School meals

School meals in Scotland have undergone a transformation over the past few years due to the 'Hungry for Success' initiative which introduced nutritional guidelines for school lunches.

With 'Hungry for Success', nutrient standards for school lunches are calculated to ensure that the school lunch provides a third of the daily nutritional requirements of primary and secondary school pupils. The nutrient standards represent the amount of energy (calories) and nutrients required to be provided by an average day's school lunch.

School meals in Fife are planned to provide choices which are tasty and nutritious and offer a balanced diet over the week.

**Secondary schools** offer a cafeteria style service with a wide choice of food available every day.

**Christmas Lunch** will be served on various dates throughout December contact your Individual School for information on dates , please see publications for changes to the menu, with allergen and nutritional information available

**Special diets** Should your child have a specific dietary requiement (including vegetarian) Please contact your school. You will then be asked to provide details, and a meeting will, if necessary, be arranged with the school.

**Fife School Meals**do not use any ingredients containing **nuts**but some products may be produced in a non nut free environment - Please  check recipes for more details.

**Think Green**. Most schools are looking at Environmental Issues and as school meal providers we are keen to play our part.

We have already looked at some packaging issues and have stopped using individually packed desserts, spreads, and more. We have also, where practical, introduced concentrated fruit juice to save on delivery and packaging.