Houston Primary School

School Meals

Information for Parents/Carers

UPDATED FEBRUARY 2026

www.houstonprimaryschool.com

Primary school lunch menus - Renfrewshire Website

Lunchtime

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

Menus are available on our school website (under the Parent Zone tab) 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, food intolerances and any other relevant information is stored on the system, under your child's account. When ordering lunch, children receive a yellow wrist band to wear which alerts catering staff to check their requirements.

A vegetarian option is provided each day. This is also suitable for children who eat Halal foods only.

Provision can be made for special dietary requirements (please contact School Office). Allergen lists and nutritional information can also be found on Renfrewshire Council's website.

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

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.

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

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

Developing the Routine...

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.

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.