

Free school meals for P1 - P3

From January 2015 all P1-P3 pupils are entitled to Free School Meals.

Free school meals

Free school meals are linked to the level of income/benefit a family receives and will be if a family is in receipt of :

- Income support\*
- Income based Job Seeker’s Allowance\*
- Any income related element of Employment and Support Allowance\*
- Child Tax Credit, but not Working Tax Credit, with an income of less than £16,105\*
- Universal Credit with a household take home pay of less than £610 per month\*
- Parents/Carers receive help under Part VI of Immigration and Asylum Act 1999
- In care of the Local Authority
- Both Child Tax Credit and Working Tax Credit, with an income less than £6,900

\* Pupils are eligible for Free School Meals in their own right if they are aged 16-18 and fall into this category.

Children attending Early Learning and Childcare settings over lunch time may be eligible to apply for Free School Meals. Please contact us for further information.

In addition to the above criteria, if you have a child attending an early learning and Childcare setting, the following criteria also apply:

- Incapacity or Severe Disablement Allowance
- State Pension Credit

If you do not fall into any of the above criteria but feel you would benefit from Free School Meals due to exceptional circumstances or because you are facing financial hardship, please call us on 01595 743848.

Special diets and allergies

Healthy eating, vegetarian, multi-cultural and special dietary items are included in menu plans. If you have any specific concerns or requests, please contact the Head Teacher of your child’s school.

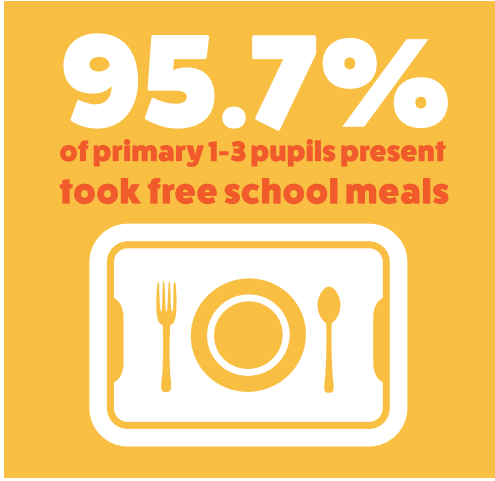
Menu and prices

The cost of a primary meal is £2.10

For this price your child can have two courses – soup and a main or a main and a pudding plus seasonal vegetables and salad.

Why choose school meals?

- Our lunches provide a third of the nutrients a child requires for growth and development
- Having lunch in a safe, supervised dining room environment helps develop the social skills of eating
- Our menus encourage healthy eating from an early age
- It has been shown that eating a balanced meal at lunchtime aids concentration during afternoon lessons
- Our lunches fulfil the Scottish Government’s nutritional requirements for food and drink in schools (Scotland) regulations 2008
- Every day our dedicated and qualified staff, many of whom are parents, prepare and cook lunch saving you time preparing a packed lunch
- We can accommodate vegetarian, medically prescribed diets and special dietary needs where possible
- Always a good variety and choice
- Water available with every meal
- Fresh fruit is available daily
- At least one vegetarian option is always available
- Represents excellent value for money



# WHIT’S FIR DENNER?

## SCHOOL MENUS 2019/20



# MONDAY

# TUESDAY

# WEDNESDAY

# THURSDAY

# FRIDAY

## Week 1

28 October 2019  
25 November 2019  
6 January 2020  
3 February 2020  
2 March 2020  
13 April 2020  
11 May 2020  
8 June 2020

Lentil Soup  
\*\*\*  
Macaroni Cheese & Garlic Bread  
Pea Risotto  
Soup & Tuna Wrap  
\*\*\*  
Fresh Seasonal Fruit  
Natural Yoghurt

Tomato Soup  
\*\*\*  
Homemade Chicken & Leek Pie  
Vegetarian Haggis  
Soup & Cheese Sandwich  
\*\*\*  
Fresh Seasonal Fruit  
Natural Yoghurt

Chicken Noodle Soup  
\*\*\*  
Spaghetti Bolognese  
Beans on Toast  
Soup & Baked Potato with Cheese  
\*\*\*  
Banana Pancakes with Greek Yo-  
ghurt

Pea Soup  
\*\*\*  
Chicken Fajitas  
Vegetable Linguine  
Soup & Veg Sticks & Hummus  
\*\*\*  
Fresh Seasonal Fruit  
Natural Yoghurt

Vegetable Soup  
\*\*\*  
Breaded Shetland Haddock  
Roast Vegetable Kebabs  
Soup & Chicken Sandwich  
\*\*\*  
Fresh Seasonal Fruit  
Natural Yoghurt

## Week 2

4 November 2019  
2 December 2019  
13 January 2020  
10 February 2020  
9 March 2020  
20 April 2020  
18 May 2020  
15 June 2020

Sweet Potato & Coconut Soup  
\*\*\*  
Vegetable Noodles  
Homemade Pizza  
Soup & Cheese Salad Roll  
\*\*\*  
Apple Crumble with Custard

Carrot & Coriander Soup  
\*\*\*  
Homemade Steak Pie  
Vegetable Rice  
Soup & Chicken Wrap  
\*\*\*  
Fresh Seasonal Fruit  
Natural Yoghurt

