

Tayside 
contracts

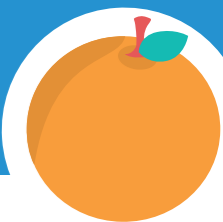


QUALITY INGREDIENTS

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.



www.tayside-contracts.co.uk



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.taysidecontracts.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 ecscatering@perth.gov.uk



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. 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

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.



NURSERY SCHOOL MENU 2024/25

Bread, fruit, vegetables and salad available daily. Yoghurt is also offered as an alternative on dessert days.

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



WEEK COMMENCING

WEEK 1

22nd April
20th May
17th June
15th July
12th August
9th September
7th October

4th November
2nd December
30th December
27th January
24th February
24th March

WEEK 2

1st April
29th April
27th May
24th June
22nd July
19th August
16th September

14th October
11th November
9th December
6th January
3rd February
3rd March
31st March

WEEK 3

8th April
6th May
3rd June
1st July
29th July
26th August
23rd September

21st October
18th November
16th December
13th January
10th February
10th March

WEEK 4

15th April
13th May
10th June
8th July
5th August
2nd September
30th September

28th October
25th November
23rd December
20th January
17th February
17th March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mild Chicken Tikka Curry with Rice Quorn Sausage Casserole with Diced Potatoes (Ve) Peas Marble Sponge & Custard with Pears (V)	Cheese & Crackers (V) Macaroni Cheese with Crusty Bread (V) Traditional Mince & Yorkshire Pudding with Mashed Potatoes Vegetable Medley	Pasta Bolognese with Garlic & Herb Bread Cheese Sandwich with Coleslaw (V) Broccoli Tiffin with Mandarins (V)	Quorn Dog Roll** with Potato Wedges (V) Cauliflower Cheese with Crusty Bread (V) Peas Chocolate Ice Cream with Peaches (V)	Lentil & Tomato Soup (Ve) Salmon Nuggets with Pasta Salad Cheesy Baked Bean Baked Potato with Salad Selection (V) Peas & Sweetcorn
Breadsticks** with Dip (V) Tomato Pasta (Ve) with Crusty Bread (Ve*) Quorn Dog Roll** with Potato Wedges (V) Peas & Carrots	Cheese & Tomato Pizza with Diced Potatoes (V) Ham Sandwich with Salad Selection Broccoli Gingerbread Sponge with Apple Slices (V)	Steak Pie with Boiled Potatoes Macaroni Cheese with Garlic & Herb Bread (V) Green Beans Oatie Biscuit with Fruit Cocktail (Ve)	Cream of Tomato Soup (V) Quorn Fillet in Gravy (Ve) with Mashed Potatoes (V) Chicken Burger Roll** with Golden Savoury Rice Peas & Sweetcorn	Mexican Burrito with Rice (Ve) Salmon Fishcake with Potato Wedges Peas Vanilla Sponge with Pears (V)
Sliced Melon Medley (Ve) Chicken Meatballs in Swedish Style Sauce with Mashed Potatoes Cheese Finger Roll** with Salad Selection (V) Peas & Sweetcorn	Vegeballs in Tomato Sauce with Pasta (Ve) Salmon & Sweet Potato Fishcake with Roast Potatoes Broccoli Tiffin with Banana Slices (V)	Macaroni Cheese with Crusty Bread (V) Cheese & Tomato Pizza with Potato Salad (V) Carrots Shortbread with Fruit Cocktail (Ve)	Mild Quorn Curry with Rice (V) Chicken Goujons with Potato Wedges & Baked Beans Vegetable Medley Vanilla Ice Cream with Apple Slices (V)	Vegetable Soup (Ve) Lasagne with Garlic & Herb Bread (V) Fish Fingers with Diced Potatoes Peas & Carrots
Lentil Soup (Ve) Beef Burger Roll** with Cheese & Potato Wedges Tomato Pasta (Ve) with Garlic & Herb Bread (Ve*) Peas	Macaroni Cheese with Garlic & Herb Bread (V) Quorn Dippers with Diced Potatoes & Baked Beans (Ve) Broccoli Raspberry Jelly with Mandarins (Ve)	BBQ Chicken Pizza with Pasta Salad Quorn Dog Roll** with Pasta Salad (V) Carrots Gingerbread Cookie with Pears (V)	Mild Quorn Korma Curry with Rice (V) Ham & Cucumber Finger Roll** with Salad Selection Vegetable Medley Chocolate Sponge & Custard with Peaches (V)	Cheese & Chive Oat Biscuit (V) No-Sausage Roll (Ve*) with Potato Wedges & Baked Beans (Ve) Salmon Fishcake with Potato Wedges Peas & Sweetcorn



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

