

## Menu Information

Menus, allergy information and photos of our meals can be found at [www.pkc.gov.uk/schoolmeals](http://www.pkc.gov.uk/schoolmeals)

Please note that our photos are an accurate depiction of what your child can expect to receive on their plate. We also make available additional bread, potatoes (except fried/roast), pasta, salads and vegetables if children request them. A choice of drink is provided with every meal.

Further information on recipes and ingredients can be found by clicking on the Tayside Contracts interactive menu at:

[www.tayside-contracts.co.uk/school-catering.cfm](http://www.tayside-contracts.co.uk/school-catering.cfm)

**Around 3,000 P1-P3 pupils a day are already taking advantage of this service! Please don't miss out.**



If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

[www.pkc.gov.uk](http://www.pkc.gov.uk) (PKC Design Team - 2015068)

# £375 up for grabs!



## Schoolmeals - It's 4 Yes's!

**£375 per child per year** - P1-P3 pupils now receive school lunches with our compliments. Yes, a 2-course hot\* meal with at least 3 main courses to choose from every school day for free. So if your kiddie joins us for a school lunch each day, you will save more than £375 a year!

If you're just about to move into P4, we hope you enjoyed the benefit which has been available since January. Remember to check if you may still be eligible to receive free meals from August by checking the criteria at:

[www.pkc.gov.uk/schoolmeals](http://www.pkc.gov.uk/schoolmeals)  
tel **01738 476200**

*\*There will be scheduled and promotional days when one item may be a cold option.*



**Tayside**  
contracts

## Nutritional Value

All of our P1-P3 meals are the same as any other paid for meal, no cut-backs! Our weekly menu is analysed by our full-time Nutritionist to ensure it meets the standards contained within the Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008. A school lunch will provide around one third of a child's daily nutritional need.

## A Positive Experience

Whilst our dining areas are very busy places during lunch, they are well organised. We now have additional supervision in many schools to make sure there are orderly queuing arrangements and that pupils are not spending a long time in the queue. This is achieved through either rolling or allocated sittings where different year groups are called to the dining room at different times. Experiencing the service counter and chatting to the catering staff is a good experience assisting pupils with their skills for everyday life.

## Menus and Tasters

Our menus are developed twice per annum by testing them in selected schools. The children experience the dishes each day for 3 weeks before we analyse the feedback and subsequently include dishes, adapt recipes or reject the dish. Accordingly all of our recipes have been child proofed! If your child is a bit reluctant to try school lunches, we do offer taster portions in a bid to encourage children to either use the service or broaden their tastes for the next time. Your school/catering team will be able to advise on how this works in your school.

## Medically Prescribed Diets and Allergy

We provide adapted menus to meet all such needs. Please refer to your school office or [www.pkc.gov.uk/schoolmeals](http://www.pkc.gov.uk/schoolmeals) to obtain a request form.

