

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

- October – Mexican
- November – Bonfire
- December – Christmas 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 main and a pudding plus vegetables or salad and a healthy drink.

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



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU CYCLE	
WEEK 1	Cottage Pie with Baby New Potatoes <i>or</i> Bolognese Pasta (Quorn) ♣ <i>or</i> Assorted Jacket Potatoes <i>or</i> Tuna Mayonnaise or Cheese Salad Sandwich ♣ Sweetcorn/ Fresh Carrots/ Mixed Salad Oaty Fruit Crumble with Custard Seasonal Fresh Fruit Cool Water	Chicken and Sweetcorn Pie with Mashed Potato <i>or</i> Cheese and Tomato Pizza with Jacket Wedges ♣ <i>or</i> Assorted Jacket Potatoes <i>or</i> Ham Salad or Egg Mayonnaise Sandwich Garden Peas / Fresh Broccoli Florets/ Cucumber and Tomato Salad Wholemeal Chocolate Crunch Seasonal Fresh Fruit Cool Water	Roast Pork with Crispy Roast Potatoes and Gravy <i>or</i> Quorn Roast with Crispy Roast Potatoes or Mashed Potatoes and Gravy ♣ <i>or</i> Assorted Jacket Potatoes <i>or</i> ♣ Savoury Cheese or Chicken Salad Sandwich Seasonal Cabbage/ Fresh Carrots/ Beetroot and Spring Onion Salad Pear and Cinnamon Pudding with Custard Seasonal Fresh Fruit Cool Water	Salmon Fish Fingers with Chipped Potatoes <i>or</i> Pasta Neapolitan with Garlic and Herb Bread ♣ <i>or</i> Assorted Jacket Potatoes <i>or</i> Tuna Salad or Ham and Tomato Sandwich Baked Beans/ Green Beans/ Vegetable Sticks Ice Cream Bar with Toppings Seasonal Fresh Fruit Cool Water	Beef Lasagne <i>or</i> Jacket Potato with Cheese ♣ <i>or</i> Assorted Jacket Potatoes <i>or</i> ♣ Egg Salad or Tuna Mayonnaise Sandwich Garden Peas/ Crunchy Light Coleslaw/ Tomato and Cucumber Salsa Citrus Crispie Seasonal Fresh Fruit Cool Water	WEEKS COMMENCING 20 October 10 November 1 December 5 January 26 January 23 February 16 March	
WEEK 2	Sausage Pie with Mashed Potato <i>or</i> Cheese and Tomato Sub with Baked Cajun Wedges ♣ <i>or</i> Assorted Jacket Potatoes <i>or</i> Tuna Mayonnaise or Cheese Salad Sandwich ♣ Baked Beans/ Garden Peas/ Carrot and Sultana Salad Apple Flapjack with Custard Seasonal Fresh Fruit Cool Water	Italian Beef Bolognese Pasta with Tomato and Herby Bread <i>or</i> Hot Dog with New Potatoes ♣ <i>or</i> Assorted Jacket Potatoes <i>or</i> Ham Salad or Egg Mayonnaise Sandwich ♣ Fresh Broccoli Florets/ Fresh Carrots/ Apple and Celery Salad Berry Chill Seasonal Fresh Fruit Cool Water	Roast Turkey with New Potatoes or Mashed Potatoes and Gravy <i>or</i> Shepherdess Pie ♣ <i>or</i> Assorted Jacket Potatoes <i>or</i> ♣ Savoury Cheese or Chicken Salad Sandwich Fresh Swede/ Seasonal Cabbage/ Mixed Salad Summer Fruit Pie with Custard Seasonal Fresh Fruit Cool Water	Crispy Battered Fish with Chipped Potatoes <i>or</i> Macaroni Cheese ♣ <i>or</i> Assorted Jacket Potatoes <i>or</i> Tuna Salad or Ham and Tomato Sandwich Sweetcorn/ Garden Peas/ Fresh Vegetable Sticks Vanilla Sponge with Vanilla Custard Seasonal Fresh Fruit Cool Water	Meatballs with Basmati Rice <i>or</i> Spicy Quorn Pitta Pocket ♣ <i>or</i> Assorted Jacket Potatoes <i>or</i> ♣ Egg Salad or Tuna Mayonnaise Sandwich Roasted Vegetables / Sweetcorn/ Chopped Cucumber and Tomato Salad Carrot Cake Seasonal Fresh Fruit Cool Water		WEEKS COMMENCING 27 October 17 November 8 December 12 January 2 February 2 March 23 March
WEEK 3	Beef Chilli with Boiled Rice <i>or</i> Ratatouille and Mixed Bean Wrap with Cous Cous ♣ <i>or</i> Assorted Jacket Potato <i>or</i> Tuna Mayonnaise or Cheese Salad Sandwich ♣ Fresh Carrots/ Green Beans/ Carrot and Sultana Salad Fruity Yoghurt Crunch Seasonal Fresh Fruit Cool Water	Salmon and Sweetcorn Pasta <i>or</i> Cheese and Tomato Pizza with half Jacket Potato ♣ <i>or</i> Assorted Jacket Potato <i>or</i> Ham Salad or Egg Mayonnaise Sandwich ♣ Garden Peas/ Roasted Vegetables/ Vegetable Sticks Toffee Apple Crumble with Custard Seasonal Fresh Fruit Cool Water	Roast Beef with Baby New Potatoes and Gravy <i>or</i> Quorn Roast with Crispy Roast Potatoes or Mashed Potato and Gravy ♣ <i>or</i> Assorted Jacket Potato <i>or</i> ♣ Savoury Cheese or Chicken Salad Sandwich Fresh Cabbage/ Fresh Carrots/ Apple, Cucumber and Celery Salad Giant Crunchy Cookie with Milk Seasonal Fresh Fruit Cool Water	Golden Fish Fingers and Chipped Potatoes <i>or</i> Vegetable Lasagne ♣ <i>or</i> Assorted Jacket Potato <i>or</i> Tuna Salad or Ham and Tomato Sandwich Baked Beans/ Garden Peas/ Light Crunchy Coleslaw Sultana and Orange Shortcake Seasonal Fresh Fruit Cool Water	Chicken Curry with Steamed Rice <i>or</i> Quorn Burger with Onions and Tomato Sauce ♣ <i>or</i> Assorted Jacket Potato <i>or</i> ♣ Egg Salad or Tuna Mayonnaise Sandwich Roasted Vegetables/ Sweetcorn/ Chopped Cucumber and Tomato Salad Marble Cake with Chocolate Sauce Seasonal Fresh Fruit Cool Water		
	♣ Vegetarian option Bread available every day						