Winter Vegetable Soup  
\*\*\*  
Chicken Goujons  
Stuffed Peppers  
Soup & Savoury Muffin  
\*\*\*  
Fresh Seasonal Fruit  
Natural Yoghurt

Yellow Split Pea Soup  
\*\*\*  
Mince & Tatties  
Roast Butternut Squash Risotto  
Soup & Veg Sticks & Hummus  
\*\*\*  
Fresh Seasonal Fruit  
Natural Yoghurt

Potato & Leek Soup  
\*\*\*  
Fish Bites  
Cauliflower, Carrot & Cheese  
Tots  
Soup & Baked Potato with Tuna  
\*\*\*  
Fresh Seasonal Fruit

## Week 3

11 November 2019  
9 December 2019  
20 January 2020  
17 February 2020  
16 March 2020  
27 April 2020  
25 May 2020  
22 June 2020

Butternut Squash & Roast Red  
Pepper Soup  
\*\*\*  
Macaroni Cheese & Garlic Bread  
Warm Roasted Vegetable Salad  
Soup & Baked Potato with Beans  
\*\*\*  
Fresh Seasonal Fruit  
Natural Yoghurt

Lentil Soup  
\*\*\*  
Homemade Burger in Bun with  
Sweet Potato Fries  
Pasta Arrabiata & Garlic Bread  
Soup & Cheese Sandwich  
\*\*\*  
Coco Crispies & Custard

Chicken & Rice Soup  
\*\*\*  
Sausage Rolls & Beans  
Vegetable Rice  
Soup & Tuna Wrap  
\*\*\*  
Fresh Seasonal Fruit  
Natural Yoghurt

Potato & Leek Soup  
\*\*\*  
Kedgeree  
Vegetable & Pineapple Curry  
Soup & Chicken Mayo Roll  
\*\*\*  
Fresh Seasonal Fruit  
Natural Yoghurt

Tomato Soup  
\*\*\*  
Homemade Trio of Fish Fingers  
Cheese Flan  
Soup & Savoury Cheese Roll  
\*\*\*  
Fresh Seasonal Fruit  
Natural Yoghurt

## Week 4

18 November 2019  
16 December 2019  
27 January 2020  
24 February 2020  
23 March 2020  
4 May 2020  
1 June 2020  
29 June 2020

Fish Soup  
\*\*\*  
Homemade Pizza  
Vegetable Crumble & Cauliflower  
Cheese  
Soup & Cheese Roll  
\*\*\*  
Fresh Seasonal Fruit  
Natural Yoghurt

Lentil Soup  
\*\*\*  
Pulled Pork in a Bun  
Pasta Pesto  
Soup & Tuna Wrap  
\*\*\*  
Fresh Seasonal Fruit  
Natural Yoghurt

Tomato Soup  
\*\*\*  
Lemon Chicken  
Savoury Sweetcorn Pancakes with  
Cheesy Broccoli  
Soup & Chicken Sandwich  
\*\*\*  
Fresh Seasonal Fruit  
Natural Yoghurt

Vegetable Broth  
\*\*\*  
Mince & Tatties  
Grilled Salmon with Mackerel Dip  
Soup & Savoury Cheese Roll  
\*\*\*  
Fresh Seasonal Fruit  
Natural Yoghurt

Carrot & Orange Soup  
\*\*\*  
Roast Chicken  
Vegetable Lasagne  
Soup & Baked Potato with Beans  
\*\*\*  
Ice Cream & Jelly

## 2019/20 lunch menu

The health and wellbeing of the children of Shetland is at the heart of everything that we do, we are dedicated to providing appetising and nutritious meals for children whilst they are at school. It is vital that we pay close attention to the dietary habits of children as the food that they eat directly influences health, wellbeing and attainment at school. Hungry children cannot learn! Schools are recognised as having a key role to play in influencing the dietary habits of children, both through the curriculum and through the food that is provided for children during the school day. The Schools Health Promotion and Nutrition (Scotland) Act 2007 and the Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008 build on the achievements for Hungry for Success by establishing standards for all food and drinks in schools. Shetland Islands Council is committed to improving the standards for food in school and is taking a whole school approach to food and will be aiming for accreditation through Food For Life Scotland. Food for Life Scotland is a nationwide scheme that recognises and rewards organisations that are serving food made from fresh ingredients, free from undesirable additives and trans fats, that meets UK welfare standards and complies with national nutrition standards. Accreditation from Food for Life will be a respected and completely independent endorsement of the great work that we are doing.

## What's new?

- More choices – through our new standardised menu we will be offering a wider menu choice across Shetland
- Our new standardised menu is the culmination of work that includes comprehensive recipe and menu planning, including consultation with the NHS and the Scottish Government's Health & Nutrition Inspectorate.
- In order to be compliant with the upcoming 2020 regulations, we have reduced the frequency of red meat and red processed meat
- We will be holding menu development sessions with parents, pupils and school catering staff to help decide what will be on the following year's menus. If you are interested in attending please get in touch
- Meat free Monday – this is to encourage pupils to eat more vegetarian dishes
- Reduction of traditional high sugar, high fat puddings – again, this is to be in line with new government regulations which will come into effect in 2020

As our fish is always delivered fresh, 'fish day' will depend on the location of your school.