



School Meals Parent Information Newsletter - December 2025

Welcome!



Welcome to the December edition of our newsletter!

The Christmas countdown is officially on!

In this edition, you'll find our Christmas lunch menu, an update on the schools our Food & Nutrition Team have visited this term, and a delicious Sweet Potato & Butternut Squash Soup recipe you can try at home to keep warm throughout the winter months.

We hope you enjoy a wonderful festive break when it arrives, and we wish you all the very best for 2026.

Christmas Lunch



🎄 Christmas Lunch is on its way to nursery and primary schools during the week commencing 15th December! 🎄

Get ready for a delicious festive feast! 🧑🏻‍🍳🌟

Below is the Christmas Lunch 2025 menu for both Nursery and Primary schools.



Elf on the Shelf



It's that time of year again, and Santa has asked Tayside Contracts to help him make sure all Primary pupils in Tayside are on their best behaviour this December. To do this, he has assigned each kitchen its very own Elf on the Shelf to keep watch and ensure young people are making the most of their school meals.

Please let your young person know that an elf will be visiting their school dining room. When they spot it, encourage them to report back to you with the elf's location and any mischief it has been up to! Don't forget to drop us a message and tag us on X (Twitter)¹, Facebook ²or Instagram³ to let us know where our cheeky little elves have been spotted, using #TCElfOnTheShelf

