



City of Edinburgh Council is working in partnership with Food for Life Scotland to ensure the food served in all council-run schools maintains the Bronze Catering Mark.

The Catering Mark offers a clear signal that the catering services in our city's schools serve fresh food using

seasonal menus which are free from undesirable additives and trans fats and use meat that complies with UK welfare standards.

We help food providers boost the health, economic and environmental benefits of the food they serve and together we are helping Scotland become a Good Food Nation.

The Catering Mark encourages and rewards caterers that:

Serve fresh food

Champion local food producers

Source environmentally sustainable and ethical food

Make healthy eating easier

But that's not all. Food for Life Scotland and City of Edinburgh Council are also working on an exciting new initiative for Edinburgh's schools. The Food for Life Scotland Education Framework is helping Edinburgh schools embed and celebrate a whole-school approach to food education, bringing together catering and the curriculum.

To find out more about Food for Life Scotland please visit our website:

www.foodforlifescotland.org

2015/2016 TERM DATES

AUTUMN TERM

- Wednesday 21 October 2015 – All start
- Tuesday 22 December 2015 – Term ends

WINTER TERM

- Thursday 7 January 2016 – All start
- Friday 12 February 2016 – Mid-term, All break
- Monday 22 February 2016 – All start
- Thursday 24 March 2016 – Term ends

The Easter break incorporates the following holidays:

- Good Friday – Friday 25 March 2016
- Easter Monday – Monday 28 March 2016

Free school meals

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

- Income Support
- Income based job seekers allowance
- Income-Related Employment and Support Allowance
- Support under Part VI of the immigration and Asylum Act 1999
- Child Tax Credit ONLY with an annual income of less than £16,105
- Universal Credit
- Child Tax Credit and Working Tax Credit with an annual Income of less than £6,420

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

Tel: 0131 469 3033

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.

Our menus have been awarded the Soil Associations Bronze Food for Life catering mark as well and continue to comply with the Schools (Health promotion and nutrition) (Scotland) Act 2007. Menus are freshly prepared and where possible produce is sourced from local producers 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

- 28 October – Halloween menu
- W/C 7 December – Christmas Lunch (Day TBC in School)

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

Menu and prices

The cost of a primary school meal is £1.95 (August 2015).

For this price your child can have a two course meal – either soup and a hot main meal, or a hot main and a pudding plus vegetables/ salad and bread.

A drink is also provided with the meal.

Free School Meals for P1 - P3

As part of a Scottish Government initiative, all pupils in primary 1 to primary 3 are now entitled to a free school meal (from January 2015).

Special diets and allergies

Please let your school know if your child has any special dietary needs and they will ask you to complete a special diet request form.

Further information

For further details on menus, nutritional and allergen 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.uk/getgoing> Get Going!

Your local Get Going Co-ordinator is:
Conor McLean: 0131 458 2147
weightmanagement@edinburghleisure.co.uk



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 15-0738B. ITS can also give information on community language translations.



