

It's fun to eat with
The Fab 5



Dear Parent or Guardian,

This leaflet provides you with information about the schools meals service available in East Lothian Council primary schools. Choosing the school meal option for your child ensures that he or she gets a healthy meal that will keep them going throughout the afternoon. Our menus are nutritionally balanced and meet the Scottish Government's legislation for nutritional standards for primary school meals. This leaflet contains a copy of our new 2-week cycle menu available in primary schools and a programme of dates so that you can see what is on the menu on any given day of the cycle. We hope that you find this information useful and we look forward to serving tasty and nutritious school meals to your child whilst at primary school.

Joyce Marlow

Catering Manager, East Lothian Council

This leaflet includes:

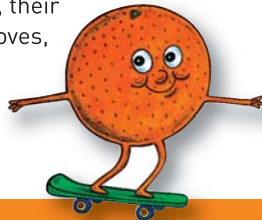
- Detailed information about primary school meals
- A copy of our new 2-week cycle menu 2010/2011
- A list of school session dates for 2009/2010
- Information about free fruit in schools and special theme days
- Advice on dental health, physical exercise and tips on a healthy lifestyle
- A list of useful websites providing more information on healthy living
- Our contact details.

You can also help us to continually improve your school meals service by giving us your comments, ideas and suggestions. For example, you could tell us what you think of this leaflet.

Menu and Prices

The new 2-week menu cycle will commence in all primary schools from Monday 31 May 2010. The menus include a range of the dishes most popular with children and meet all of the Scottish Government's nutritional standards.

The 2-course meal costs £1.70 and consists of soup or dessert and a choice of three hot main meal options including a filled baked potato option. Free bread, salad and a choice of milk or water are available with the meal. Meals are available Monday to Thursday and a packed lunch option is available on Fridays. There are huge benefits in children eating a nutritious 2-course meal at lunchtime. Research shows that if children eat a nutritious midday meal at school, their concentration and behaviour improves, they gain important social skills and they are more likely to eat their recommended '5 a-day' fruit and vegetables.



Free School Meals

If you or your partner is claiming Income Support, Income Based Job Seekers Allowance or you are in receipt of Child Tax Credits (**but not Working Tax Credit**) with an Annual Income of less than £16,190, your child may be entitled to receive free school meals. You can pick up an application form at your child's school, at your local Area Office or from the Education & Children's Services Department, 2nd Floor, John Muir House, Haddington.



Special Diets & Allergies

Should your child have a special dietary need either medical or cultural, please call the school and ask to speak to the kitchen supervisor, alternatively contact **Joyce Marlow, Catering Manager.** Telephone 01620 827820

Menu – Week 1

- 2010**
- 31 May
 - 14 June
 - 28 June
 - 23 August
 - 6 September
 - 20 September
 - 4 October
 - 25 October
 - 8 November
 - 22 November
 - 6 December
 - 20 December
-
- 2011**
- 17 January
 - 31 January
 - 21 February
 - 7 March
 - 21 March
 - 4 April
 - 2 May
 - 16 May

	Monday	Tuesday	Wednesday	Thursday
Soup V	Lentil V Selection bread & rolls	Cook's choice V Selection bread & rolls	Carrot & coriander V Selection bread & rolls	Green split pea V Selection bread & rolls
Main course	Salmon fish fingers & chips	Chicken curry & boiled rice	Steak pie & boiled potatoes	Roast chicken & mashed potatoes
Vegetarian choice V	Macaroni cheese & crusty bread V	Vegetarian stovies & oatcakes V	Cook's vegetarian choice [see below] V	Quorn burger in a salad bun & jacket wedges V
Baked potato choice	Baked potato available Monday – Thursday with a choice of fillings: Tuna cheese baked beans			
Vegetables & salad V	Mixed salad & cook's choice of vegetables available Monday – Thursday V			
Desserts	Yoghurt Fresh fruit/ fresh fruit salad	Yoghurt Fresh fruit/ fresh fruit salad Iced sponge & custard	Yoghurt Fresh fruit/ fresh fruit salad Milk pudding	Yoghurt Fresh fruit/ fresh fruit salad Fruit ice cream
Drinks	Water & milk available Monday – Thursday			
Cook's vegetarian choice V	Cook's vegetarian choice of 'Tastes of the World' dishes available on Wednesday are: Vegetable curry & rice or vegetable stir fry with noodles or pasta with a tomato or vegetable sauce served with garlic or crusty bread			

