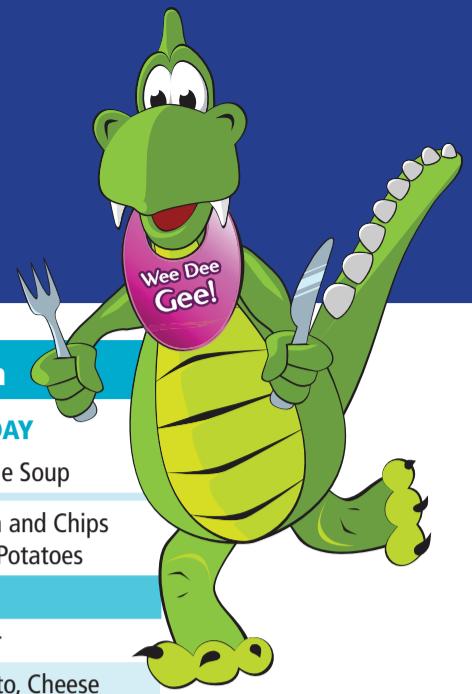


naturally
D&G primary Menu
School Meals try them, you'll love them

CHOOSE 1
From either
SOUP or
DESSERT

CHOOSE 1
MAIN or
DELI CLUB
COURSE



Week 1 2021 - 25 October, 15 November, 6 December 2022 - 10 January, 31 January, 21 February, 14 March

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|--|
| SOUP | Lentil Soup | Tomato Soup | Potato and Leek Soup | Lentil and Tomato Soup | Vegetable Soup |
| MAIN | Chicken Tikka Curry with Rice | Meatballs in a Tomato Sauce with Pasta | Roast Beef with Gravy, Yorkshire Pudding and Boiled Potatoes | Macaroni Cheese | Breaded Fish and Chips or Boiled Potatoes |
| All mains come with a choice of seasonal vegetables or salad and vegetable pots | | | | | |
| | or | or | or | or | or |
| DELI CLUB | Pitta Pizza Slice | Hot Dog Roll with Chips or Boiled Potatoes | Cheese Panini | Chicken Goujon Wrap | Baked Potato, Cheese and/or Beans |
| | or | or | or | or | or |
| | Choice of Sandwich, Wrap or Baked Potato with Cheese or Sliced Chicken | Choice of Sandwich, Wrap or Baked Potato with Ham or Tuna Mayo | Choice of Sandwich, Wrap or Baked Potato with Cheese or Chicken Mayo | Choice of Sandwich, Wrap or Baked Potato with Ham or Egg Mayo | Choice of Sandwich, Wrap or Baked Potato with Cheese or Sliced Chicken |
| All Deli choices come with a selection of salad and vegetable pots | | | | | |
| DESSERT | Fruit Yoghurt | Fruit Yoghurt | Fruit Yoghurt | Fruit Yoghurt | Fruit Yoghurt |
| | Choice of Fresh Fruit | Choice of Fresh Fruit | Choice of Fresh Fruit | Choice of Fresh Fruit | Choice of Fresh Fruit |
| | Vanilla Sponge with Custard | Seasonal Fruit Pot | Chocolate Brownie | Seasonal Fruit Pot | Shortbread |
| Fresh fruit available with all desserts - fresh milk available daily | | | | | |

£1.90

Price subject to change.

All mains come with a choice of seasonal vegetables or salad and vegetable pots

Week 2 2021 - 1 November, 22 November, 13 December 2022 - 17 January, 7 February, 28 February, 21 March

