

2014/2015 Term dates

AUTUMN TERM

- Tuesday 21 October 2014 - All start
- Tuesday 19 December 2014 - Term ends

SPRING TERM

- Tuesday 6 January 2015 - All start
- Friday 13 February 2015 - Mid-term, All break
- Monday 23 February 2015 - All start
- Thursday 2 April 2015 - Term ends

The Easter break incorporates the following holidays:

- Good Friday - Friday 3 April 2015
- Easter Monday - Monday 6 April 2015
- Spring Holiday - Monday 20 April 2015

Free school meals

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

- Child Tax Credit with an annual income of less than £16,010
- Child Tax Credit and Working Tax Credit with an annual income of less than £6420 -(This benefit qualifies for free school meals only)
- Universal Credit
- Income Support
- Income-Related Employment and Support Allowance
- Jobseeker's Allowance (income-based)
- Support under Part VI of the Immigration and Asylum Act 1999

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

Autumn/ Winter lunch menu

Welcome to the Autumn/ Winter menu, this menu will run from after the October break until the Easter holidays. For this menu we have been working with the Soil Association and are working towards achieving their Bronze Catering Mark.

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.

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 give pupils an opportunity to try new foods and participate with special events during the year. The following theme lunches will be taking place in the coming sessions

- 29 October – Halloween
- 26 November – St Andrew's Day
- Date TBA – Christmas Menu
- 28 January – Burns
- 1 April – Easter Lunch

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

Menu and prices

The cost of a primary school meal is £1.90.

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.

Free School Meals for P1 - P3

As part of a Scottish Government initiative, from **January 2015**, all pupils in primary 1 to primary 3 will be entitled to a free school meal

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



HAPPY TO TRANSLATE

You can get this document on tape, in Braille, large print and various computer formats if you ask us. Please contact ITS on 0131 242 8181 and quote reference number 14-0774. ITS can also give information on community language translations.



