

PRIMARY LUNCH MENU 2025/26



FREE SCHOOL MEAL ENTITLEMENT

Angus, Dundee and Perth and Kinross Councils are encouraging parents and carers with children in P6 or P7 to check if they are entitled to free school meals for their children. This is worth over £420 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.

If your child is in P6 or P7 - You can claim free school meals for your child(ren) if you are receiving:

- Scottish Child Payment;
- Income support;
- Income-based Job Seeker's Allowance;
- Income-based Employment and Support Allowance;
- Support under Part VI of the Immigration and Asylum Act 1999;
- Universal Credit (where monthly earned income is not more than £796);

- Child Tax Credit, but not Working Tax Credit, where income is less than £19,995
- Both Child Tax Credit and Working Tax Credit where income is not more than £9,552.

For more information on Child Tax Credit and Working Tax Credit visit the Inland Revenue website.

HOW DO I APPLY?

Angus:
Complete an online application form for Free School Meals/School Clothing Grant or access the form from your local benefit enquiry office or call 03452 777778.

Dundee:
Complete the Free School Meals online application form or pick one up from Dundee City Council, Dundee House, 50 North Lindsay Street, Dundee DD1 1QE. Proof of benefit e.g. Full Award Letter and proof of Child Benefit Entitlement is required.

Perth & Kinross:
Complete the Free School Meals online application form, contact Education and Children's Services on 01738 476200, or email SchoolCatering@pkc.gov.uk

QUALITY INGREDIENTS

- All our eggs are free range
- Our lentils, peas and oats are locally sourced in Scotland.
- Our fish products are MSC (Marine Stewardship Council) for sustainability
- 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, steak, pork & chicken sausages and beef burger mince are all locally sourced by Campbells Prime Meat in Linlithgow.



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 primary 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 and can be found in our may contain disclaimer on our website. Please refer to the Tayside Contracts website for access to our Nutrition & Allergen Gateway along with our recipe book so you can try some of our recipes at home.

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

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

Angus:

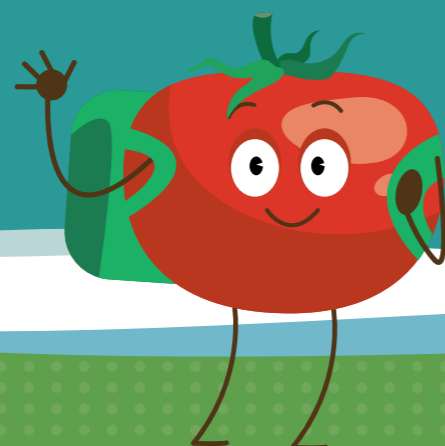
To arrange an adapted menu for your child please complete the Adapted Menu Registration Form, which is available from the school, online or by emailing ACCESSSchoolsLearnContracts@angus.gov.uk

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 SchoolCatering@pkc.gov.uk



INFORMATION ON SCHOOL MEALS

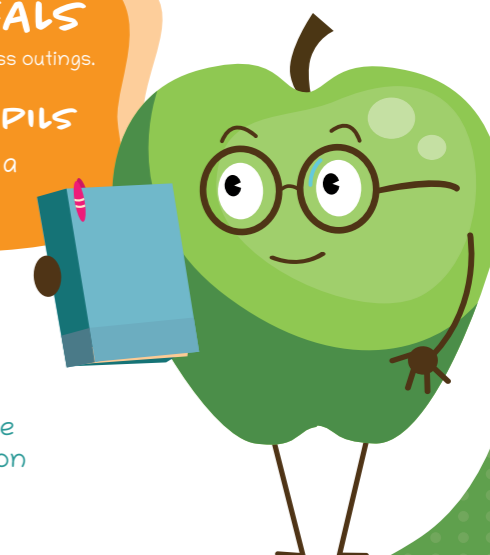
We can provide packed lunches all year round for school trips and class outings.

FREE SCHOOL MEALS FOR ALL P1-5 PUPILS

No application process necessary. Save up to £45 a month per child. That's around £420 a year!

