

FREE SCHOOL MEAL ENTITLEMENT

Angus, Dundee and Perth and Kinross Councils are encouraging parents and carers with children in P6 or 7 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:

- 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 £16,105
- Child Tax Credit (CTC) and Working Tax Credit (WTC) and your income is less than £7,500
- If you are between 16 and 18 years old and receive any of these benefits in your own right, you can claim free school meals for yourself
- Support under Part VI of the Immigration and Asylum Act 1999
- Universal Credit where the monthly earned income does not exceed £625.

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 Housing Benefit/Council Tax Benefit or access the form from your local benefit enquiry office or by calling 03452 777 778.

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 ecsschools@pkc.gov.uk.

Tayside Contracts believes in providing quality ingredients and where possible, locally sourced products.



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 of our milk is locally sourced by D&D Dairies in Crieff.



Our fresh fruit and vegetables are sourced locally from Total Produce and is **Scottish** where possible.



Our mince, roast beef, steak, sausages and beef burgers are all locally sourced by Campbells Prime Meat in Linlithgow.



All our butchermeat is **QMS (Quality Meat Scotland)**.



All our chicken dishes are made using **Red Tractor (chicken)**.

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



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.

HOW CAN I ENSURE MY CHILD RECEIVES THE MAIN MEAL OF THEIR CHOICE?

Your child can be sure they will get the lunch of their choice by using the pre-order service available in all schools.

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 diets 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?

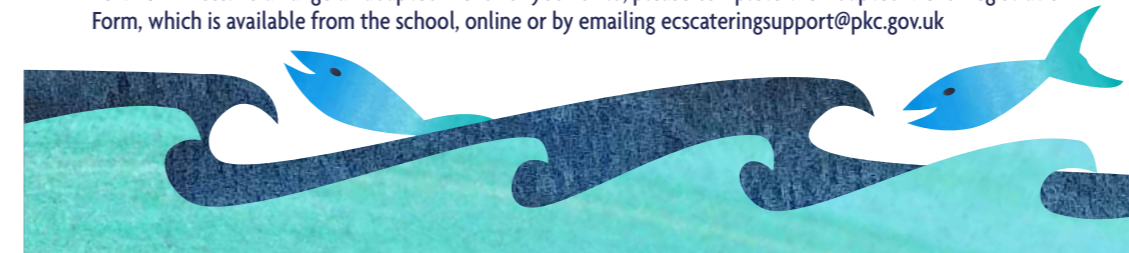
Adapted Menu Request Forms can be found on the Tayside Contracts School Catering web page: www.tayside-contracts.co.uk/catering/school-catering

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 ecscateringsupport@pkc.gov.uk



NURSERY MENU 2022-23

Fruit and yoghurt available daily. Unlimited bread, vegetables and salads daily.

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

We would love to hear your thoughts and suggestions. Please email us at schoolmeals@tayside-contracts.co.uk

	WEEK COMMENCING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1	25th April 23rd May 20th June 18th July 15th August 12th September 10th October 7th November	5th December 2nd January 30th January 27th February 27th March	Breadsticks with Dip (V) Meatballs in Tomato Sauce Quorn Dog Roll** (V) Plain Pasta Peas & Sweetcorn	Roast Beef in Gravy with Yorkshire Pudding Cheese Finger Roll** (V) with Mixed Salad Roast Potatoes Mixed Vegetables Cinnamon Swirl with Fruit (V)	Lentil Soup (Ve) Mild Chicken Curry with Rice Creamy Tomato Pasta (V) Peas	Traditional Mince with Boiled Potatoes Cheese & Tomato Pizza (V) with Pasta Salad Broccoli Chocolate Brownie with Fruit (V)	Salmon Nuggets with Potato Wedges Mild Quorn Korma Curry (V) with Rice Vegetable Medley Ice Cream with Fruit (V)
WEEK 2	4th April 2nd May 30th May 27th June 25th July 22nd August 19th September 17th October	14th November 12th December 9th January 6th February 6th March	Fish in Cheese Sauce with Mashed Potatoes Tomato Pasta (Ve) with Crusty Bread Green Beans Tiffin with Fruit (V)	Tomato Swirl (V) Steak Pie with Boiled Potatoes Cheese Baked Potato (V) Sweetcorn	Chicken Fillet Roll with Mixed Salad Macaroni Cheese (V) with Mixed Salad Ice Cream with Fruit (V)	Vegetable Soup (Ve) Beef Lasagne with Garlic Bread Quorn Dog Roll** (V) with Potato Wedges Carrots & Peas	Cod Fish Fingers with Mashed Potatoes Vegeball in Tomato Sauce (Ve) with Pasta Peas Apple Sponge with Fruit (V)
WEEK 3	11th April 9th May 6th June 4th July 1st August 29th August 26th September 24th October	21st November 19th December 16th January 13th February 13th March	Chicken Fricasse Vegetable Curry (Ve) Rice Peas Marble Sponge with Fruit (V)	Cheese Swirl (V) Mild Chicken Korma Curry with Rice Tomato Pasta (Ve) Broccoli	Spaghetti Bolognese Quorn Stovies (V) Sweetcorn Chocolate Cookie with Fruit (V)	Lentil Soup (Ve) Creamy Ham Pasta Quorn in Gravy (V) with Mashed Potatoes Peas & Carrots	Salmon Nuggets with Potato Wedges Macaroni Cheese (V) Vegetable Medley Vanilla Sponge with Fruit (V)
WEEK 4	18th April 16th May 13th June 11th July 8th August 5th September 3rd October 31st October	28th November 26th December 23rd January 20th February 20th March	Chicken in Gravy with Yorkshire Pudding & Boiled Potatoes Baked Potato with Baked Beans (Ve) Peas & Sweetcorn Mixed Berry Sponge with Fruit (V)	Breadsticks with Dip (V) Salmon Nuggets with Pasta Cheese Sandwich with Mixed Salad (V) Broccoli	Steak Pie with Boiled Potatoes Macaroni Cheese (V) with Mixed Salad Mixed Vegetables Chocolate Cake with Fruit (V)	Lentil Soup (Ve) Creamy Chicken Pasta Vegeballs in Tomato Sauce (Ve) with Pasta Sweetcorn	Hot Filled Chicken Wrap Veggie Nuggets (V) Potato Wedges Peas Baked Beans Jelly with Fruit (Ve)