive menu has been designed to be used as a learning tool, for discussion in classrooms about recipes, nutrition or healthy eating. We also want an open book policy enabling parents and anyone else to view all our recipes and even try some out for themselves!

### Change of Menu Days After Holidays

**Dundee - 14th April**  
Broccoli Quiche will be Broccoli Pasta Bake.

### Promotions & Competitions

**Commonwealth Games Week during 9-13th June**  
GO FOR GOLD - Every child has a chance to win sports centre vouchers simply by completing an activity sheet.

Tuesday 10th June will be a commonwealth themed menu but there will be no change to the actual menu.

**Berry Day - 18th June**  
The berries used this day will be strawberries from the local strawberry growers.

### School Trips, Needing a Packed Lunch?

Remember we have packed lunches on offer to all schools for any trips away! This form can be downloaded from our website - [www.tayside-contracts.co.uk/school-catering.cfm](http://www.tayside-contracts.co.uk/school-catering.cfm) Lunch options can be viewed here and your school will co-ordinate orders for the trip.

### Did you know...

If your child is still hungry they can top up on...

- Bread
- Rice, Pasta or Potatoes
- Vegetables
- Salad Bar Items



# Spring / Summer 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 14th April 5th May 26th May 16th June 11th August 1st September 22nd September	Spring Vegetable Soup Melon & Mandarin Starter  Turkey Meatballs in Tomato Sauce Breaded Fish Broccoli Quiche (V)  Seasonal Vegetables Chips Spaghetti	Chicken Burger Roll Tuna Salad Macaroni Cheese (V)  Seasonal Vegetables Cous Cous Boiled Potatoes  Oatie Cookie	Oven Baked Sausages Chicken Fillet with Gravy Vegetable Stir Fry (V)  Seasonal Vegetables Baked Beans Mashed Potatoes Rice  Ice-cream & Berry Sauce	Traditional Mince Fish Vol au Vent Cheese & Tomato Pizza (V)  Seasonal Vegetables Baby Boiled Potatoes Garlic Bread  Caramel Shortbread	Steak Casserole Cheese & Ham Salad Baguette Vegetable Curry (V)  Seasonal Vegetables Rice Roast Potatoes  Chocolate Brownie
<b>Week 2</b> 21st April* 12th May 2nd June 23rd June 18th August* 8th September 29th September	Chicken Goujons Chickpea Pakora (V) Macaroni Cheese (V)  Seasonal Vegetables Baby Boiled Potatoes Garlic Bread  Ice-Cream & Mango Sauce	Pasta Bolognese Fish Fingers Potato Cake (V)  Seasonal Vegetables Mashed Potatoes Pasta  St Clements Muffin	Steak Pie Coronation Chicken Wrap Cheese & Tomato Pizza (V)  Seasonal Vegetables Boiled Potatoes Pasta  Shortie Biscuit	Sausage Roll Sweet Sticky Chicken Minced Quorn Stovies (V)  Baked Beans Seasonal Vegetables Roast Potatoes Rice  Golden Crispie	Cottage Pie Breaded Fish Bean Burger Roll (V)  Seasonal Vegetables Tomato Bread Chips  Chocolate Orange Cake
<b>Week 3</b> 28th April 19th May 9th June 25th August 15th September	Hot Dog (V) Cheese & Tomato Pizza (V) Sweet Potato Curry (V)  Seasonal Vegetables Savoury Rice Potato Wedges  Tiffin	Moroccan Lamb Fish Fingers Macaroni Cheese (V)  Seasonal Vegetables Chips Cous Cous  Ice-Cream & Fruity Sauce	Roast Beef & Gravy Chicken Curry Quorn Pasty (V)  Seasonal Vegetables Mashed Potatoes Rice  Swirly Sponge	Cold Gammon Salad Breaded Fish Mexican Lasagne (V)  Seasonal Vegetables Baby Boiled Potatoes  Raspberry Jelly	Beef Burger Roll Chicken & Sweetcorn Pie Sweet Potato Frittata (V)  Seasonal Vegetables Roast Potatoes  Chocolate Muffin

Visit our fully interactive menu and game board online @ [www.tayside-contracts.co.uk/school-catering.cfm](http://www.tayside-contracts.co.uk/school-catering.cfm)

**3 Choices**  
 Vegetables and potatoes  
 +  
 A selection from the salad bar  
 +  
 Homemade bread

**Puddings**  
 Sweet of the day  
 or  
 Fresh fruit  
 or  
 Fruit yoghurt

**Drinks**  
 A glass of milk  
 or  
 Fruit juice  
 or  
 Water

**Notes**  
 Angus and Perth & Kinross schools are back Week 2 of the menu in April. Dundee and Perth & Kinross schools are back Week 2 of the menu after the Summer holidays.