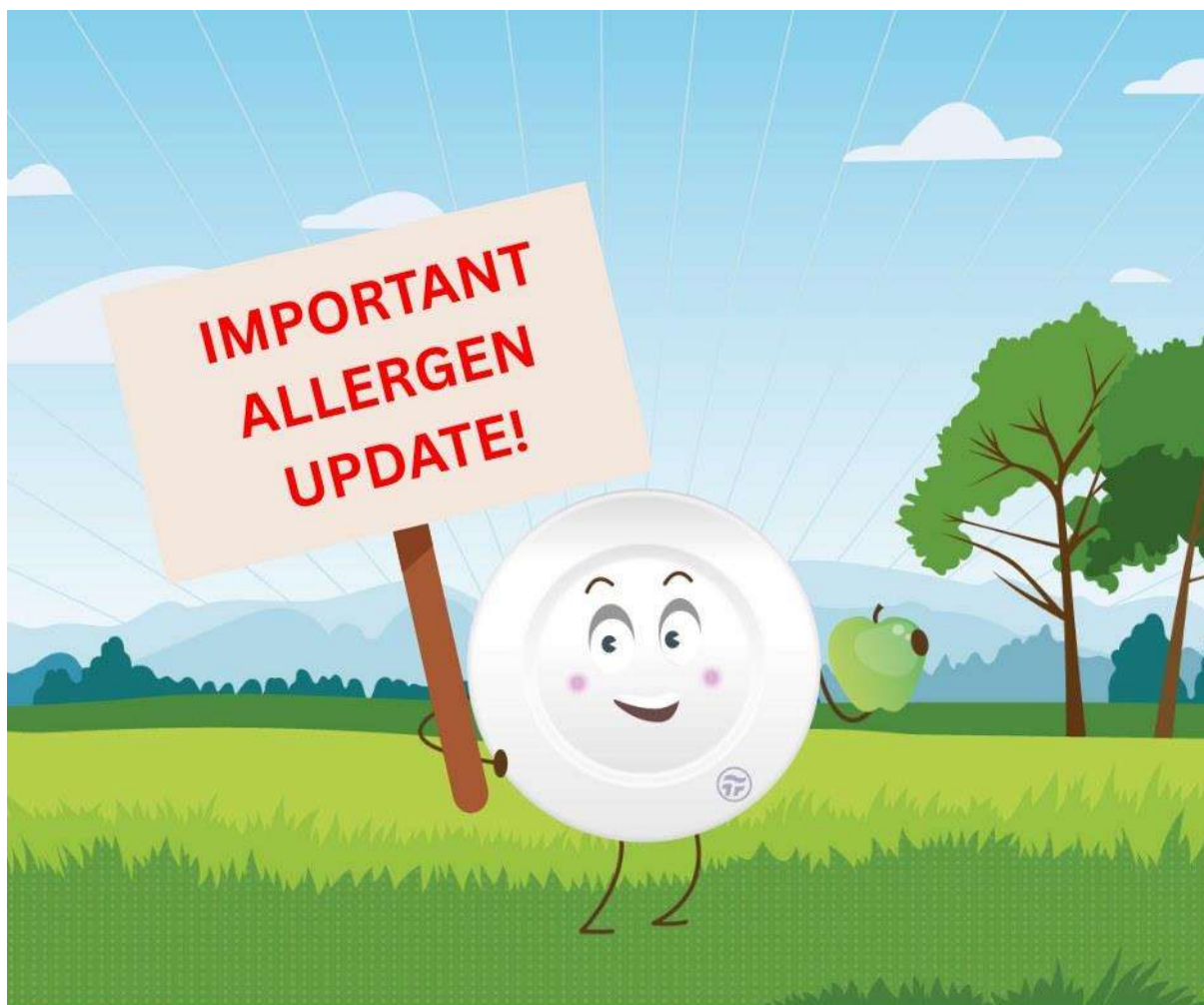


¹<https://twitter.com/TaysideContract>

²<https://www.facebook.com/people/Tayside-Contracts/100082831574365/>

³<https://www.instagram.com/tcschoolfood/>

May Contain Disclaimer Update



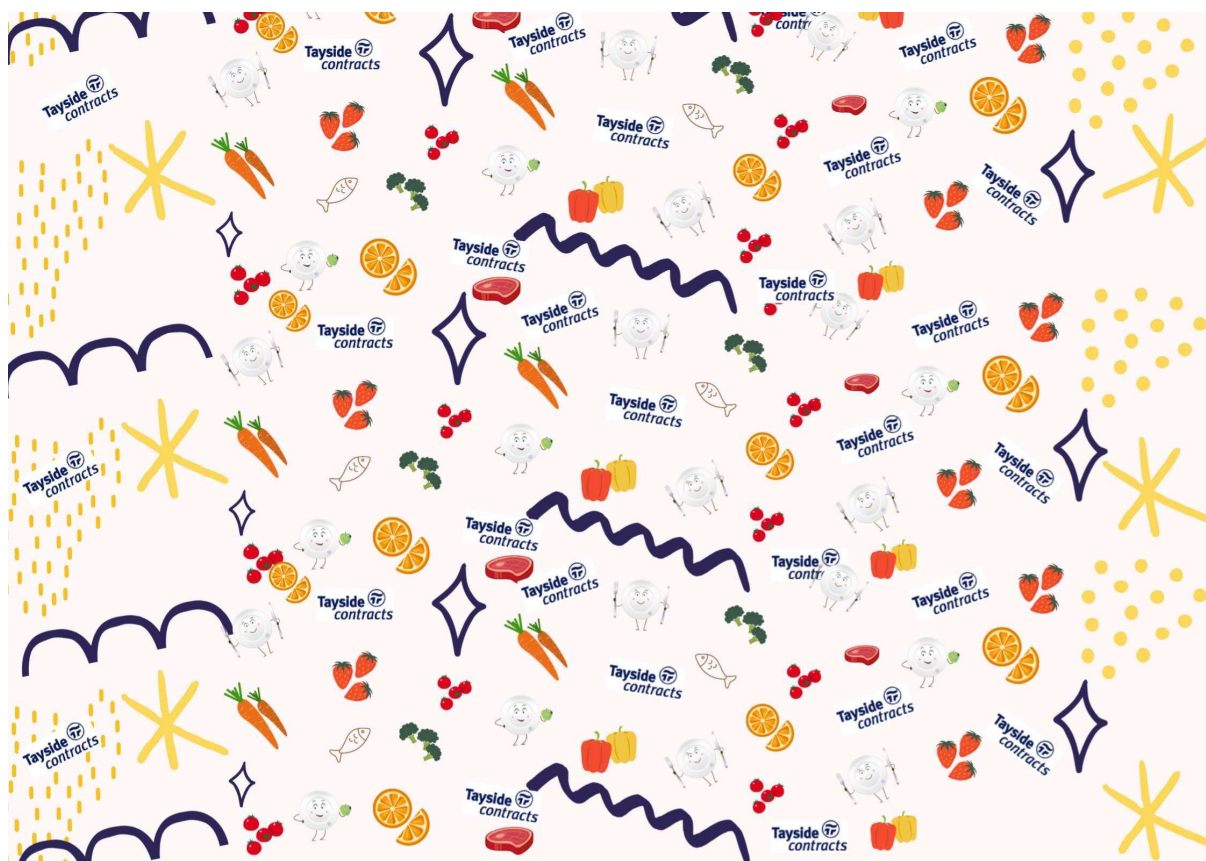
Due to a notification from our supplier regarding a change in the allergen information for one of our products, we have updated our **Nut, Peanut, and Sesame Seed 'May Contain' Disclaimer**. Please use the link below to view the updated information.

