

Houston Primary School

School Meals

Information for Parents/Carers



UPDATED MAY 2023



www.houstonprimaryschool.com

Lunchtime

All P1-5 children are entitled to a free school meal.

Menus are available on our school website and on the Renfrewshire Council website. It's advisable to discuss the menu with your child the night before, so that they know what they will order. Sometimes, a packed lunch is a good back up plan for days when the menu does not appeal to your child's tastebuds!

Allergies and other relevant information is stored on the system, under your child's account.

A vegetarian option is provided each day.

Provision can be made for special dietary requirements (please contact School Office).

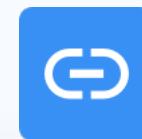
All meals include fruit and are served with milk or water.



Menus
Standard menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup		Lentil Soup	Lentil Soup	Lentil Soup	
Choice 1	Chicken Curry with Rice & Sweetcorn	Mince & Mash with Green Beans	Baked Potato with Tuna Mayonnaise & Salad	Chicken Burger with Diced Potato & Salad	Salmon & Sweet Potato Fish Cake, Chips, Peas & Sweetcorn
Choice 2	Cheese & Tomato Quiche with Potato Wedges Salad & Sweetcorn	Veggie Nuggets With, Mash & Green Beans	Tomato Herb & Basil Pasta with Salad & Garlic Bread	Veggie Sausage with Beans & Diced Potato	Macaroni Cheese with Pitta Bread Strips, Peas & Sweetcorn
Desserts	Vanilla Ice Cream				Jelly

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil Soup			Lentil Soup	Lentil Soup
Choice 1	Tandoori Chicken Bites with Salad & Potato Wedges	Fish & Chips with Peas & Sweetcorn	Pasta Bolognese With Salad & Garlic Bread	Chicken Pie, Chips & Baby Carrots	Beef Burger with Salad & Diced Potato
Choice 2	Quorn Chilli with Pitta Bread	Quorn Hot Dog with	Pizzini With Potato	Cheese Roll with	Quorn Goujons With



[Primary school lunch menus - Renfrewshire Website](#)

Ordering Lunch

Each morning, children order their lunch using the interactive panel in their classroom.

They simply click on their name, then tap the picture of the dish they wish to order. The teacher discusses the options and helps children to make their selection.

Primary One wash their hands and make their way to the Lunch Hall for the first sitting, followed by Primary Two. Children collect their lunch and then sit with their friends to eat. Staff are present to help cut up food, pour water and encourage reluctant eaters. Children enjoying a packed lunch from home may sit with their friends.

Staff do their best to encourage children to eat most of their meal. Children can take as long as they need. If your child repeatedly struggles to eat their meal, a member of staff will inform you. Sometimes, it takes time to get used to someone else's lasagne or chicken curry! In that case, careful consideration of the menus, or a packed lunch ensures that reluctant eaters have something good to fuel their little bodies.



Developing the Routine...



In order to help protect people with allergies, please avoid items containing nuts including chocolate spread.

Lunchboxes are stored on racks outside the classrooms. Please put an ice pack in your child's lunchbox, to keep their food fresh. Children who bring a packed lunch are encouraged to take home uneaten food, to help the person who prepares it gauge what and how much to include.

Tidying Up

- Children take their tray to the recycling and sorting station
- Uneaten food goes in the appropriate bin
- Cutlery is placed in the basin
- Crockery and cups are stacked appropriately
- Trays are stacked

Children are permitted to take one item out to playground (e.g. fruit).

Children are encouraged to become self sufficient. They quickly learn how to sort and stack their crockery and cutlery, before making their way to the playground. It is a good idea to practise using cutlery.

 **Caution**

Do you have a food allergy?

If you have a food allergy or a special dietary requirement please inform a member of staff.

 Cereals containing gluten	 Peanuts	 Nuts	 Milk	 Soya
 Mustard	 Lupin	 Eggs	 Fish	 Crustaceans
 Molluscs	 Sesame seeds	 Celery	 Sulphur dioxide	

We will add details of your child's food allergies/intolerances to the lunch system.

Ideas for packed lunch boxes...

You will find lots of ideas online of what to pack in children's lunchboxes. Juggling family and work commitments can be challenging and not everyone can produce Instagram ready meals. To keep things simple, you will find some suggestions below.

Some ideas for lunchboxes...

- sandwiches, pitta pouch, bagels, breadsticks, crackers, pasta and rice salads
- chopped raw vegetables, fruit
- fillings: ham, turkey, chicken, fish, hummus and egg
- small serving of cheese, yogurt, fromage frais, pot of custard or mousse
- water, milk or a small carton of fruit juice



In order to help protect people with allergies, please avoid items containing nuts.

Contact Details

If you have a query, please contact us by email:

houstonenquiries@renfrewshire.gov.uk

We will contact you, as soon as possible.