



**Tayside**   
**contracts**



### 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!

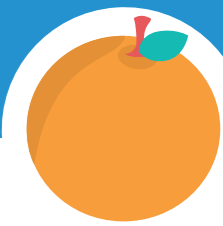


## QUALITY INGREDIENTS

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.



[www.tayside-contracts.co.uk](http://www.tayside-contracts.co.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?

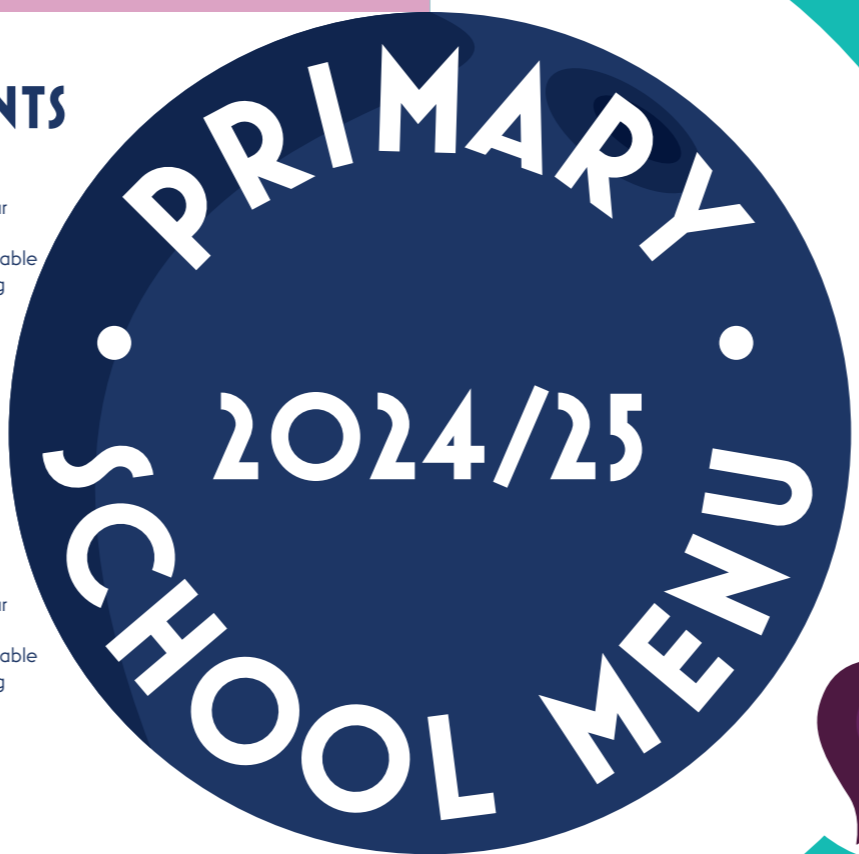
Adapted Menu Request Forms can be found on the Tayside Contracts School Catering web page: [www.tayside-contracts.co.uk/catering/school-catering](http://www.tayside-contracts.co.uk/catering/school-catering)

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](mailto: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 [ecscateringupport@pkc.gov.uk](mailto:ecscateringupport@pkc.gov.uk)



## 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](mailto:ecsschools@pkc.gov.uk)



# PRIMARY SCHOOL MENU 2024/25

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

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



## WEEK COMMENCING

WEEK 1

22nd April  
20th May  
17th June  
15th July  
12th August  
9th September  
7th October

4th November  
2nd December  
30th December  
27th January  
24th February  
24th March

WEEK 2

1st April  
29th April  
27th May  
24th June  
22nd July  
19th August  
16th September

14th October  
11th November  
9th December  
6th January  
3rd February  
3rd March  
31st March

WEEK 3

8th April  
6th May  
3rd June  
1st July  
29th July  
26th August  
23rd September

21st October  
18th November  
16th December  
13th January  
10th February  
10th March

WEEK 4

15th April  
13th May  
10th June  
8th July  
5th August  
2nd September  
30th September

28th October  
25th November  
23rd December  
20th January  
17th February  
17th March

## MONDAY

Milkshake (V)  
Mild Chicken Tikka Curry with Rice  
Quorn Sausage Casserole with Diced Potatoes (Ve)  
Fish Fingers with Diced Potatoes  
Peas  
Marble Sponge & Custard with Peas (V)

## TUESDAY

Cheese & Crackers (V)  
Macaroni Cheese with Crusty Bread (V)  
Traditional Mince with Yorkshire Pudding and Mashed Potatoes  
Chicken Mayo Wrap with Salad Selection  
Vegetable Medley

## WEDNESDAY

Pasta Bolognese with Garlic & Herb Bread  
Cheese Sandwich with Coleslaw (V)  
Chicken Fillet in Tomato Sauce with Roast Potatoes  
Broccoli  
Tiffin with Mandarins (V)

