

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

- 29th November - Guy Fawkes Celebration
- w/c 8th 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 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, 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.uk>

Get Going! Your local Get Going Co-ordinator is:
Jodie Montgomery:
jodiemontgomery@edinburghleisure.co.uk
0131 458 2147



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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 14-0775. ITS can also give information on community language translations.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU CYCLE
WEEK 1	<p>Homemade Soup [✓]</p> <p>Salmon Fish Finger with New Potatoes & Vegetables <i>or</i> Cheesy Pasta with Vegetables or Salad & Crusty Bread [✓] <i>or</i> Jacket Potato with a Choice of Fillings Fresh Fruit Selection Seasonal Vegetables, Mixed Salad, Bread & a Drink Available Daily as part of the meal</p>	<p>Chicken Meatballs in a Tomato Sauce with Pasta <i>or</i> Vege' Enchilada served with Cous Cous [✓] <i>or</i> Jacket Potato with a Choice of Fillings Jam & Coconut Sponge with Custard <i>or</i> Fresh Fruit Seasonal Vegetables, Mixed Salad, Bread & a Drink Available Daily as part of the meal</p>	<p>Homemade Soup [✓]</p> <p>Chicken Curry with Rice <i>or</i> Pizza with Salad & Chips [✓] <i>or</i> Jacket Potato with a Choice of Fillings Fresh Fruit Platter Seasonal Vegetables, Mixed Salad, Bread & a Drink Available Daily as part of the meal</p>	<p>Beef Steak Pie with Mashed Potatoes & Vegetables <i>or</i> Vege' Sausage Casserole with Mashed Potatoes & Vegetables [✓] <i>or</i> Jacket Potato with a Choice of Fillings Banana Loaf with Custard <i>or</i> Selection of Fresh Fruit Seasonal Vegetables, Mixed Salad, Bread & a Drink Available Daily as part of the meal</p>	<p>Filled Roll/Sandwich Yoghurt Fresh Fruit Juice/Milk</p>	<p>WEEKS COMMENCING</p> <p>20 October 10 November 1 December 5 January 26 January 23 February 16 March</p>
WEEK 2	<p>Breaded Fish with Boiled Potatoes & Vegetables <i>or</i> Vege' Meatballs in a Yorkshire Pudding with Boiled Potatoes & Vegetables [✓] <i>or</i> Jacket Potato with a Choice of Fillings Fruit Crumble & Custard <i>or</i> Fresh Fruit Selection Seasonal Vegetables, Mixed Salad, Bread & a Drink Available Daily as part of the meal</p>	<p>Homemade Soup [✓]</p> <p>Chicken Casserole with Potatoes & Vegetables <i>or</i> Quorn Bolognaise [✓] <i>or</i> Jacket Potato with a Choice of Fillings Yogurt Selection/ Fresh Fruit Selection Seasonal Vegetables, Mixed Salad, Bread & a Drink Available Daily as part of the meal</p>	<p>Pork Slice with Potatoes & Vegetables <i>or</i> Vege' Korma served with Rice [✓] <i>or</i> Jacket Potato with a Choice of Fillings Flapjack <i>or</i> Fresh Fruit Salad Seasonal Vegetables, Mixed Salad, Bread & a Drink Available Daily as part of the meal</p>	<p>Homemade Soup [✓]</p> <p>Chicken & Ham Pasta with Garlic Bread & Salad <i>or</i> Pizza, Salad & Chips [✓] <i>or</i> Jacket Potato with a Choice of Fillings Seasonal Fruit Platter Seasonal Vegetables, Mixed Salad, Bread & a Drink Available Daily as part of the meal</p>	<p>Filled Roll/Sandwich Yoghurt Fresh Fruit Juice/Milk</p>	<p>WEEKS COMMENCING</p> <p>27 October 17 November 8 December 12 January 2 February 2 March 23 March</p>
WEEK 3	<p>Homemade Soup [✓]</p> <p>Fish Goujons with Peas & Chips <i>or</i> Macaroni Cheese & Salad [✓] <i>or</i> Jacket Potato with a Choice of Fillings Yogurt Selection/ Fresh Fruit Selection Seasonal Vegetables, Mixed Salad, Bread & a Drink Available Daily as part of the meal</p>	<p>Sweet & Sour Chicken <i>or</i> Pizza with Potato Wedges & Salad [✓] <i>or</i> Jacket Potato with a Choice of Fillings Lemon Sponge & Custard <i>or</i> Seasonal Fruit Seasonal Vegetables, Mixed Salad, Bread & a Drink Available Daily as part of the meal</p>	<p>Homemade Soup [✓]</p> <p>Minced Beef with Potatoes & Vegetables <i>or</i> Vege' Bake [✓] <i>or</i> Jacket Potato with a Choice of Fillings Fresh Fruit Salad Seasonal Vegetables, Mixed Salad, Bread & a Drink Available Daily as part of the meal</p>	<p>Pork Sausages with Mashed Potatoes & Beans <i>or</i> Seasonal Vegetable Ratatouille served [✓] with Cous Cous <i>or</i> Jacket Potato with a Choice of Fillings Chocolate Beetroot Brownie <i>or</i> Fresh Fruit Platter Seasonal Vegetables, Mixed Salad, Bread & a Drink Available Daily as part of the meal</p>	<p>Filled Roll/Sandwich Yoghurt Fresh Fruit Juice/Milk</p>	<p>WEEKS COMMENCING</p> <p>3 November 24 November 15 December 19 January 9 February 9 March 30 March</p>

[✓] Vegetarian option
Bread available every day