V indicates vegetarian

A sandwich lunch option is available on Friday:

A filled roll / sandwich, fruit, cold dessert and milk or water

Menu – Week 2

2010	7 June
	21 June
	16 August
	30 August
	13 September
	27 September
	11 October
	1 November
	15 November
	29 November
	13 December
2011	10 January
	24 January
	7 February
	28 February
	14 March
	28 March
	25 April
	9 May
	23 May

	Monday	Tuesday	Wednesday	Thursday
Soup V	Potato & leek V Selection bread & rolls	Lentil V Selection bread & rolls	Cook's choice V Selection bread & rolls	Vegetable V Selection bread & rolls
Main course	Breaded haddock & chips	Roast beef & yorkshire pudding & potatoes	Breaded chicken fillets & potatoes	Savoury minced beef & mashed potatoes
Vegetarian choice V	Vegetarian bolognese & spaghetti V	Cook's vegetarian choice (see below) V	Cheese & fruit salad & potatoes or chips V	Homemade vegetable pizza & coleslaw V
Baked potato choice	Baked potato available Monday – Thursday with a choice of fillings: Tuna cheese baked beans			
Vegetables & salad V	Mixed salad & cook's choice of vegetables available Monday – Thursday V			
Desserts	Yoghurt Fresh fruit/ fresh fruit salad	Yoghurt Fresh fruit/ fresh fruit salad Home baking	Yoghurt Fresh fruit/ fresh fruit salad Fruit mousse	Yoghurt Fresh fruit/ fresh fruit salad Fruit crumble
Drinks	Water & milk available Monday – Thursday			
Cook's vegetarian choice V	Cook's vegetarian choice of 'Tastes of the World' dishes available on Tuesday are: Vegetable curry & rice or vegetable stir fry with noodles or pasta with a tomato or vegetable sauce served with garlic or crusty bread			

V indicates vegetarian

A sandwich lunch option is available on Friday:
A filled roll / sandwich, fruit, cold dessert and milk or water

School Session Dates – 2009/2010

Term 1

Staff	Pupils	
Monday 17 August 2009		
Staff Resume		<i>In-service Day 1</i>
Tuesday 18 August 2009		
		<i>In-service Day 2</i>
Wednesday 19 August 2009		
	Pupils Resume	<i>Start of Term 1</i>
Friday 18 September 2009		
Staff Break	Pupils Break	
Monday 21 September 2009		
Autumn Holiday	Autumn Holiday	
Tuesday 22 September 2009		
Staff Resume	Pupils Resume	
Friday 16 October 2009		
Staff Break	Pupils Break	
Monday 26 October 2009		
Staff Resume		<i>In-service Day 3</i>
Tuesday 27 October 2009		
	Pupils Resume	
Tuesday 22 December 2009		
Staff Break	Pupils Break	<i>End of Term 1</i>
= 86 days	= 83 days	

Term 2

Staff	Pupils	
Tuesday 5 January 2010		
Staff Resume		<i>In-service Day 4</i>
Wednesday 6 January 2010		
	Pupils Resume	
Friday 12 February 2010		
Staff Break	Pupils Break	
Monday 22 February 2010		
Staff Resume	Pupils Resume	
Thursday 1 April 2010		
Staff Break	Pupils Break	<i>End of Term 2</i>
Friday 2 April 2010		
Good Friday	Good Friday	
Monday 5 April 2010		
Easter Monday	Easter Monday	
= 58 days	= 57 days	

