

## **School Dinners and Snacks**

### **School Dinners**

School dinners are provided at a cost of £2.60 per day. Payment must be made weekly in advance.

Menus are based on a three weekly cycle.

[Menu for week 1, including list of ingredients and allergens](#)

[Menu for week 2, including list of ingredients and allergens](#)

[Menu for week 3, including list of ingredients and allergens](#)

### **Free School Meals**

Southend Borough Council have an online eligibility checking service for parents wishing to check whether they would be entitled to Free School Meals. Please visit [www.southend.gov.uk/fsm](http://www.southend.gov.uk/fsm).

If you would like more information about Free School Meals, please [contact the school](#).

### **Cool Milk**

Kingsdown takes part in the 'Cool Milk' scheme. Child under the age of five are eligible for a free 189ml carton of semi-skimmed milk. This is excellent as it provides a nutritional boost and keeps children hydrated.

The milk is delivered by a local dairy before the children arrive at school and kept refrigerated until the children collect the milk and take it to their class to enjoy at break time.

### **Snack Contribution**

Parents are requested to contribute £10.00 each term (or £5.00 each half-term) to cover the additional extras that arise within each class. This is a voluntary contribution but one gratefully received.