

# School menus

## My child requires a 'Special Diet', can they have school lunches?

School lunches can be provided for children requiring medically prescribed diets. These are diets required to treat a specific condition for example a gluten free diet for coeliac disease, a milk free diet for milk intolerance.

To organise a diet for your child you need to ask your GP or Dietitian to write to:

**Fiona Dawson - Monitoring Officer**  
Education Department  
Angus House  
Orchardbank Business Park  
Forfar DD8 1AE

[dawsonf@angus.gov.uk](mailto:dawsonf@angus.gov.uk)

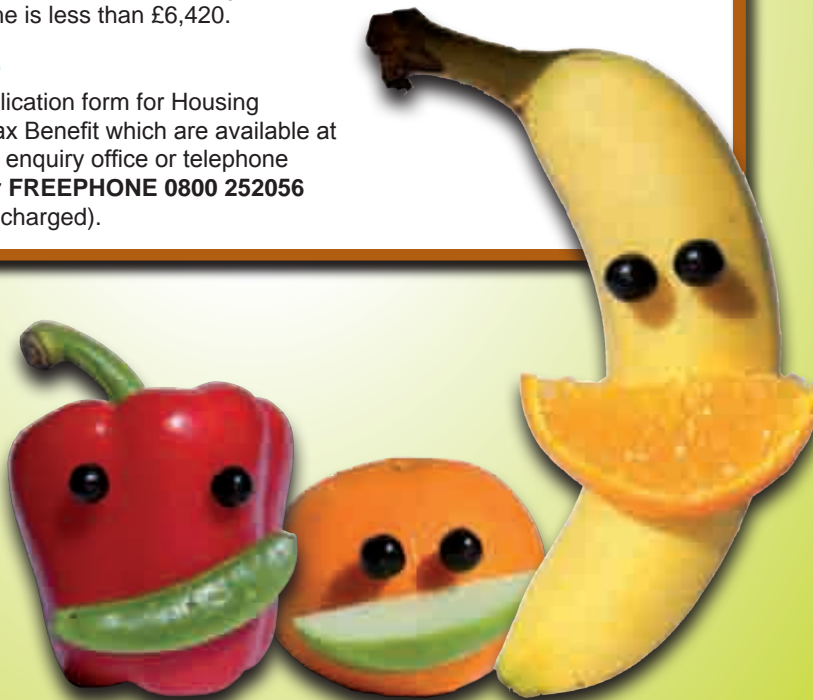
Please include details of your child's name, address, date of birth, the school they attend and the type of diet they are on.

## Can I get free school meals for my child?

Yes - if you are in receipt of Income Support, Job Seekers Allowance (Income Based), Employment and Support Allowance (Income Related), support under Part VI of the Immigration and Asylum Act 1999, Child Tax Credits but only if your income is less than £16,190 or Working Tax Credit but only if your income is less than £6,420.

## How do I apply?

Complete an application form for Housing Benefit/Council tax Benefit which are available at your local benefit enquiry office or telephone **01382 536500 or FREEPHONE 0800 252056** (mobiles may be charged).



# School

# Meals

Autumn / Winter 2010/11

[www.tayside-contracts.co.uk](http://www.tayside-contracts.co.uk)

Our school menus meet the Nutrient Standards for Food and Drink set for school lunches

Tayside  contracts

# Don't miss out on free school meals entitlement

Perth & Kinross Council is encouraging parents and carers to check out if they can get free school meals for their children. This can be worth nearly £350 per annum!

A great choice of meals are available for primary and secondary pupils, offering healthier lunch options and the chance for children and young people to spend time with their friends in a welcoming environment. Pupils at secondary schools can also redeem their free meal entitlement during morning break or at breakfast time, where services are provided. Free school meal provision is confidential and school systems maintain the anonymity of children and families.

You can claim free school meals for your child if you are receiving:

- Income Support (IS)
- Income based Job Seeker's Allowance (IBJSA)
- Any income related element of Employment and Support Allowance
- Child Tax Credit (CTC), but not Working Tax Credit, and your income is less than £16,190 (as assessed by HM Revenue and Customs)
- Child Tax Credit (CTC) and Working Tax Credit (WTC) and your income is less than £6,420 (as assessed by the Inland Revenue)

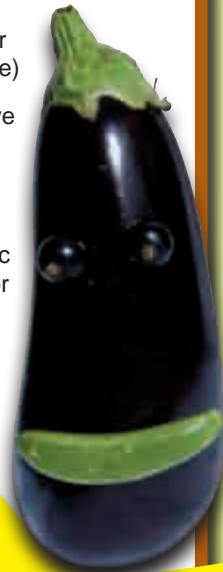
Young people aged between 16 and 18 who receive any of the above benefits in their own right can also claim free meals for themselves.

## Special diets

Primary school lunches can be provided for children requiring medically prescribed diets. These are diets required to treat a specific condition eg a gluten free diet for Coeliac disease, a milk free diet for milk intolerance... To organise a diet for your child you need to complete a medically prescribed diet application form available from your child's school, by phoning **01738 476341**, e-mail **ecscateringsupport@pkc.gov.uk** or by downloading from **www.pkc.gov.uk/schoolmeals**

Pupils in secondary schools are encouraged to seek information from the school Cook in Charge as secondary school food services offer a wide choice of meals and snacks for pupils to choose from.

For further information about free school meals, please contact Education and Children's Services on **01738 476200**, email **ecsschools@pkc.gov.uk** or visit the Council website at **www.pkc.gov.uk/schoolmeals**



# School menus

Dundee City Council Education Department in partnership with Tayside Contracts, offer a great choice of meals for all our primary pupils.

**Our varied school lunch menu meets all the nutritional standards set by the Scottish Government.**

**Schools are offering healthier lunch options in a safe and welcoming environment for your children, where they can sit with their friends and enjoy their lunch.**

## Frequently Asked Questions

**My child requires a 'Special Diet' can they have school lunches?**

Dundee City Council can provide a 'Special Diet' for your child for a variety of reasons e.g. Egg Free, Gluten Free etc. Ask your school for details of the diets that can be provided.

To organise a 'Special Diet' for your child you should provide the school with a written request for the diet giving your child's name, class, date of birth and type of diet required. For an Allergy/Intolerance Diet, please ensure that you have a letter from your GP or Clinic detailing foods to be avoided e.g. nuts.

**How can I ensure my child receives the main meal of their choice?**

All schools now run a pre order service. When opting for a school lunch your child can choose their main meal. This ensures that your child will get what they want for lunch.

## Don't miss out on free school meals entitlement

Dundee City Council is encouraging parents and carers to check out if they are entitled to free school meals for their children. You can claim free school meals for your child if you are receiving: Income Support Job Seekers Allowance, Employment and Support Allowance, Child Tax Credits, Working Tax Credits - all are Income Based.

## For more details

Download the form on [www.dundee.gov.uk](http://www.dundee.gov.uk) and come to Tayside House, Floor 2. Bring proof of benefit eg Full Award Letter and proof of Child Benefit Entitlement.



For further information about schools meals, please contact the **Catering Officer**, Tayside House DD1 3RJ Tel: **01382 433569**