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|--|
| SOUP | Lentil Soup | Tomato Soup | Potato and Leek Soup | Lentil and Tomato Soup | Vegetable Soup |
| MAIN | Sausages and Beans with Mashed Potatoes | Macaroni Cheese | Steak Pie and Mashed Potatoes | Lasagne with Garlic Bread | Breaded Fish and Chips or Boiled Potatoes |
| All mains come with a choice of seasonal vegetables or salad and vegetable pots | | | | | |
| | or | or | or | or | or |
| DELI CLUB | Buttermilk Chicken Fillet in a Roll | Salmon Finger Wrap | Baked Potato, Cheese and/or Beans | Chicken Goujon Wrap | Beef Burger in a Roll |
| | or | or | or | or | or |
| | Choice of Sandwich, Wrap or Baked Potato with Tuna Mayo or Ham | Choice of Sandwich, Wrap or Baked Potato with Cheese or Sliced Chicken | Choice of Sandwich, Wrap or Baked Potato with Cheese or Chicken Mayo | Choice of Sandwich, Wrap or Baked Potato with Ham or Egg Mayo | Choice of Sandwich, Wrap or Baked Potato with Cheese or Sliced Chicken |
| All Deli choices come with a selection of salad and vegetable pots | | | | | |
| DESSERT | Fruit Yoghurt | Fruit Yoghurt | Fruit Yoghurt | Fruit Yoghurt | Fruit Yoghurt |
| | Choice of Fresh Fruit | Choice of Fresh Fruit | Choice of Fresh Fruit | Choice of Fresh Fruit | Choice of Fresh Fruit |
| | Chocolate Brownie | Seasonal Fruit Pot | Vanilla Muffin | Seasonal Fruit Pot | Apple Crumble with Custard |
| Fresh fruit available with all desserts - fresh milk available daily | | | | | |



All Deli choices come with a selection of salad and vegetable pots

Week 3 2021 - 8 November, 29 November, 20 December 2022 - 24 January, 14 February, 7 March, 28 March

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|--|
| SOUP | Lentil Soup | Tomato Soup | Potato and Leek Soup | Lentil and Tomato Soup | Vegetable Soup |
| MAIN | Sweet and Sour Chicken with Rice | Mince and Potatoes | Roast Chicken with Gravy, Yorkshire Pudding and Boiled Potatoes | Galloway Pasta Bake with Garlic Bread | Breaded Fish and Chips or Boiled Potatoes |
| All mains come with a choice of seasonal vegetables or salad and vegetable pots | | | | | |
| | or | or | or | or | or |
| DELI CLUB | Cheese and Tomato Pizza | Sausage Roll and Beans with Chips or Boiled Potatoes | Pork Burger in a Roll | Fillet Fish Finger Wrap | Sweet Chilli Chicken with Noodles |
| | or | or | or | or | or |
| | Choice of Sandwich, Wrap or Baked Potato with Sliced Chicken or Cheese | Choice of Sandwich, Wrap or Baked Potato with Ham or Tuna Mayo | Choice of Sandwich, Wrap or Baked Potato with Cheese or Chicken Mayo | Choice of Sandwich, Wrap or Baked Potato with Ham or Egg Mayo | Choice of Sandwich, Wrap or Baked Potato with Sliced Chicken or Cheese |
| All Deli choices come with a selection of salad and vegetable pots | | | | | |
| DESSERT | Fruit Yoghurt | Fruit Yoghurt | Fruit Yoghurt | Fruit Yoghurt | Fruit Yoghurt |
| | Choice of Fresh Fruit | Choice of Fresh Fruit | Choice of Fresh Fruit | Choice of Fresh Fruit | Choice of Fresh Fruit |
| | Chocolate Sponge and Custard | Seasonal Fruit Pot | Oat Cookie | Seasonal Fruit Pot | Ice Cream |
| Fresh fruit available with all desserts - fresh milk available daily | | | | | |



Fresh fruit available with all desserts



Fresh milk available daily

Think Allergy!

Food Allergies and Intolerances:

Before you order your food and drink please speak to a member of the Catering Team if you want to know about the ingredients we use.

Which ingredients can cause a problem?



Specific dietary requirements

If you have specific dietary requirements please inform your school as soon as possible. Special dietary requirements will be managed in a way that is realistic to the catering section and pupil and therefore it may not be possible to accommodate all desired requirements.