May Contain Disclaimer 2025-26⁴

Please be advised there are no changes to adapted menus as a result of this change.

⁴<https://www.tayside-contracts.co.uk/tc-document?dsid=1727&frm=841>

Update on Useful Links



We have a range of useful resources to help parents find out more about school lunches, everything is in one place for easy access, and can be found on our Catering Page⁵.

Here are the useful links to school meals information...

Nursery

Nursery Colour me in Menu⁶

Nursery Pictorial Menu⁷

Nursery Gateway⁸

Nursery Carbohydrate Report⁹

Nursery Information Booklet¹⁰

⁵<https://www.tayside-contracts.co.uk/catering/school-catering-meals-nutrition>

⁶<https://www.tayside-contracts.co.uk/tc-document?dsid=1722&frm=863>

⁷<https://www.tayside-contracts.co.uk/tc-document?dsid=1730&frm=863>

⁸<https://nurserytc.mysaffronportal.com/>

⁹<https://nurserytc.mysaffronportal.com/>"HYPERLINK "<https://www.tayside-contracts.co.uk/tc-document?dsid=2091&frm=863>

¹⁰<https://www.tayside-contracts.co.uk/tc-document?dsid=987&frm=863>

Primary

Primary Colour me in Menu¹¹

Primary Pictorial Menu¹²

Lower Primary Gateway¹³

Upper Primary Gateway¹⁴

Lower Primary Carbohydrate Report¹⁵

Upper Primary Carbohydrate Report¹⁶

Primary Information Booklet¹⁷

Recipe Book¹⁸

Please note there may be changes to our recipes and products at short notice, due to unforeseen and unavoidable circumstances.

¹¹<https://www.tayside-contracts.co.uk/tc-document?dsid=1721&frm=863>

¹²<https://www.tayside-contracts.co.uk/tc-document?dsid=1729&frm=863>

¹³<https://lowerprimarytc.mysaffronportal.com/>

¹⁴<https://lowerprimarytc.mysaffronportal.com/> "HYPERLINK "https://upperprimarytc.mysaffronportal.com/

¹⁵<https://upperprimarytc.mysaffronportal.com/> "HYPERLINK "https://www.tayside-contracts.co.uk/tc-document?dsid=1726&frm=863

¹⁶<https://www.tayside-contracts.co.uk/tc-document?dsid=2059&frm=863>

¹⁷<https://www.tayside-contracts.co.uk/tc-document?dsid=638&frm=863>

¹⁸<https://www.tayside-contracts.co.uk/tc-document?dsid=1728&frm=863>

Out and About



Over the past few months, in line with our school meal review action plan, the Food & Nutrition Team have been visiting schools to deliver sessions on the Eatwell Guide and how some of our tasty school meal recipes can be recreated at home.

Caitlyn visited Ballumbie Primary School in Dundee for their Fit Friday, and Nicole visited Invergowrie Primary School in Perth and Kinross. They spoke to pupils in P1–4 about the

