



FREE SCHOOL MEAL ENTITLEMENT

Dundee, Angus and Perth and Kinross Councils are encouraging parents and carers with children in P5 or above to check if they are entitled to free school meals for their children. This is worth over £410 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 P5 OR ABOVE

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 £6,900
- 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 £610.

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

HOW DO I APPLY?

Dundee: Download the form on www.dundee.gov.uk and go 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 03452 777 778.

Perth & Kinross: Contact Education and Children's Services on 01738 476200, email ecsschools@pkc.gov.uk or visit the Council website at www.pkc.gov.uk/schoolmeals

INFORMATION ON SCHOOL MEALS

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

Free school meals for all p1-4 pupils

No application process necessary. Save up to £42 a month per child. That's around £410 a year!

In April 2021 there will be changes to the school meals legislation for all primary (and secondary) schools.

WHAT ARE THE CHANGES?

- All breads and bread products must be high in fibre (3g per 100g)
- Puddings can only be on a maximum of 3 times a week and should only contain a maximum of 15g sugar
- Pastry can only be on the menu twice a week
- Only 175g of meat products during a week, therefore you will see a reduction of meat and meat products across this menu including ham, sausages and beef dishes.

CHOICE OF MEALS AND 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.

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

All schools now run a pre-order service. Your child can be sure they will get the lunch of their choice by using our pre-order service.

MY CHILD HAS A DIETARY REQUIREMENT, CAN THEY HAVE SCHOOL LUNCHES?


School lunches can be provided for children on 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 allergies. Ask your school for more information.

HOW DO I MAKE THESE ARRANGEMENTS FOR MY CHILD?

Dundee: To organise a diet for your child you should make contact with their SCHOOL. To aid the school to progress your dietary request, please provide details of the request and where possible a letter from either your GP or child's dietitian which will detail the specific food allergies/intolerances.

Angus: To organise a diet for your child please provide proof of the child's medical allergen diagnosis or ask your dietitian to email ACCESSSchoolsLearnContracts@angus.gov.uk, or write to Monitoring Officer, Schools and Learning, Angus Council, Angus House, Orchardbank Business Park, Forfar, DD8 1AN. Tel 03452 777 778. Please include details of your child's name, address, date of birth, the school they attend and the type of diet they require.

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 or by downloading from www.pkc.gov.uk/schoolmeals

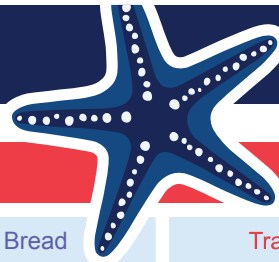


As there are no nuts, peanuts or sesame seeds in any dishes on the menu, Tayside Contracts does not provide adapted diets for nut, peanut or sesame seed allergies. All products with a may contain declaration for nuts, peanuts and sesame seeds are highlighted on the menu with the appropriate icon. Please refer to our website for allergen and ingredient information.



