



Free school meals – are you missing out?

Did you know your child could qualify for free school meals? That means no bills but delicious, healthy meals for your children. Why not contact your school or local authority to find out how to apply.

Eligibility for Free School Meals - From 6 April 2008 there was a change to the income 'threshold', which forms part of the 'Tax Credit' free school meal eligibility category. The new threshold figure will be £15,575. Children whose parents receive the following support payments are entitled to receive free school meals:

- ◆ Income Support (IS)
- ◆ Income Based Jobseekers Allowance (IBJSA)
- ◆ Support under part VI of the Immigration and Asylum Act 1999; or
- ◆ Child Tax Credit, provided they are not entitled to Working Tax Credit and have an annual income (as assessed by Her Majesty's Revenue and Customs) that does not exceed £15,575
- ◆ The Guarantee element of State Pension Credit.

Children who receive IS or IBJSA in their own right are also entitled to receive free school meals.

An application form to apply for free school meals is available to download from the Council's website at www.plymouth.gov.uk/freemeals or ask at your child's school. For further guidance on qualifying benefits please call the Free School Meals Team on 01752 307410.

Now for the science bit...

In September 2006 the Government introduced mandatory Food-based Standards for School Lunches and (in 2007) for All School Food other than Lunch. From this September we are required to deliver school lunches that meet required Nutrient-based Standards in primary schools.

What are the nutrient-based standards?

Because, like many authorities, we provide a choice of food and drink at lunchtime, each pupil consumes a different balance of nutrients. We also know that some pupils need to eat more than others depending on age, body size, metabolism and physical activity.

So, it is an average school lunch rather than every lunch consumed that needs to meet the nutrient-based standards.

An average school lunch must provide:

- ◆ the amount of energy shown in the table (with 5% tolerance shown in brackets)
- ◆ no more than the maximum amount for fat, saturated fat, NME sugars and sodium
- ◆ at least the minimum amount for carbohydrates, protein, fibre, vitamin A, vitamin C, folate, calcium, iron and zinc.

Nutrient	Minimum or maximum	Primary	Secondary <small>(Note: Nutrient-based standards are different for single sex schools)</small>
Energy (KJ)		2215 +/- 5% (111)	2700 +/- 5% (135)
(Kcal)		530 +/- 5% (26.5)	646 +/- 5% (32.3)
Carbohydrate (g)	Min	70.6	86.1
Non-milk extrinsic (NME) sugars (g)	Max	15.5	18.9
Fat (g)	Max	20.6	25.1
Saturated fat (g)	Max	6.5	7.9
Protein (g)	Min	7.5	13.3
Fibre (g)	Min	4.2	5.2
Sodium (mg)	Max	499	714
Vitamin A (µg)	Min	175	245
Vitamin C (mg)	Min	10.5	14.0
Folate (µg)	Min	53	70
Calcium (mg)	Min	193	350
Iron (mg)	Min	3.0	5.2
Zinc (mg)	Min	2.5	3.3

Dinner Times



Autumn 2008



Fresh ingredients, fresh food, fresh ideas

This newsletter sets out the menus that are on offer at your child's primary and special school for the coming term. It also sets out some of the changes that we've made to transform school meals in the City.

When we first started to improve school food in Plymouth in 2006 we told you that we were beginning a major equipment replacement and kitchen refurbishment programme. By the end of this summer we will have installed state of the art combination ovens, which allow healthier and more efficient cooking methods in 40 primary schools. We have also removed deep fat fryers from all of these schools. But don't worry, we still serve the tastiest chips once a week!

Did you know?

Our fresh fruit and vegetables suppliers are based locally in South Devon and Cornwall.

Did you know?

Our fresh fillets are locally caught haddock, landed in Plymouth and we make our own fish cakes using a special mix of local haddock and mackerel.

In September we will also be opening two brand new kitchens at schools that currently receive a transported meal. This means that pupils at Laira Green Primary and Oreston Community Primary Schools will be able to enjoy freshly prepared, "home cooked" food for the first time. There are more improvements and new kitchens planned after a successful bid for £1.5m of additional funding from the School Food Trust over the next three years.

School lunches in primary schools must meet new nutrient-based standards from next term (September 2009 for secondary and special schools). We're pleased to be able to say that we met those standards in June of this year. The menu included here meets the standards and includes some positive changes suggested by pupils, parents and staff last term.

