

2014 term dates

SPRING TERM

- Tuesday 22 April 2014 – All start
- Friday 27 June 2014 – Term ends

SUMMER TERM

- Wednesday 13 August 2014 – All start
- Friday 10 October 2014 – Mid-term, All break

Free school meals

Your child may be eligible for free school meals if you receive one of the following:

- Income Support
- Income-Based Jobseeker's Allowance
- Income-Related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- Child Tax Credit, but not Working Tax Credit (and your annual income is less than £15,910)
- Both maximum Child Tax Credit and maximum Working Tax Credit with an income below £6420

Please ask your child's school for an application form or contact the school Grants, Awards and Placements.

Tel: 0131 469 3471
e-mail: school.grants@edinburgh.gov.uk

Spring/ Summer lunch menu

Welcome to the spring/ summer menu, this menu will run from after the Easter break until the October Holiday.

All our menus comply with the Schools (Health promotion and nutrition) (Scotland) Act 2007 and are nutritionally analysed so you can be sure healthy choices are on offer at lunch times.

We are always looking at ways to enhance the school meals service and provide nutritious food which is popular with pupils. Pupils tell us they would like to know more about where their food comes from. So here are a few school food facts:

- All milk is from Scottish farms
- All eggs are free range
- All fish is from sustainable sources

We are working on sourcing more local food on our menus and more information on this will be available in the next menu.

Thank you to everyone who contacted us about school meals, your comments are welcome and help us continue to improve the service.

Theme menus

Theme menus are always popular; here is what we have planned for this menu cycle.

- Mexican Theme – 14th May 2014

Further information will be available in school closer to these dates.

Menu and prices

The cost of a primary school meal is £1.80.

For this price your child can have two courses - a starter and a main or a main and a pudding plus vegetables or salad and a healthy drink. A sandwich option is also available on advertised days

Special diets and allergies

Please let your school know if your child has any special dietary needs.

Further information

www.edinburgh.gov.uk/foodinschools
foodinschools@edinburgh.gov.uk

Get Going

Worried about your child's weight? Want to help them lead a healthy, happy, active life? Then let's Get Going! Get Going is a free family healthy lifestyle programme which supports children to work towards a healthy weight. It's about working together as a family to make small lifestyle changes. Supported by a trained coach, you'll learn more about eating well and being more active. Children will get the opportunity to take part in fun, active games, while parents share ideas and experiences.

To find out when the next courses are available in your area or for more information please contact: Get.Going@nhslothian.scot.nhs.uk

0131 537 9209
<http://www.nhslothian.scot.nhs>

Get Going! Your local Get Going Co-ordinator is: Jodie Montgomery:
jodiemontgomery@edinburghleisure.co.uk
0131 458 2147

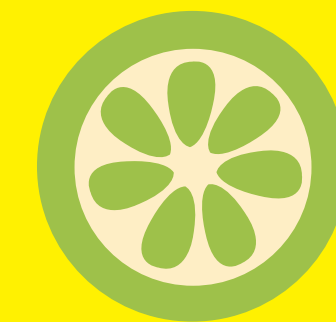


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LET'S EAT LUNCH SCHOOL MENUS SPRING /SUMMER 2014



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU CYCLE
WEEK 1	<p>Homemade Soup & Bread Breaded Haddock Fillet, Peas & Sweetcorn with Baby New Potatoes or Macaroni Cheese, Vegetables or Salad & Crusty Bread ✓ or Jacket Potato with a Choice of Fillings ✓ Fresh Fruit Selection Orange Juice, Milk or Water</p>	<p>Chicken Curry with Vegetables & Boiled Rice or Quorn Burger in a Bun with Salad & Wedges ✓ or Jacket Potato with a Choice of Fillings ✓ Sponge Cake & Custard or Melon Slice Milk or Water</p>	<p>Beef Bolognese with Pasta & Vegetables or Pizza with Salad & Chips ✓ or Jacket Potato with a Choice of Fillings ✓ Jelly & Fruit or Fresh Fruit Platter Orange Juice, Milk or Water</p>	<p>Oven Baked Pork Sausages with Baked Beans & Creamed Potatoes or Seasonal Vegetable Lasagne, Salad & Crusty Bread ✓ or Jacket Potato with a Choice of Fillings ✓ Home baking or Selection of Fresh Fruit Milk or Water</p>	<p>PACKED LUNCH DAY</p> <p>Filled Roll/Sandwich ✓ Home baking Yoghurt/Fromage Frais Fresh Fruit Drink</p>	<p>WEEKS COMMENCING</p> <p>21st April 12th May 2nd June 23rd June 25th August 15th September 6th October</p>
WEEK 2	<p>Chicken Bites with Baked Beans & Saute Potatoes or Rosy Pasta with Sliced Green Beans & Garlic Bread ✓ or Jacket Potato with a Choice of Fillings ✓ Chocolate or Fruit Delight or Fresh Fruit Selection Orange Juice, Milk or Water</p>	<p>Homemade Soup & Bread Chilli con Carne with Rice & Sweetcorn or Pizza with Potato Wedges & Sweetcorn ✓ or Jacket Potato with a Choice of Fillings ✓ Yoghurt, Fromage Frais, Frozen Yoghurt Milk or Water</p>	<p>Cod Chunks with Peas & Chips or Quorn Bolognese with Pasta & Peas ✓ or Jacket Potato with a Choice of Fillings ✓ Cheesecake or Fresh Fruit Salad Orange Juice, Milk or Water</p>	<p>Roast Chicken in Gravy, Broccoli & Potatoes or Vege' Meatballs in Sweet Chilli/or Sweet & Sour Sauce in Pitta Bread & Vegetables or Salad ✓ or Jacket Potato with a Choice of Fillings ✓ Jam Tart & Custard or Seasonal Fruit Platter Milk or Water</p>	<p>PACKED LUNCH DAY</p> <p>Filled Roll/Sandwich ✓ Home baking Yoghurt/Fromage Frais Fresh Fruit Drink</p>	<p>WEEKS COMMENCING</p> <p>28th April 19th May 9th June 11th August 1st September 22nd September</p>
WEEK 3	<p>Salmon Fish Fingers with Vegetables & Baby Boiled Potatoes or Vege' Wraps served with Salad ✓ or Jacket Potato with a Choice of Fillings ✓ Sponge Cake & Custard or Selection of Fresh Fruit Orange Juice, Milk or Water</p>	<p>Chicken Meatballs in Tomato Sauce served with Boiled Rice & Vegetables or Quorn Dippers with Saute Potatoes & Salad ✓ or Jacket Potato with a Choice of Fillings ✓ Ice Cream & Jelly or Seasonal Fruit Milk or Water</p>	<p>Homemade Soup & Bread Baked Gammon, Veg & Roast Potatoes or Pizza with Roast Potatoes & Salad ✓ or Jacket Potato with a Choice of Fillings ✓ Fresh Fruit Salad Orange Juice, Milk or Water</p>	<p>Chicken Burger in a Bun with Salad & Chips or Creamy Vegetable Pasta with Salad & Crusty Bread ✓ or Jacket Potato with a Choice of Fillings ✓ Chocolate Crispie & Custard or Fresh Fruit Platter Milk or Water</p>	<p>PACKED LUNCH DAY</p> <p>Filled Roll/Sandwich ✓ Home baking Yoghurt/Fromage Frais Fresh Fruit Drink</p>	<p>WEEKS COMMENCING</p> <p>5th May 26th May 16th June 18th August 8th September 29th September</p>

Salad, Bread and Fresh Fruit available daily