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | MENU CYCLE |
|--------|--|---|--|---|---|---|
| WEEK 1 | Home Made Soup ∇ Salmon Fish Fingers with New Potatoes or Cheesy Pasta with Crusty Bread ∇ or Baked Potato with a Choice of Fillings ∇ A selection of seasonal vegetables will be available daily to accompany main meals. Fresh Fruit Selection Available Daily: Seasonal Vegetables, Mixed Salad, Drinks & Bread Selection | Chicken Meatballs in Tomato Sauce with Pasta or Vegetable Fajitas with Potato Wedges ∇ or Baked Potato with a Choice of Fillings ∇ A selection of seasonal vegetables will be available daily to accompany main meals. Sponge Cake with Custard or Fresh Fruit Selection Available Daily: Seasonal Vegetables, Mixed Salad, Drinks & Bread Selection | Pizza/Pasta Day Homemade Soup ∇ Vegetable Pasta with Garlic Bread ∇ or Pizza with Chips ∇ or Baked Potato with a Choice of Fillings ∇ A selection of seasonal vegetables will be available daily to accompany main meals. Fresh Fruit Platter Available Daily: Seasonal Vegetables, Mixed Salad, Drinks & Bread Selection | Beef Steak Pie with Mashed Potato or Quorn Sausage Casserole with Potatoes ∇ or Baked Potato with a Choice of Fillings ∇ A selection of seasonal vegetables will be available daily to accompany main meals. Home Baking Selection or Fresh Fruit Selection Available Daily: Seasonal Vegetables, Mixed Salad, Drinks & Bread Selection | Filled Rolls/Sandwiches Yoghurt Fresh Fruit Juice Carton | WEEKS COMMENCING 19 October 2015 9 November 2015 30 November 2015 21 December 2015 18 January 2016 8 February 2016 7 March 2016 |
| WEEK 2 | Breaded Fish with Boiled Potato or Veggie Meatballs in a Yorkshire Pudding with Potatoes ∇ or Baked Potato with a Choice of Fillings ∇ A selection of seasonal vegetables will be available daily to accompany main meals. Fruit Crumble with Custard or Fresh Fruit Selection Available Daily: Seasonal Vegetables, Mixed Salad, Drinks & Bread Selection | Homemade Soup ∇ Chicken & Vegetable Casserole with Potatoes or Quorn Pasta Bolognaise ∇ or Baked Potato with a Choice of Fillings ∇ A selection of seasonal vegetables will be available daily to accompany main meals. Yoghurt Selection Available Daily: Seasonal Vegetables, Mixed Salad, Drinks & Bread Selection | Gammon with Roast Potatoes or Veggie Korma with Rice ∇ or Baked Potato with a Choice of Fillings ∇ A selection of seasonal vegetables will be available daily to accompany main meals. Banana Loaf with Custard or Fresh Fruit Selection Available Daily: Seasonal Vegetables, Mixed Salad, Drinks & Bread Selection | Pizza/Pasta Day Homemade Soup ∇ Veggie Lasagne with Garlic Bread ∇ or Pizza with Chips ∇ or Baked Potato with a Choice of Fillings ∇ A selection of seasonal vegetables will be available daily to accompany main meals. Fresh Fruit Platter Available Daily: Seasonal Vegetables, Mixed Salad, Drinks & Bread Selection | Filled Rolls/Sandwiches Yoghurt Fresh Fruit Juice Carton | WEEKS COMMENCING 26 October 2015 16 November 2015 7 December 2015 4 January 2016 25 January 2016 22 February 2016 14 March 2016 |
| WEEK 3 | Homemade Soup ∇ Cod Chunks with Chips or Quorn Chilli with Rice ∇ or Baked Potato with a Choice of Fillings ∇ A selection of seasonal vegetables will be available daily to accompany main meals. Yoghurt Selection Available Daily: Seasonal Vegetables, Mixed Salad, Drinks & Bread Selection | Pizza/Pasta Day Neapolitan Pasta with Garlic Bread ∇ or Pizza with Potato Wedges ∇ or Baked Potato with a Choice of Fillings ∇ A selection of seasonal vegetables will be available daily to accompany main meals. Lemon Sponge with Custard or Fresh Fruit Selection Available Daily: Seasonal Vegetables, Mixed Salad, Drinks & Bread Selection | Homemade Soup ∇ Minced Beef with Potatoes or Macaroni Cheese with Crusty Bread ∇ or Baked Potato with a Choice of Fillings ∇ A selection of seasonal vegetables will be available daily to accompany main meals. Fresh Fruit Salad Available Daily: Seasonal Vegetables, Mixed Salad, Drinks & Bread Selection | Pork Sausages with Mashed Potato and Beans or Veggie Haggis with Clapshot ∇ or Baked Potato with a Choice of Fillings ∇ A selection of seasonal vegetables will be available daily to accompany main meals. Chocolate Beetroot Brownie or Fresh Fruit Platter Available Daily: Seasonal Vegetables, Mixed Salad, Drinks & Bread Selection | Filled Rolls/Sandwiches Yoghurt Fresh Fruit Juice Carton | WEEKS COMMENCING 2 November 2015 23 November 2015 14 December 2015 11 January 2016 1 February 2016 29 February 2016 21 March 2016 |

∇ Vegetarian option
Bread available every day

