



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



PRIMARY MENU



WEEK 1

4th January

13th September

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

1st February

8th November

1st March

6th December

29th March

3rd January

26th April

31st January

24th May

28th February

21st June

28th March

16th August

WEEK 2

11th January

18th October

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

8th February

15th November

8th March

13th December

3rd May

10th January

31st May

7th February

28th June

7th March

23rd August

20th September

WEEK 3

18th January

22nd November

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

15th February

20th December

15th March

17th January

10th May

14th February

7th June

14th March

30th August

27th September

25th October

WEEK 4

25th January

4th October

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

22nd February

1st November

22nd March

29th November

19th April

24th January

17th May

21st February

14th June

21st March

9th August

6th September

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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)

11th January

18th October

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

8th February

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Cheese Roll* (V) with Rice & Pepper Salad

Sweetcorn

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7th June

14th March

30th August

27th September

25th October

25th January

4th October

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

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9th August

6th September

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

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22nd November

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

15th February

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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



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



(V) Vegetarian

(Ve) Vegan

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

* May contain Sesame Seeds

Tayside contracts