

## My child requires a 'Special Diet', can they have school lunches?

School lunches can be provided for children requiring medically prescribed diets. These are diets required to treat a specific condition for example a gluten free diet for coeliac disease, a milk free diet for milk intolerance.

To organise a diet for your child you need to ask your GP or Dietitian to write to:

**Fiona Dawson - Monitoring Officer**  
Education Department  
Angus House  
Orchardbank Business Park  
Forfar DD8 1AE

Please include details of your child's name, address, date of birth, the school they attend and the type of diet they are on.



## Can I get free school meals for my child?

**Yes** - if you are in receipt of Income Support, Job Seekers Allowance (Income Based), Employment and Support Allowance (Income Related), support under Part VI of the Immigration and Asylum Act 1999, Child Tax Credits but only if your income is less than £16,040 or Working Tax Credit but only if your income is less than £6,420.

### How do I apply?

from 1 April-31 May 2010 telephone ACCESS Angus on 08452 777 778

And from 1 June 2010 onwards complete an application form for Housing Benefit/Council tax Benefit which are available at your local benefit enquiry office or telephone 01382 536500 or FREEPHONE 0800 25206 (mobiles may be charged).



# ANGUS PRIMARY MEALS



Spring/Summer 2010



Angus school menus meet the Nutrient Standards set for school lunches.



# Angus Primary Menu

Menu will commence **WEEK 1** - 19 April 2010



Spring/Summer 2010



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 19/04/10 10/05/10 31/05/10 21/06/10 16/08/10 6/09/10 27/09/10	Breaded Fish Chicken Risotto Broccoli Quiche (V) Seasonal Vegetables Salad Bar Mashed Potato Bread Basket Lemon Iced Sponge & Custard Selection of Fresh Fruit Yoghurt Fruit Juice, Milk or Water	Traditional Mince Chicken Tomato Pasta Tomato Pasta (V) Seasonal Vegetables Salad Bar Boiled Potatoes Bread Basket Ice Cream Roll & Fruit Selection of Fresh Fruit Yoghurt Fruit Juice, Milk or Water	Sausages With Yorkshire Pudding & Gravy Cod Fishcakes Vegetarian Sausages, Yorkshire Pudding & Gravy (V) Seasonal Vegetables Salad Bar Creamed Potatoes Bread Basket Fresh Fruit Salad Selection of Fresh Fruit Yoghurt Fruit Juice, Milk or Water	Steak Pie Cold Gammon & Pineapple Vegetable Pastie (V) Seasonal Vegetables Salad Bar Beetroot Relish & Mixed Salad New Baby Potatoes Bread Basket / Crusty Bread Chocolate Muffin Selection of Fresh Fruit Yoghurt Fruit Juice, Milk or Water	Turkey Burger & Bun Tuna Baked Potato Vegetable Nuggets (V) Seasonal Vegetables Salad Bar Coleslaw / Chips Bread Basket Golden Crunch Selection of Fresh Fruit Yoghurt Fruit Juice, Milk or Water
<b>Week 2</b> 26/04/10 17/05/10 7/06/10 28/06/10 23/08/10 13/09/10	Macaroni Cheese Chicken Casserole Savoury Omelette (V) Seasonal Vegetables Salad Bar Roast Potatoes Herbie Bread Bread Basket Ice-Cream & Berry Sauce Selection of Fresh Fruit Yoghurt Fruit Juice, Milk or Water	Salmon Fish Fingers Chilli Mince & Rice Vegetable Chilli & Rice (V) Seasonal Vegetables Salad Bar Boiled Potato Bread Basket Oatie Cookie Selection of Fresh Fruit Yoghurt Fruit Juice, Milk or Water	Homemade Soup Or Vegetable Sticks & Dip Ham Pizza Spicy Chicken Wrap Vegetable Wrap (V) Seasonal Vegetables Salad Bar Pasta Spiral/ Bread Basket Fresh Fruit Selection Yoghurt Fruit Juice, Milk or Water	Chicken Curry Cheesy Bean Baked Potato Vegetable Curry (V) Seasonal Vegetables Salad Bar Rice & Naan Bread Bread Basket Chocolate Brownie & Custard Selection of Fresh Fruit Yoghurt Fruit Juice, Milk or Water	Tayside Burger In Bun Hot Chicken Filled Pitta Quorn Burger In A Bun (V) Seasonal Vegetables Salad Bar Potato Wedges Bread Basket Caramel Flan Selection of Fresh Fruit Yoghurt Fruit Juice, Milk or Water
<b>Week 3</b> 3/05/10 24/05/10 14/06/10 30/08/10 20/09/10	Chicken Meatballs In Tomato Sauce Breaded Fish Roasted Vegetable Bake (V) Seasonal Vegetables Salad Bar Potato Wedges Bread Basket Marble Cupcake Selection of Fresh Fruit Yoghurt Fruit Juice, Milk or Water	Spaghetti Bolognese Pork Steak & Gravy Vegetable Bolognese (V) Seasonal Vegetables Salad Bar Garlic Bread Boiled Potatoes Bread Basket Chocolate Crispie Selection of Fresh Fruit Yoghurt Fruit Juice, Milk or Water	Chicken Pie Salmon Nuggets Savoury Vegetable Rice (V) Seasonal Vegetables Salad Bar Creamed Potatoes Bread Basket Peach Swirl Sponge & Custard Selection of Fresh Fruit Yoghurt Fruit Juice, Milk or Water	Roast Beef & Yorkshire Pudding Tuna Salad Macaroni Cheese (V) Seasonal Vegetables Salad Bar Baby Boiled Potatoes Tomato Bread / Bread Basket Fresh Fruit Salad Selection of Fresh Fruit Yoghurt Fruit Juice, Milk or Water	Oven Baked Sausages Savoury Pizza Vegetarian Sausages (V) Baked Beans Seasonal Vegetables Salad Bar Chips Bread Basket Ice-Cream & Jelly Selection of Fresh Fruit Yoghurt Fruit Juice, Milk or Water

## What Can I Choose for School Lunch?

**A choice of one of three main courses**  
 Vegetables and potatoes  
 +  
 A selection from the salad bar  
 +  
 Homemade bread

**A choice of puddings from**  
 Sweet of the day  
 or  
 Fresh fruit  
 or  
 Fruit yoghurt

**A choice of drinks from**  
 A glass of milk  
 or  
 A glass of fruit juice  
 or  
 A glass of water

**V - A vegetarian option is now available on the menu every day.**