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | MENU CYCLE | | |
|---------------|---|---|--|--|---|---|---|--|
| WEEK 1 | <p>Lentil Soup ✓</p> <p>Chicken Korma Brown Rice and Sweetcorn <i>or</i> B.B.Q Quorn Hot Wrap Rice and Sweetcorn ✓</p> <p>Tuna Salad Baguette</p> <p>Fruit Muffin <i>or</i> Fruit Yoghurt</p> <p>Orange or Apple Juice, Milk or Flavoured Milk</p> <p>Available Daily: Fresh Fruit Pots Salad Pots & Selection of Breads</p> | <p>Tomato and Rice Soup ✓</p> <p>Chicken Burger in a Bun Saute Potatoes and Beans <i>or</i> Jacket Potato with Beans ✓</p> <p>Turkey Sandwich on Brown Bread</p> <p>Rice Pudding and Jam or Fruit Yoghurt</p> <p>Orange or Apple Juice, Milk or Flavoured Milk</p> <p>Available Daily: Fresh Fruit Pots Salad Pots & Selection of Breads</p> | <p>Potato Soup ✓</p> <p>Savoury Mince Mashed Potatoes and Broccoli <i>or</i> Macaroni Cheese, Salad & Garlic Bread ✓</p> <p>Chicken Mayo Wrap</p> <p>Fruit Jelly <i>or</i> Fruit Yoghurt</p> <p>Orange or Apple Juice, Milk or Flavoured Milk</p> <p>Available Daily: Fresh Fruit Pots Salad Pots & Selection of Breads</p> | <p>Carrot and Corriander Soup ✓</p> <p>Dressed Haddock, Chips & Peas <i>or</i> Vegetable Chow Mein, Peas and Salad ✓</p> <p>Egg Mayo Sandwich ✓</p> <p>Ice Cream and Fruit <i>or</i> Fruit Yoghurt</p> <p>Orange or Apple Juice, Milk or Flavoured Milk</p> <p>Available Daily: Fresh Fruit Pots Salad Pots & Selection of Breads</p> | <p>Mushroom Soup ✓</p> <p>Chicken and Tomato Pasta Bake, Green Beans and Salad <i>or</i> Quorn Sausage in a Hot Dog Roll Potato Salad and Green Salad ✓</p> <p>Ham and Tomato Roll</p> <p>Shortbread <i>or</i> Fruit Yougurt</p> <p>Orange or Apple Juice, Milk or Flavoured Milk</p> <p>Available Daily: Fresh Fruit Pots Salad Pots & Selection of Breads</p> | WEEKS COMMENCING | 20 October 10 November 1 December 5 January 26 January 23 February 16 March | |
| WEEK 2 | <p>Scotch Broth ✓</p> <p>Spaghetti Bolognaise Garlic Bread and Sweetcorn <i>or</i> Baked Potato with Cheese and Sweetcorn ✓</p> <p>Tuna Wrap</p> <p>Flapjack <i>or</i> Fruit Yoghurt</p> <p>Orange or Apple Juice, Milk or Flavoured Milk</p> <p>Available Daily: Fresh Fruit Pots Salad Pots & Selection of Breads</p> | <p>Lentil Soup ✓</p> <p>Chicken Goujons with Sweet and Sour Sauce, Rice and Green Beans <i>or</i> Cauliflower and Broccoli Bake with Sliced Potatoes and Green Beans ✓</p> <p>Ham and Tomato Roll</p> <p>Iced Sponge and Custard <i>or</i> Fruit Yoghurt</p> <p>Orange or Apple Juice, Milk or Flavoured Milk</p> <p>Available Daily: Fresh Fruit Pots Salad Pots & Selection of Breads</p> | <p>Farmhouse Tomato ✓</p> <p>Steak Pie with Mashed Potatoes, Carrots and Cabbage <i>or</i> Vegetable Pie topped with Mashed Potato, Carrots and Cabbage ✓</p> <p>Chicken Mayo Sandwich</p> <p>Jelly Whip <i>or</i> Fruit Yoghurt</p> <p>Orange or Apple Juice, Milk or Flavoured Milk</p> <p>Available Daily: Fresh Fruit Pots</p> | <p>Potato and Leek Soup ✓</p> <p>Dressed Haddock, Chips, Peas or Beans <i>or</i> Pasta Shells in Tomato Sauce with Peas and Salad ✓</p> <p>Ham Sandwich</p> <p>Apple Tart <i>or</i> Fruit Yoghurt</p> <p>Orange or Apple Juice, Milk or Flavoured Milk</p> <p>Available Daily: Fresh Fruit Pots Salad Pots & Selection of Breads</p> | <p>Vegetable Soup ✓</p> <p>Sausage Casserole, New Potatoes and Broccoli <i>or</i> Vegetable Risotto and Broccoli ✓</p> <p>Egg Mayo Sandwich ✓</p> <p>Raspberry Mousse <i>or</i> Fruit Yoghurt</p> <p>Orange or Apple Juice, Milk or Flavoured Milk</p> <p>Available Daily: Fresh Fruit Pots Salad Pots & Selection of Breads</p> | | WEEKS COMMENCING | 27 October 17 November 8 December 12 January 2 February 2 March 23 March |
| WEEK 3 | <p>Leek and Potato Soup ✓</p> <p>Chicken Casserole, New Potatoes, Broccoli and Cauliflower <i>or</i> Broccoli Quiche, New Potatoes and Cauliflower ✓</p> <p>Tuna Sandwich on Brown Bread</p> <p>Ginger Cookie or Fruit Yoghurt</p> <p>Orange or Apple Juice, Milk or Flavoured Milk</p> <p>Available Daily: Fresh Fruit Pots Salad Pots & Selection of Breads</p> | <p>Tomato Soup ✓</p> <p>Salmon Fishcakes, Potato Wedges and Sweetcorn <i>or</i> Cheese and Tomato Pizza Potato Wedges and Sweetcorn ✓</p> <p>Ham Salad Sandwich</p> <p>Fruit Jelly <i>or</i> Fruit Yoghurt</p> <p>Orange or Apple Juice, Milk or Flavoured Milk</p> <p>Available Daily: Fresh Fruit Pots Salad Pots & Selection of Breads</p> | <p>Lentil Soup ✓</p> <p>Meatballs in Tomato Sauce Spaghetti and Salad <i>or</i> Baked Potato with Ratatouille and Salad ✓</p> <p>Cheese Sandwich ✓</p> <p>Oaty Fruit Crumble and Custard <i>or</i> Fruit Yoghurt</p> <p>Orange or Apple Juice, Milk or Flavoured Milk</p> <p>Available Daily: Fresh Fruit Pots Salad Pots & Selection of Breads</p> | <p>Vegetable Soup ✓</p> <p>Dressed Haddock, Chips and Peas <i>or</i> Spanish Omelette, Chips and Peas ✓</p> <p>Chicken Mayo Roll</p> <p>Krispie Cake <i>or</i> Fruit Yoghurt</p> <p>Orange or Apple Juice, Milk or Flavoured Milk</p> <p>Available Daily: Fresh Fruit Pots Salad Pots & Selection of Breads</p> | <p>Minestrone Soup ✓</p> <p>Chicken Fajitas with Rice and Green Beans <i>or</i> Vegetable Stir Fry and Green Beans ✓</p> <p>Egg Mayo Sandwich ✓</p> <p>Strawberry Mousse <i>or</i> Fruit Yoghurt</p> <p>Orange or Apple Juice, Milk or Flavoured Milk</p> <p>Available Daily: Fresh Fruit Pots Salad Pots & Selection of Breads</p> | | | WEEKS COMMENCING |
| | | | | | | ✓ Vegetarian option Bread available every day | | |