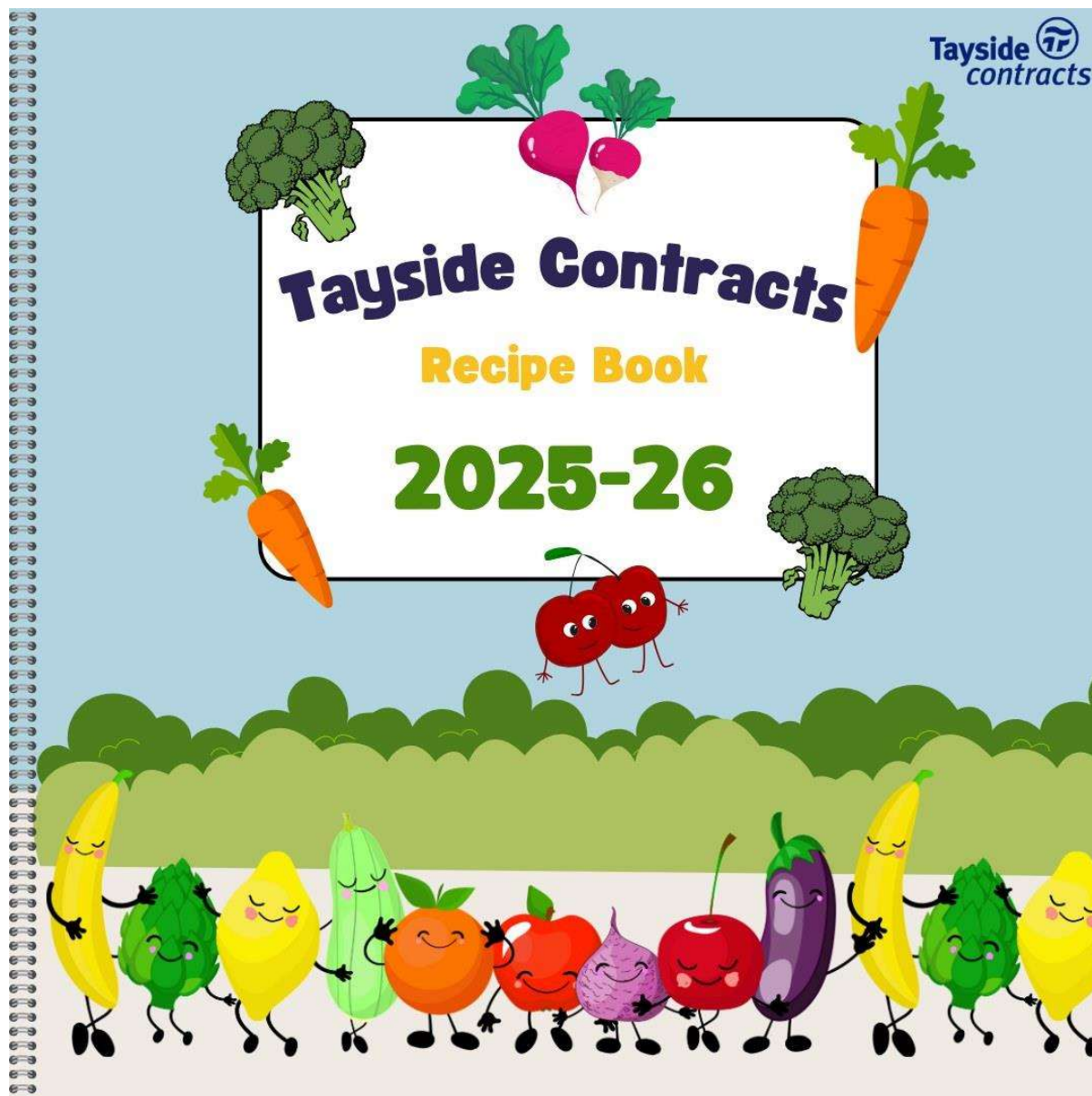
importance of a balanced diet and how different foods fit into the Eatwell Guide. The pupils enjoyed the end-of-session game Caitlyn and Nicole had prepared, and they also shared their feedback on the current school menu along with suggestions for future menus.

The Food & Nutrition Team were also invited to work once again with NHS Tayside as part of their Best Foot Forward programme. So far, Norrie, Carly, and Caitlyn have attended sessions at Sidlaw View Primary in Dundee and Warddykes Primary in Angus, where Norrie demonstrated how to make our Tomato and Korma sauces at home using different protein options.

The team look forward to continuing their collaboration with NHS Tayside on the Best Foot Forward sessions, with another visit planned in Perth and Kinross in the new year



Why not try making our Sweet Potato & Butternut Squash Soup at home?



Serves 4, Preparation time: 5 mins, Cook time: 30-35 mins

Ingredients:

- Sweet Potato 100g
- Butternut Squash 100g
- Diced Carrots 75g
- Diced Onions 75g
- Vegetable Bouillon 10g

- Boiling Water 400ml
- Cumin 1g
- Mild Chilli Powder 0.5g

Method:

1. Prepare the sweet potato and butternut squash
2. Add all ingredients to a pot and bring to the boil
3. Simmer until the vegetables are tender
4. Blend the soup. Be careful if doing this while hot!
5. Enjoy!

**Cooking times may vary*

Leon's Star Tip:

An easy way to peel butternut squash and sweet potatoes is to cut them into round discs on a chopping board, and use a knife pointing downwards to peel.