We all know from our own home shopping that costs of food and fuel have been increasing over recent months. So how much does a healthy, nutritionally balanced school lunch cost? In primary and special schools, meals cost £1.70 a day from September.

If you have any questions about school food in Plymouth please feel free to contact our Education Catering Manager, Brad Pearce on 01752 307159 or email catering@plymouth.gov.uk. Additional information, our menus and useful links can also be found on the Council's website at www.plymouth.gov.uk/schoolmeals.

Did you know?

We use south-west meat for our roast pork, chicken and silverside of beef from our Cornish butcher.

School Meals in Plymouth

They're nutritious and delicious!



Your School Menu

Autumn 2008

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks beginning: September 8, September 29, October 20 2008					
Dish of the day	Chicken curry wholemeal rice	Home made pork balls in gravy pasta	Turkey and vegetable pie boiled potatoes	Roast beef roast or boiled potatoes gravy	Local fish fillet chipped potatoes or pasta
Vegetarian option	Bean burritos	Loaded vegetable pizza	Cauliflower cheese	Vegetarian burger	Broccoli quiche
Lighter choice	Tuna and salad wholemeal roll	Egg mayo and salad wrap	Ham salad baguette	Plated salad with a choice of either roast beef or vegetarian burger	Broccoli quiche
Vegetables	Peas sweetcorn	Green beans baked beans	Peas sweetcorn	Fresh carrots broccoli	Baked beans peas
Salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads
Jacket potato	Baked beans	Coronation chicken	Baked beans	Tuna and sweetcorn	Crunchy coleslaw
Desserts	Cornflake cookie	Banana cake fruit juice	Shortcake with fruit wedges	Jelly with mandarin segments	Peach muffin
Week 2					
Monday					
Weeks beginning: September 15, October 6 2008					
Dish of the day	Sausage and tomato casserole wholemeal rice	Beefy pasta bake	Roasted pepper pizza	Roast pork roast or new potatoes gravy	Homemade fishcakes chipped potatoes or couscous
Vegetarian option	Broccoli pasta bake	Egg mayo and salad wrap	Vegetarian curry wholemeal rice	Vegetarian burger	Red onion quiche
Lighter choice	Tuna and salad wrap	Egg mayo and salad wrap	Ham salad wholemeal roll	Plated salad with a choice of either roast pork or vegetarian burger	Red onion quiche
Vegetables	Green beans medley mix	Carrots peas	Peas sweetcorn	Broccoli fresh carrots	Baked beans peas
Salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads
Jacket potato	Baked beans	Chicken mayo	Tuna and cucumber	Baked beans	Crunchy coleslaw
Desserts	Oaty biscuit bake	Carrot cake fruit juice	Fruit or yoghurt	Jelly with fruit	Peaches and ice cream
Week 3					
Monday					
Weeks beginning: September 1, September 22, October 13 2008					
Dish of the day	Beef spaghetti bolognese	Cheese and tomato pizza	British cured gammon new potatoes	Chicken fillets roast or new potatoes gravy	Fish cakes chipped potatoes or jacket wedges
Vegetarian option	Vegetable curry wholemeal rice	Cheese and tomato pizza	Egg mayo and salad wrap	Vegetarian burger	Spinach and red pepper quiche
Lighter choice	Tuna and salad wrap	Ham salad wholemeal roll	Egg mayo and salad wrap	Plated salad with a choice of either chicken or vegetarian burger	Spinach and red pepper quiche
Vegetables	Medley mix peas	Baked beans carrots	Sweetcorn peas	Carrot and swede fresh cabbage	Baked beans peas
Salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads
Jacket potato	Baked beans	Coronation chicken	Baked beans	Tuna and sweetcorn	Crunchy coleslaw
Desserts	Banana muffin	Date crunch fruit juice	Fruit or yoghurt	Jelly with fruit cocktail	Chocolate krispie



All meals served with a drink of fresh milk or water.
 With the exception of chipped potatoes, we are pleased to say that all of our food is steamed, grilled or oven baked.
 Special diets catered for on request – please speak to your school's kitchen manager.

Fresh fruit and yoghurt available daily