PRIMARY MENU

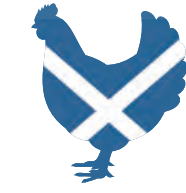




Tayside Contracts believes in providing quality ingredients and where possible, locally sourced products.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
WEEK 1	4th January 1st February 1st March 29th March 26th April 24th May 21st June 16th August	13th September 8th November 6th December 3rd January 31st January 28th February 28th March	Lentil Soup (Ve) with Crusty Bread Chicken Curry with Rice Vegeballs in BBQ Sauce (Ve) with Pasta Tuna Mayo Roll* with Sweet Chilli Pasta Salad Mixed Vegetables	Traditional Mince & Doughballs with Boiled Potatoes Macaroni Cheese (V) with Crusty Bread Chicken Sandwich with Potato Salad Peas Tiffin with Mandarins (V)	Roast Beef in Gravy with Yorkshire Pudding & Mashed Potatoes Salmon & Sweet Potato Fishcake with Mashed Potatoes & Baked Beans Baked Potato & Baked Beans (Ve) with Rice & Pepper Salad Broccoli & Cauliflower Raspberry & Apple Cake (V)	Tomato Soup with Crusty Bread (V) Chicken Nuggets with Pasta Vegetable Burrito (Ve) with Pilau Rice Italian Cheese & Ham Baked Potato with Coleslaw Carrots	Breaded Fish with Chips Vegetable Omelette with Chips (V) Beef Chilli Bean Wrap with Carrot & Cucumber Sticks Peas & Sweetcorn Cheese & Crackers with Apple (V)
WEEK 2	11th January 8th February 8th March 3rd May 31st May 28th June 23rd August 20th September	18th October 15th November 13th December 10th January 7th February 7th March	Minestrone Soup with Pitta Bread (Ve) Chicken Burger in a Roll* with Diced Potatoes Vegetable Curry with Rice (Ve) Tuna Mayo Baked Potato with Mixed Salad Peas	Cheese & Tomato Pizza with Sweet Chilli Pasta Salad (V) Quorn Fillet in Gravy with Mashed Potatoes (V) Egg Mayo Finger Roll* (V) with Sweet Chilli Pasta Salad Sweetcorn Oatie Biscuit with Banana (Ve)	Steak Pie with Roast Potatoes Tomato Pasta with Crusty Bread (Ve) Turkey Sandwich with Rice & Pepper Salad Broccoli & Cauliflower Gingerbread Muffin with Pears (V)	BBQ Chicken with Boiled Potatoes Oven Baked Sausages in Gravy with Boiled Potatoes Cheese Roll* (V) with Coleslaw Green Beans Ice-Cream with Apple (V)	Leek & Potato Soup with Crusty Bread (V) Breaded Fish with Chips & Baked Beans or Mixed Veg Veggie Bites with Chips & Baked Beans (V) Baked Potato & Baked Beans (Ve) with Carrot & Cucumber Sticks Mixed Vegetables
WEEK 3	18th January 15th February 15th March 10th May 7th June 30th August 27th September 25th October	22nd November 20th December 17th January 14th February 14th March	Tomato Soup (Ve) with Crusty Bread Chicken Curry with Rice Fish Fingers with Boiled Potatoes & Baked Beans Cheese Roll* (V) with Rice & Pepper Salad Sweetcorn	Chicken in Gravy with Yorkshire Pudding & Roast Potatoes Broccoli & Salmon Quiche with Roast Potatoes Baked Potato with Baked Beans (Ve) & Coleslaw Carrots Jelly (Ve) with Peaches	Bolognese Mince with Spaghetti Macaroni Cheese with Crusty Bread (V) Ham Finger Roll* with Potato Salad Peas Chocolate Brownie with Banana Slices (V)	Steak Pie with Boiled Potatoes Vegetable Bean Burger in a Roll* with Boiled Potatoes (V) Chicken Mayo Baked Potato with Mixed Salad Mixed Vegetables Shortbread with Apple (V)	Garlic Bread with Dip (V) Breaded Fish with Chips Quorn Pasta Bake with Crusty Bread (V) Chicken Fajita Baked Potato with Carrot & Cucumber Sticks Broccoli & Cauliflower
WEEK 4	25th January 22nd February 22nd March 19th April 17th May 14th June 9th August 6th September	4th October 1st November 29th November 24th January 21st February 21st March	Lentil Soup with Pitta Bread (Ve) Oven Baked Chicken Sausages in Gravy with Mashed Potatoes Broccoli Pasta Bake with Crusty Bread (V) Tuna Mayo Roll* with Sweet Chilli Pasta Salad Sweetcorn	Beef Burger in a Roll* with Roast Potatoes Creamy Chicken & Ham Pie with Roast Potatoes Baked Potato & Cheese (V) with Rice & Pepper Salad Broccoli Oven Baked Doughnut* with Apple (V)	Cheese Swirls (V) Breaded Fish with Chips Tomato Pasta with Crusty Bread (Ve) Kickin' Chicken Wrap with Carrot & Cucumber Sticks Peas	Quorn Dog Roll* with Diced Potatoes (V) Cheese & Tomato Pizza with Diced Potatoes (V) Vegetable Curry Baked Potato (Ve) with Mixed Salad Carrots Banana Loaf with Pears (V)	Mince Filled Yorkshire Pudding with Boiled Potatoes Fish Fingers with Boiled Potatoes & Baked Beans Sweet & Sour Vegeball Roll* (Ve) with Potato Salad Mixed Vegetables Jelly (Ve) with Mandarins

ALL OUR EGGS ARE **FREE RANGE**



ALL OUR FISH PRODUCTS ARE MSC (MARINE STEWARDSHIP COUNCIL) FOR **SUSTAINABILITY**



ALL OUR CHICKEN DISHES ARE MADE USING **RED TRACTOR CHICKEN** OUR LENTILS, PEAS, CHEESE AND OATS ARE **LOCALLY SOURCED** IN SCOTLAND

OUR FRESH FRUIT AND VEGETABLES ARE SOURCED LOCALLY FROM TOTAL PRODUCE AND IS **SCOTTISH** WHERE POSSIBLE
TotalProduce
Let's Grow Together

ALL OF OUR MILK IS LOCALLY SOURCED BY D&D DAIRIES IN CRIEFF



ALL OUR **BUTCHERMEAT IS QMS (QUALITY MEAT SCOTLAND)** OUR MINCE, ROAST BEEF, STEAK, SAUSAGES AND BEEF BURGERS ARE ALL LOCALLY SOURCED BY CAMPBELLS PRIME MEAT IN LINLITHGOW

All nutritional information for Tayside Contracts school meals can be found on our website.

(V) Vegetarian



(Ve) Vegan



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

* May contain Sesame Seeds



Tayside contracts