We would love to hear your thoughts and suggestions. Please email us at 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



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Tayside  contracts



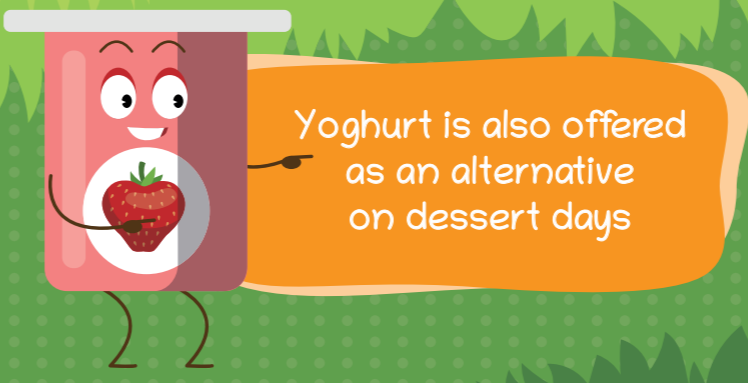
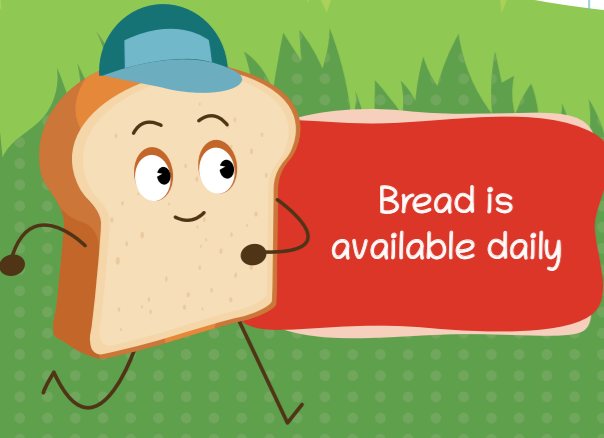
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 21st April 19th May 16th June 14th July 11th August 8th September 6th October 3rd November 1st December 29th December 26th January 23rd February 23rd March	Milkshake (V) Zingy Tomato Pasta (Ve) with Crusty Bread (Ve*) Savoury Sausage Roll (Ve*) with Mashed Potatoes & Baked Beans (Ve) Quorn Dog Roll** with Pasta Salad (V) Broccoli (Ve) Gingerbread Sponge (V) with Pears (Ve)	Breadsticks** (Ve) & Dip (V) Chilli Chicken Pizza Slice with Potato Wedges Cheese Roll** with Pasta Salad (V) Pork Sausages with Potato Wedges & Baked Beans Sweetcorn (Ve)	Chicken & Gravy Pie with Diced Potatoes Pasta Bolognese with Garlic Bread Baked Bean Baked Potato with Salad Selection (Ve) Carrots (Ve) Shortbread with Apple Slices (Ve)	Cream of Tomato Soup (V) Classic Macaroni Cheese with Crusty Bread (V) Crispy Chicken Goujons with Chips Tuna Mayo Finger Roll** with Pasta Salad Green Beans (Ve)	Beef Lasagne with Garlic Bread Fish Fingers with Diced Potatoes Golden Vegetable Burger** with Diced Potatoes (V) Peas (Ve) Chocolate Sponge (V) with Mandarins (Ve)
WEEK 2 28th April 26th May 23rd June 21st July 18th August 15th September 13th October 10th November 8th December 5th January 2nd February 2nd March 30th March	Milkshake (V) Crackers & Cheese (V) Chicken Sausages in Gravy with Potato Wedges Classic Macaroni Cheese with Garlic Bread (V) Fish Nibbles with Potato Wedges & Baked Beans Sweetcorn (Ve)	Mighty Mince with Mashed Potatoes (Ve) & Yorkshire Pudding (V) Golden Quorn Dippers with Mashed Potatoes & Baked Beans (Ve) Savoury Sausage Roll (Ve*) with Mashed Potatoes & Baked Beans (Ve) Peas (Ve) Vanilla Sponge & Custard (V) with Pears (Ve)	Sweet Potato & Butternut Squash Soup (Ve) Cheese & Tomato Pizza Slice with Pasta Salad (V) Tuna Mayo Wrap with Pasta Salad Beef Burger** with Cheese & Potato Wedges Broccoli (Ve)	Hearty Quorn Sausage Casserole with Mashed Potatoes (Ve) Mild Chicken Curry with Rice Ham & Cheese Finger Roll** with Coleslaw Green Beans (Ve) Tiffin (V) with Mandarins (Ve)	Warming Chilli Non-Carne with Rice (Ve) Breaded Fish with Chips & Baked Beans BBQ Chicken Burrito with Rice Peas (Ve) Raspberry Jelly with Peaches (Ve)
