



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.



Free School Meal Entitlement

Angus, Dundee and Perth and Kinross Councils are encouraging parents and carers with children in P6 or P7 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 £18,725
- Child Tax Credit (CTC) and Working Tax Credit (WTC) and your income is less than £8,717

- 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 £726.

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 [Free School Meals/School Clothing Grant](#) or access the form from your local benefit enquiry office or call 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.



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 primary 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.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



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



Primary School Menu 2023-24

www.tayside-contracts.co.uk



Information on School Meals

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

FREE SCHOOL MEALS FOR ALL P1-5 PUPILS

No application process necessary. Save up to £45 a month per child. That's around £420 a year!

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

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



WEEK COMMENCING

WEEK COMMENCING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 24th April 22nd May 19th June 17th July 14th August 11th September 9th October 6th November 4th December 1st January 29th January 26th February 25th March	Milkshake (V) Cheese & Garlic Swirl (V) Chicken Fillet in Gravy with Yorkshire Pudding & Boiled Potatoes Baked Bean Baked Potato with Salad Selection (Ve) Macaroni Cheese with Garlic Bread (V) Peas	Beef Burger Roll** with Potato Wedges Tuna Mayo Finger Roll** with Salad Selection Quorn Fillet in BBQ Sauce with Boiled Potatoes (Ve) Sweetcorn Raspberry Jelly with Peaches (Ve)	Mild Chicken Curry with Rice Tomato Pasta (Ve) with Crusty Bread (V) Ham Sandwich with Salad Selection Broccoli Marble Sponge with Custard & Mandarins (V)	Pasta Bolognese with Crusty Bread Mild Vegetable Curry with Rice (Ve) Cheese Finger Roll** with Salad Selection (V) Green Beans Oatie Biscuit with Banana Slices (Ve)	Lentil Soup (Ve) Chicken Taco with Rice Vegetable Noodles (V) Breaded Fish with Chips Peas & Sweetcorn
WEEK 2 3rd April 1st May 29th May 26th June 24th July 21st August 18th September 16th October 13th November 11th December 8th January 5th February 4th March	Milkshake (V) Steak Pie with Boiled Potatoes Fish Fingers with Boiled Potatoes & Beans Baked Bean Baked Potato with Salad Selection (Ve) Vegetable Medley Gingerbread Sponge with Custard & Pears (V)	Mild Chicken Korma Curry with Rice Veggie Nuggets with Potato Wedges (V) Tuna Mayo Sandwich with Salad Selection Peas & Carrots Tiffin with Mandarins (V)	Lentil Soup (Ve) Chicken Burrito with Diced Potatoes Creamy Cajun Salmon Pasta with Crusty Bread Quorn Dog Roll** with Diced Potatoes (V) Broccoli	Breadsticks (Ve) with Dip (V) Pork Sausages with Mashed Potatoes & Baked Beans Golden Savoury Rice (Ve) with Crusty Bread (V) Cheese & Tomato Pizza with Potato Wedges (V) Sweetcorn	Beef Lasagne with Garlic Bread Breaded Fish with Chips & Beans Veggie Bean Burrito with Salad Selection (V) Peas Raspberry Jelly with Pineapple (Ve)
WEEK 3 10th April 8th May 5th June 3rd July 31st July 28th August 25th September 23rd October 20th November 18th December 15th January 12th February 11th March	Milkshake (V) Vegeballs in Tomato Sauce with Pasta (Ve) Quorn Dog Roll** with Diced Potatoes (V) Macaroni Cheese with Crusty Bread (V) Broccoli Strawberry Ice Cream with Berry Sauce (V)	Traditional Mince with Boiled Potatoes Fish Fingers with Pasta Salad Baked Bean Baked Potato with Salad Selection (Ve) Carrots Shortbread with Apples (Ve)	Pizza Swirl (V) Chicken Burger Roll** with Pasta Salad Tuna Mayo Finger Roll** with Rice Salad Lentil Bolognese with Rice (Ve) Sweetcorn	Cream of Tomato Soup (V) Roast Beef in Gravy with Yorkshire Pudding & Roast Potatoes Egg Mayo Sandwich with Salad Selection (V) BBQ Vegeball Sub** with Salad Selection (Ve) Vegetable Medley	Ham Sandwich with Coleslaw Breaded Fish with Chips Meat Free Taco with Rice (Ve) Peas & Carrots Chocolate Orange Sponge with Custard & Mandarins (V)
WEEK 4 17th April 15th May 12th June 10th July 7th August 4th September 2nd October 30th October 27th November 25th December 22nd January 19th February 18th March	Milkshake (V) Chicken Sausages in Gravy with Roast Potatoes Ham Sandwich with Coleslaw Tomato Pasta (Ve) with Crusty Bread (V) Green Beans Chocolate Brownie with Peaches (V)	Fish Bites with Diced Potatoes & Baked Beans Baked Bean Baked Potato with Salad Selection (Ve) Cheese & Tomato Pizza with Baked Beans (V) Peas & Sweetcorn Vanilla Ice Cream with Pineapple (V)	Vegetable Soup (Ve) Steak Pie with Boiled Potatoes Chicken Fajita Baked Potato with Salad Selection Mild Vegetable Korma Curry with Rice (V) Vegetable Medley	Savoury Slice (V) Chicken Goujons with Baked Beans & Chips Meat Free Chilli with Rice (Ve) Cheese Finger Roll** with Coleslaw (V) Peas	Creamy Chicken Tomato Pasta Breaded Fish with Potato Wedges & Baked Beans Quorn Fillet in Gravy with Potato Wedges (Ve) Peas & Carrots Chocolate Cookie with Mandarins (V)

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



Menu design inspired by competition winner Sophie Balbirnie (P7) from Errol Primary School's 'Save the Planet' theme.