SCHOOL MEALS
SURVEY RESULTS

The Facts .......
Nearly 1500 people across Tayside completed the School Meals Survey so a BIG THANK YOU to all of you.

77% of you are satisfied that school meals are healthy

69% of you are satisfied with school meals

Over half of you provided additional feedback

By popular demand

31% asked for tomato soup to be included in the next menu.
Development of the 2018-19 menu is underway and tomato soup will feature on the menu.

Other requests that we have taken on board include spaghetti bolognese, fruit crumbles, custards, ice-cream/frozen yoghurts and more baked potatoes.

29% of you want to see fewer desserts on the menu and a further 21% want more fruit

We are looking into reducing our puddings to 3 times a week on our next menu, and to include more fruit based seasonal desserts. Fruit is available daily instead of a pudding or starter.

18% of you asked if P4-7’s could be served larger portions than P1-3’s

As part of a school meal, did you know you are entitled to unlimited bread, sides (excluding chips, roast & diced potatoes), vegetables and salad bar items, which are all available daily?

Our portions are based on recommendations laid out by the Scottish Government following the implementation of Hungry for Success and are in line with the “Revised Dietary Goals for Scotland – March 2016”.

15% of you provided feedback which will be passed onto our catering staff

You provided some very positive feedback about individual kitchens and staff members which will be passed on. We will do our best to use your constructive feedback on pre-ordering, seasoning, specific menu dishes and dining room experiences as we want to make the overall experience of school meals as good as it can be.
15% of you didn’t think there was enough variation in the menu

Some of your comments included feedback on the repetition of popular dishes over the 4 week menu such as macaroni cheese, sausages, pizzas and burgers. As a result, we aim to reduce the frequency of these and to include more traditional, simpler dishes to improve variety.

We plan to introduce some seasonal desserts that will change between the winter and spring months, providing more variation throughout the 4 week menu cycle.

Menus are available online at www.tayside-contracts.co.uk/school_catering.cfm as well as in paper copies. Online, we also have available a primary interactive menu that allows you to see the nutritional content of all meals, as well as ingredient information allowing you to make informed meal choices based on nutrition, allergens and food provenance.

13% of you commented on fruit juice

We appreciate that 150ml of fruit juice quantifies as portion towards your “five a day”, however we also do a lot of work to ensure that at least three of the five a day are available daily, excluding any hidden fruits or vegetables that are added to our meals and puddings.

The withdrawal of fruit juice was not a decision that was taken lightly by Tayside Contracts or its 3 Constituent Councils, nor was it a cost saving exercise. With ongoing recommendations by the Scottish Government, and the imminent changes to the current school meals legislation, a decision was made to gradually reduce the overall sugar content of the menu, which included withdrawing the option of fruit juice.

As a result, there has been a 40% reduction in sugar content in comparison to last year’s menu. We are looking to further reduce the sugar content by 10% next year by reducing the frequency and type of puddings offered. By 2018-19, we aim to have reduced the sugar content of the menu by 50% in comparison to 2016-17.

Disappointingly, 7% of you felt school meals do not represent good value for money

In primary schools, the meal price includes the following:
- A main meal with unlimited vegetables and unlimited sides (excluding chips, roast potatoes & diced potatoes)
- Unlimited items from the salad bar such as pasta salad, beetroot, lettuce, tomato, grated carrot
- Soup, pudding, fruit or a yoghurt
- Milk or water

In secondary schools there are meal deals available at the price of a free school meal for those entitled to one. The following items are included in meal deals:
- Main meal with sides & vegetables or a hot snack or a sandwich, baguette or panini
- Salad bar items
- Soup, pudding, tray bake, fruit or yoghurt
- Drink of choice
We use Stir Fresh, based in Angus, to supply us with some of our potatoes, fruit and vegetables.

QMS (Quality Meat Scotland) minced steak, diced pork, diced steak, beef burgers, sausages.

The pork meatballs, chicken and turkey burger are British and Red Tractor.

Drinking milk comes from a local dairy in Crieff, D and D Dairies.

Other miscellaneous items are also sourced & originate in the UK including fish, cheese and oats.

We would like to thank all of who took part in the survey for taking the time to let us know what you think. Your feedback is important to us and we will take steps to make improvements where we can.

If you would like any further information please contact: enquiries@tayside-contracts.co.uk