Term 3

Staff	Pupils	
Tuesday 20 April 2010		
Staff Resume	Pupils Resume	
Monday 3 May 2010		
May Day Holiday	May Day Holiday	
Tuesday 4 May 2010		
Staff Resume	Pupils Resume	
Monday 17 May 2010		
Victoria Day	Victoria Day	
Tuesday 18 May 2010		
Staff Resume		<i>In-service Day 5</i>
Wednesday 19 May 2010		
	Pupils Resume	
Thursday 1 July 2010		
Staff Break	Pupils Break	<i>End of Term 3</i>
= 51 days	= 50 days	
Total 195 days	Total 190 days	



Food for Thought

A national scheme provides every P1 and P2 pupil in Scotland with free fruit three times a week to encourage healthy eating habits. Eating plenty fruit and vegetables from an early age will pay off later in life as the benefits of eating at least five portions a day include reduced risk of obesity, cancer, heart disease, strokes and diabetes. However, food in school is only a small part of what a child eats, and it is you as parents and guardians that play the key role in influencing and shaping your child's eating habits. We hope that the message spreads from school to home and parents and guardians can support children by re-enforcing the healthy eating messages of eating 5 a day, by giving fruit and vegetables as snacks and as part of meals served at home.



Special Theme Day Menus

We are planning a series of special theme day menus that can be used in primary schools and which can also be used when special projects are happening in the school. We are also working with Head Teachers to meet requests for different menus for other special activities in the school. Special theme day menus give the children the opportunity to taste and experience new foods. We are working with local suppliers to develop Lunch Local menus using food grown locally. This year in East Lothian we aim to make the most of our coastal location and promote fish as a healthy choice for children. Oily fish such as salmon is particularly beneficial as a source of Omega 3. We have included salmon fish fingers in the new menu and will try different salmon dishes in theme day menus.



Looking After Children's Teeth

Toothache is painful and upsetting and the main cause is tooth decay that is due to too much sugar in the diet. The more often sugar containing food and drinks are consumed, the greater the risk of tooth decay developing.

It is therefore important to keep sugary foods and drinks to mealtimes only and to encourage healthy snack foods like oatcakes, cheese, breadsticks, yoghurt, fruit and vegetables throughout the rest of the day. Drinks are one of the main culprits of decay; the only drinks that are safe for teeth are milk and plain water.

Cleaning your child's teeth should be part of the daily hygiene routine and thorough brushing twice a day, particularly last thing at night, will help prevent tooth decay. Use a toothbrush with a small head and a fluoride toothpaste containing at least 1000 ppm fluoride. Some "baby" pastes do not contain enough fluoride to benefit

teeth. Children need help with brushing until about 8 years old. Remember to encourage your child, as praise will often get results!

It is important to register your child with a dentist from a young age to help him/her to get used to visiting the surgery. The dentist can give advice and treat any decay at an early stage.



Fun and Sport

Whether it is **fun** or **exercise** you are after, there is a whole host of activities available at the 7 fantastic Sports Centres located throughout the County.

- Swimming - you got it!
- Gymnastics - you got it!
- Adventure Play - you got it!
- Trampolines - you got it!
- Dance - you got it!
- Birthday Parties - you got it!

& SO MUCH MORE

Call our friendly receptionists at:

Aubigny Sport Centre, Haddington

Telephone: 01620 826800



Dunbar Leisure Pool

Telephone: 01368 865456

Loch Centre, Tranent

Telephone: 01875 824140

**Meadowmill Sports Centre,
by Tranent**

Telephone: 01875 619079

Mercat Gait Centre, Prestonpans

Telephone: 01875 815483

Musselburgh Sports Centre

Telephone: 0131 653 5208

North Berwick Sports Centre

Telephone: 01620 893454



For more information about each of the Sports Centres and the activities on offer log onto

www.enjoyleisure.com

The logo for 'enjoyleisure' features the word 'enjoy' in a black, lowercase, sans-serif font, followed by 'leisure' in a larger, black, lowercase, sans-serif font. Above the 'y' in 'enjoy' is a small graphic of five colored dots (red, orange, yellow, green, blue) arranged in a slight arc.



