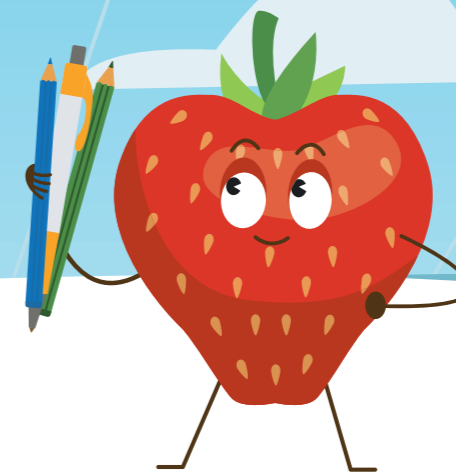


NURSERY LUNCH MENU

2025/26



QUALITY INGREDIENTS

- All our eggs are free range
- Our fish products are MSC (Marine Stewardship Council) for sustainability
- 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, steak, pork & chicken sausages and beef burger mince are all locally sourced by Campbells Prime Meat in Linlithgow.
- Our lentils, peas and oats are locally sourced in Scotland.



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 nursery 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 and can be found in our may contain disclaimer on our website. Please refer to the Tayside Contracts website for access to our Nutrition & Allergen Gateway along with our recipe book so you can try some of our recipes at home.

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

A copy of any medical confirmation from a health professional which details your child's allergens/intolerances, should be provided where possible.

Angus:

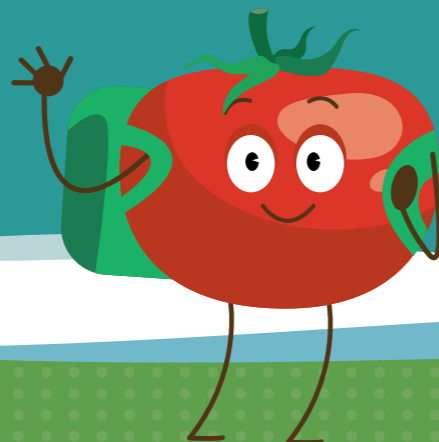
To arrange an adapted menu for your child please complete the Adapted Menu Registration Form, which is available from the school, online or by emailing ACCESSSchoolsLearnContracts@angus.gov.uk

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 SchoolCatering@pkc.gov.uk



WHAT'S FOR LUNCH?

- 2 choice menu, including a vegetarian choice
- 2 course meal with a drink and a choice of salad and freshly baked bread
- Pupils can choose either milk or water
- When dessert is available there is also the option of fresh fruit or yoghurt as an alternative

WHY CHOOSE SCHOOL MEALS?

- Mealtimes are a very sociable time in nursery
- Develops social skills and independence
- It's free!
- Tasty and healthy
- Time saving - no packed lunches to prepare

NUTRITION

All of our menus follow 'Setting the Table - nutritional guidance and food standards for early years childcare providers in Scotland' as closely as possible.

School meals are monitored as part of nursery inspections by the Care Inspectorate. We work closely with our suppliers to develop healthier products suitable for children and young people.

PRE-ORDER AND ONLINE INFORMATION

Our menus are colour coded to make pre-ordering simple. Pre-ordering ensures pupils receive their chosen meal. On our school meals web page, you will be able to view:

- Our recipes
- Pictorial menus
- Packed lunch menu
- Allergen and Nutrition Gateway

FREE MEALS

Children who are eligible for funded early learning and childcare can get a free meal on the days they go. This can be either breakfast, lunch or dinner. You do not need to apply for the free meal. All children who get funded early learning and childcare will get a meal automatically.

You can get up to 1,140 hours of funded early learning and childcare a year for all 3 or 4-year old children and eligible 2-year olds.

We would love to hear your thoughts and suggestions. Please email us at 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