WEEK 3 7th April 5th May 2nd June 30th June 28th July 25th August 22nd September 20th October 17th November 15th December 12th January 9th February 9th March	Milkshake (V) Cheese Sandwich Triangles with Salad Selection (V) Crispy Chicken Goujons with Potato Wedges Meatball Marinara Pasta with Crusty Bread Peas (Ve) Marble Sponge (V) with Mandrins (Ve)	Sliced Melon Medley (Ve) Sweet Potato & Coconut Curry with Rice (V) Quorn Dog Roll** with Diced Potatoes (V) Vegeballs in Gravy with Diced Potatoes (Ve) Sweetcorn (Ve)	Breaded Chicken Burger** with Salad Selection Traditional Mince with Yorkshire Pudding & Mashed Potatoes Mexican Burrito with Rice (Ve) Green Beans (Ve) Oatie Biscuit with Banana Slices (Ve)	Tomato & Vegetable Soup (V) Cheese & Tomato Pizza Slice with Potato Wedges (V) Ham Sandwich Triangles with Salad Selection Sweet & Sour Chicken Meatballs with Rice Carrots (Ve)	Mild Quorn Korma with Rice (V) Breaded Fish with Chips & Baked Beans Chicken Fajita Pasta with Crusty Bread Peas (Ve) Chocolate Cookie (V) with Pears (Ve)
WEEK 4 14th April 12th May 9th June 7th July 4th August 1st September 29th September 27th October 24th November 22nd December 19th January 16th February 16th March	Milkshake (V) Lentil Soup (Ve) Cosy Quorn Sausages in Gravy with Potato Wedges (Ve) Fish Nibbles with Potato Wedges & Baked Beans Chicken Tikka Curry with Rice & Chapati Bread Peas (Ve)	Zingy Tomato Pasta (Ve) with Crusty Bread (Ve*) Golden Quorn Dippers with Baked Beans & Chips (Ve) Tangy BBQ Pizza Slice with Pasta Salad (V) Broccoli (Ve) Tiffin (V) with Peaches (Ve)	Quorn Dog Roll** with Boiled Potatoes (V) Traditional Steak Pie with Boiled Potatoes Classic Macaroni Cheese with Garlic Bread (V) Carrots (Ve) Ice Cream (V) with Fruit Cocktail (Ve)	Chicken Sausages in Gravy with Potato Wedges Sunshine Quorn Curry* with Rice & Chapati Bread (V) Ham Sandwich Triangles with Pasta Salad Green Beans (Ve) Sticky Toffee Pudding (V) with Apple Slices (Ve)	Cheese & Tomato Oatie (V) Chicken Fillet in Gravy with Yorkshire Pudding & Mashed Potatoes Fish Fingers with Mashed Potatoes & Baked Beans Hearty Pasta Bolognese (Ve) with Garlic Bread (Ve*) Peas (Ve)

Food is fun, food is fuel!



(V) Vegetarian
(Ve) Vegan
(Ve*) May contain egg/milk
*May contain nuts
**May contain sesame

Hi I'm Leon.
I am new here and
look forward to
keeping you up to
date with all things
school meals!



Scan the QR code or click here to view nutrition and allergen information