Physical Exercise

Children and young people do need to be active for at least an hour every day, - through active play, sport or walking to and from school. As parents and guardians, children

look to us as role models and if we value physical exercise then so will they. If they see us being physically active then they will want to be active too. Being physically active doesn't always have to involve organised sports activities and spending money...

...to and from school?

Why not meet up with friends and walk to school instead of going by car. Why not try cycling?

If you are too young to go alone with friends, ask an adult to come along - that way they'll get fit too!

Remember

- Always take care when travelling near a road. Cars are dangerous!
- Always use the Green Cross Code (Stop, Look and Listen) and use a pedestrian crossing or Crossing Patrol Person if there is one nearby
- Always wear a helmet when cycling.

A good way to be a safe cyclist is to complete a Cycling Proficiency Scheme. Find out if your school runs one. It's easy to go home and just sit and watch TV and play on the computer ALL the time.

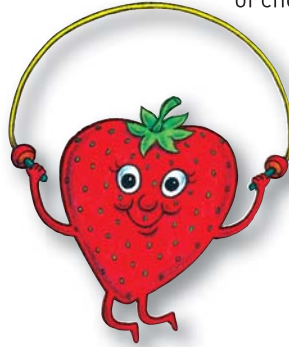
Remember if you want to keep fit

- Keep active
- Try new activities
- Do them safely
- Spend more time doing them
- **HAVE FUN!**



Tips for a Healthier Lifestyle

- Eat a good meal (main course and dessert, or main course and salad) at least once every day
- Eat 5 servings of fruit and vegetables a day
- Choose different coloured fruits and vegetables. You'll get a wider variety of nutrients
- Eat breakfast every day. You'll stay full for longer throughout the day
- Avoid fizzy drinks – one bottle or can could contain up to 10 teaspoons of sugar (that's more than a bar of chocolate!)
- Drink up to 6 glasses of water a day. It stops you feeling tired and keeps you hydrated, which is really important, especially when taking part in sports and other physical activities
- Eat more oily fish to improve your brain power and increase your level of concentration
- Don't snack on packets of crisps and biscuits, but choose fruit instead!
- Try and take some exercise 2 - 3 times a week.



Useful Websites

www.takelifeon.co.uk

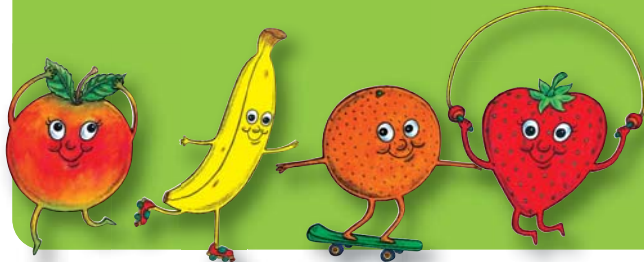
www.eatwell.gov.uk

www.bbc.co.uk/health/healthy_living/nutrition

www.schoolfoodtrust.org.uk

www.nutrition.org.uk

This leaflet and up to date news about school meals in East Lothian is available at www.eastlothian.gov.uk



Contact Details

Joyce Marlow

Catering Manager

Telephone 01620 827820

Email jmarlow@eastlothian.gov.uk

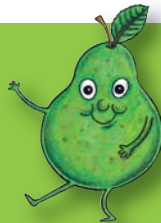
Elaine Mitchell

Business Development Officer

Telephone 01620 827481

Email emitchell@eastlothian.gov.uk

Or write to **Joyce Marlow** or **Elaine Mitchell** at
Facilities Management Services
East Lothian Council
Brewery Park
Haddington
EH41 3HA



East Lothian
Council