School Meals Plate Waste - Phase 2



Some of you may remember from our newsletter earlier this year that a Food Waste Pilot Project was carried out by Tayside Contracts, in partnership with primary schools in Tayside at the start of 2025. The aim was to reduce school meal plate waste across Tayside and increase environmental awareness among primary school pupils to positively influence their behaviours later in life.

The pilot which is aligned to our school meal review actions followed a three-stage approach:

Stage 1 – No pupil engagement

Catering staff weighed and recorded plate waste.

Stage 2 – Pupil engagement, which included:

- Posters displayed around the school and in dining areas
- Age-appropriate videos explaining the environmental impact of food waste
- 'Waste Warriors' in high-vis vests helping to weigh and record plate waste

Stage 3 – No intervention

Catering staff again weighed and recorded plate waste to compare results.

We are pleased to say we are now working on launching phase 2 of this project with more schools across Tayside starting January 2026.

So far we have had an engagement session with the volunteer schools and we are about to issue welcome packs to each school in preparation for the project commencing at the beginning of next term.

A big thank you in advance to all the participating schools and catering teams!

Christmas Craft - Cardboard Icicles



You will need:

- Toilet paper roll or a paper towel roll
- Scissors
- Paint
- Paint brush
- Scruffy paint brush or old toothbrush for splattering
- Thread for hanging

Time needed: 30 minutes

1. Paint Toilet Roll Tube

Paint your cardboard rolls in whatever colours you'd like, blending two or more colours to get a more interesting effect. Swish your paintbrush around the inside of the roll to paint the inside as well.

2. Splatter paint

To give your icicles a frosted effect, dip a scruffy brush or a toothbrush into some white paint and gently splatter it over the painted toilet roll tube.

3. Cut roll lengthwise

Cut the cardboard roll lengthwise into a spiral, following the seam that runs around the roll. Now cut this piece lengthwise into two spirals.

4. Roll and stretch your spiral

Roll each of these spirals up nice and tight. You might want to roll it around a pencil or the handle of a paintbrush. Remove the pencil or paintbrush and gently stretch your spiral out to form your icicle.

5. Attach hanging thread

Attach a loop of thread by dabbing a bit of hot glue at the top of the icicle. Alternatively, you could poke a small hole in the top of the icicle to poke your hanging thread through.

[Looking for a new job?](#)

Make a difference in your community and join Tayside Contracts!

Tayside Contracts provides essential public services to the communities in Angus, Dundee and Perth and Kinross.

We have approximately 2,500 employees covering over 3,000 posts, working in more than 420 establishments across Tayside, this includes offices, schools, depots, our quarry, the central production unit (catering) and some private buildings.

Our activities are very diverse, and we have roles in:

- Catering
- Construction
- Facilities
- Transport
- Support Services

Interested? Apply via our website at www.tayside-contracts.co.uk/tayside-jobs¹⁹



We have some fantastic employee benefits:

- 28 days Annual Leave rising to 33 after 5 years service
- 5 fixed Public Holidays

¹⁹<http://www.tayside-contracts.co.uk/tayside-jobs>

- Additional Long Service Leave and Long Service Awards
- Opportunities for Overtime
- Generous Occupational Pension Scheme (including 15.7% contribution by the employer and Ill Health Retirement Enhancements and Death in Service Benefits)
- Shared Cost Additional Voluntary Contribution (AVCs) Scheme
- Lifestyles Savings Discounts - giving you access to a range of discounts across UK major retailers.
- Physical, financial and mental wellbeing support including access to an employee assistance programme.
- Occupational Sick Pay
- Cycle to Work Scheme
- Tay Valley Credit Union
- Corporate Fitness Membership Rates
- Supported Volunteering Policy
- Charity/Payroll Giving Scheme
- Annual Employee Awards
- Learning, Development and Career Progression Opportunities
- Flexible Working and Flexible Retirement Policies
- Family Friendly Policies

Suggestions



We would love to hear your thoughts and suggestions for future newsletters, so we can find out what you would like to see and hear about from us. Please send us an email at

schoolmeals@tayside-contracts.co.uk²⁰ and follow us on Instagram²¹, Facebook²² and X (Twitter)²³ for all things school meals.

Thank you for taking the time to read this newsletter.

Tayside Contracts

²⁰<mailto:schoolmeals@tayside-contracts.co.uk>

²¹<https://www.instagram.com/tcschoolfood/>

²²<https://www.facebook.com/people/Tayside-Contracts/100082831574365/>

²³<https://twitter.com/TaysideContract>