## THURSDAY

Quorn Dog Roll\*\* with Potato Wedges (V)  
Chilli Loaded Wedges (Ve)  
Cauliflower Cheese with Crusty Bread (V)  
Peas  
Chocolate Ice Cream with Peaches (V)

## FRIDAY

Lentil & Tomato Soup (Ve)  
Chicken & Tomato Pasta with Crusty Bread  
Breaded Fish with Chips  
Chickpea & Sweetcorn Mayo Wrap with Salad Selection (V)  
Peas & Sweetcorn

## MONDAY

Milkshake (V)  
Breadsticks\*\* & Dip (V)  
Tomato Pasta (Ve) with Crusty Bread (Ve\*)  
Sweet Potato & Coconut Curry with Rice (V)  
Quorn Dog Roll\*\* with Potato Wedges (V)  
Peas & Carrots

## TUESDAY

Cheese & Tomato Pizza with Diced Potatoes (V)  
Chicken Sausages in Gravy with Diced Potatoes  
Ham Sandwich with Salad Selection  
Broccoli  
Gingerbread Sponge with Apple Slices (V)

## WEDNESDAY

Steak Pie with Boiled Potatoes  
Macaroni Cheese with Garlic & Herb Bread (V)  
Salmon Fishcake with Boiled Potatoes  
Green Beans  
Oatie Biscuit with Fruit Cocktail (Ve)

## THURSDAY

Cream of Tomato Soup (V)  
Chicken Fajita Baked Potato with Golden Savoury Rice  
Quorn Fillet in Gravy (Ve) with Mashed Potatoes (V)  
Chicken Burger Roll\*\* with Golden Savoury Rice  
Peas & Sweetcorn

## FRIDAY

Mexican Burrito with Rice (Ve)  
Breaded Fish with Chips  
Chicken Tikka Roll\*\* with Salad Selection  
Peas  
Vanilla Sponge with Peas (V)

## MONDAY

Milkshake (V)  
Sliced Melon Medley (Ve)  
Chicken Meatballs in Swedish Style Sauce with Mashed Potatoes  
Cheese Finger Roll\*\* with Salad Selection (V)  
Pork Sausages with Mashed Potatoes & Baked Beans  
Peas & Sweetcorn

## TUESDAY

Vegeballs in Tomato Sauce with Pasta (Ve)  
Salmon & Sweet Potato Fishcake with Roast Potatoes  
Chicken Fillet in Gravy with Yorkshire Pudding and Roast Potatoes  
Broccoli  
Tiffin with Banana Slices (V)

## WEDNESDAY

Macaroni Cheese with Crusty Bread (V)  
Cheese & Tomato Pizza with Potato Salad (V)  
Veggie Nuggets with Potato Salad (V)  
Carrots  
Shortbread with Fruit Cocktail (Ve)

## THURSDAY

Mild Quorn Curry with Rice (V)  
Chicken Goujons with Potato Wedges & Baked Beans  
Cheese & Ham Baguette\*\* with Rice Salad  
Vegetable Medley  
Vanilla Ice Cream with Apple Slices (V)

## FRIDAY

Vegetable Soup (Ve)  
Lasagne with Garlic & Herb Bread (V)  
Breaded Fish with Chips  
Mild Chicken Curry with Rice  
Peas & Carrots

## MONDAY

Milkshake (V)  
Lentil Soup (Ve)  
Beef Burger Roll\*\* with Cheese and Potato Wedges  
Katsu Chicken Curry\* with Rice  
Tomato Pasta (Ve) with Garlic & Herb Bread (Ve\*)  
Peas

## TUESDAY

Macaroni Cheese with Garlic & Herb Bread (V)  
Vegeballs in Gravy with Diced Potatoes (Ve)  
Quorn Dippers with Diced Potatoes & Baked Beans (Ve)  
Broccoli  
Raspberry Jelly with Mandarins (Ve)

## WEDNESDAY

Chicken Meatballs in Tomato Sauce with Pasta  
Quorn Dog Roll\*\* with Pasta Salad (V)  
BBQ Chicken Pizza with Pasta Salad  
Carrots  
Gingerbread Cookie with Peas (V)

## THURSDAY

Beef Lasagne with Crusty Bread  
Mild Quorn Korma Curry with Rice (V)  
Ham & Cucumber Finger Roll\*\* with Salad Selection  
Vegetable Medley  
Chocolate Sponge & Custard with Peaches (V)

## FRIDAY

Cheese & Chive Oat Biscuit (V)  
No-Sausage Roll (Ve\*) with Chips (Ve)  
Breaded Fish with Chips & Baked Beans  
Chicken Burrito with Rice  
Peas & Sweetcorn



Scan the QR code or click here to view nutrition and allergen information.