NURSERY LUNCH MENU 2025/26

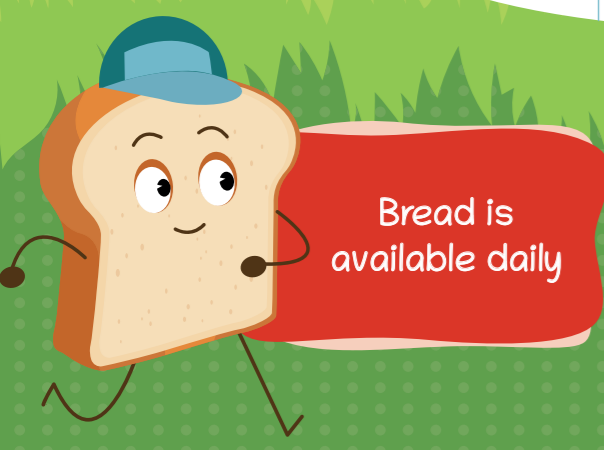
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 21st April 19th May 16th June 14th July 11th August 8th September 6th October 3rd November 1st December 29th December 26th January 23rd February 23rd March	Zingy Tomato Pasta (Ve) with Crusty Bread (Ve*) Savoury Sausage Roll (Ve*) with Mashed Potatoes & Baked Beans (Ve) Broccoli (Ve) Gingerbread Sponge (V) with Pears (Ve)	Breadsticks** (Ve) & Dip (V) Fish Nibbles with Potato Wedges Cheese Roll** with Pasta Salad (V) Sweetcorn (Ve)	Pasta Bolognese with Garlic Bread Baked Bean Baked Potato with Salad Selection (Ve) Carrots (Ve) Shortbread with Apple Slices (Ve)	Cream of Tomato Soup (V) Classic Macaroni Cheese with Crusty Bread (V) Crispy Chicken Goujons with Potato Wedges Green Beans (Ve)	Fish Fingers with Diced Potatoes Golden Vegetable Burger** with Diced Potatoes (V) Peas (Ve) Chocolate Sponge (V) with Mandarins (Ve)
WEEK 2 28th April 26th May 23rd June 21st July 18th August 15th September 13th October 10th November 8th December 5th January 2nd February 2nd March 30th March	Crackers & Cheese (V) Classic Macaroni Cheese with Garlic Bread (V) Fish Nibbles with Potato Wedges & Baked Beans Sweetcorn (Ve)	Mighty Mince with Mashed Potatoes (Ve) & Yorkshire Pudding (V) Golden Quorn Dippers with Mashed Potatoes & Baked Beans (Ve) Peas (Ve) Vanilla Sponge & Custard (V) with Pears (Ve)	Sweet Potato & Butternut Squash Soup (Ve) Cheese & Tomato Pizza Slice with Pasta Salad (V) Beef Burger** with Cheese & Potato Wedges Broccoli (Ve)	Hearty Quorn Sausage Casserole with Mashed Potatoes (Ve) Mild Chicken Curry with Rice Green Beans (Ve) Tiffin (V) with Mandarins (Ve)	Warming Chilli Non-Carne with Rice (Ve) BBQ Chicken Burrito with Rice Peas (Ve) Raspberry Jelly with Peaches (Ve)
WEEK 3 7th April 5th May 2nd June 30th June 28th July 25th August 22nd September 20th October 17th November 15th December 12th January 9th February 9th March	Cheese Sandwich Triangles with Salad Selection (V) Crispy Chicken Goujons with Potato Wedges Peas (Ve) Marble Sponge (V) with Mandarins (Ve)	Sliced Melon Medley (Ve) Quorn Dog Roll** with Diced Potatoes (V) Vegeballs in Gravy with Diced Potatoes (Ve) Sweetcorn (Ve)	Breaded Chicken Burger** with Salad Selection Mexican Burrito with Rice (Ve) Green Beans (Ve) Oatie Biscuit with Banana Slices (Ve)	Tomato & Vegetable Soup (V) Cheese & Tomato Pizza Slice with Potato Wedges (V) Ham Sandwich Triangles with Salad Selection Carrots (Ve)	Mild Quorn Korma with Rice (V) Fish Nibbles with Diced Potatoes & Baked Beans Peas (Ve) Chocolate Cookie (V) with Pears (Ve)
WEEK 4 14th April 12th May 9th June 7th July 4th August 1st September 29th September 27th October 24th November 22nd December 19th January 16th February 16th March	Lentil Soup (Ve) Cosy Quorn Sausages in Gravy with Potato Wedges (Ve) Fish Fingers with Potato Wedges & Baked Beans Peas (Ve)	Zingy Tomato Pasta (Ve) with Crusty Bread (Ve*) Tangy BBQ Pizza Slice with Pasta Salad (V) Broccoli (Ve) Tiffin (V) with Peaches (Ve)	Traditional Steak Pie with Boiled Potatoes Classic Macaroni Cheese with Garlic Bread (V) Carrots (Ve) Ice Cream (V) with Fruit Cocktail (Ve)	Sunshine Quorn Curry* with Rice & Chapati Bread (V) Ham Sandwich Triangles with Pasta Salad Green Beans (Ve) Sticky Toffee Pudding (V) with Apple Slices (Ve)	Cheese & Tomato Oatie (V) Fish Nibbles with Mashed Potatoes & Baked Beans Hearty Pasta Bolognese (Ve) with Garlic Bread (Ve*) Peas (Ve)

Food is fun, food is fuel!



(V) Vegetarian
(Ve) Vegan
(Ve*) May contain egg/milk
*May contain nuts
**May contain sesame

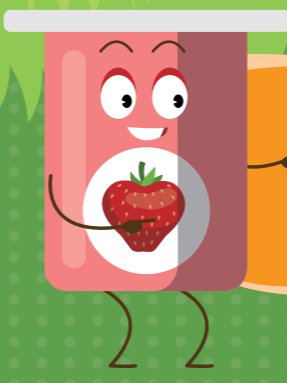
Hi I'm Leon. I am new here and look forward to keeping you up to date with all things school meals!



Bread is available daily



Fruit, vegetables and salad are available daily



Yoghurt is also offered as an alternative on dessert days



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