



Bread Basket Available Daily



Week 1 - 4 January, 25 January, 22 February, 15 March

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Lentil Soup		Potato and Leek Soup		Chicken Noodle Soup
MAIN	Spaghetti Bolognese with Garlic Bread and Mixed Salad	Pork Burger Roll with Tomato Relish and Mixed Salad	Roast Chicken with Boiled Potatoes, Broccoli and Carrots	Cheese and Tomato Pizza, Coleslaw and Crunchy Salad	Breaded Fish with Boiled Potatoes and Peas
	or	or	or	or	or
	Baked Potato with Beans and Coleslaw	Salmon Finger Wrap	Baked Potato with Cheese and Beans	Home-made Vegetable Noodle Pot	Buttermilk Chicken Fillet on a Roll
	or	or	or	or	or
	Choice of Roll, Sandwich, Wrap with Sliced Chicken or Tuna Mayo	Choice of Roll, Sandwich, Wrap with Chicken Mayo or Sliced Egg	Choice of Roll, Sandwich, Wrap with Cheese or Egg Mayo	Choice of Roll, Sandwich, Wrap with Cheese or Chicken Mayo	Choice of Roll, Sandwich, Wrap with Tuna Mayo or Ham
DESSERT	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt
	Peach Sponge and Custard	Fruit Pot	Chocolate and Raspberry Muffin	Fruit Pot	Fruity Flapjack

Week 2 - 11 January, 1 February, 1 March, 22 March

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Tomato Soup		Lentil Soup		Vegetable Soup
MAIN	Chicken Goujon Wrap and Mixed Salad	Macaroni Cheese with Peas and Sliced Tomatoes	Beef Casserole with Turnip, Carrots and Mashed Potatoes	Chicken Tikka Curry with Rice and Broccoli	Salmon and Basil Pasta Bake
	or	or	or	or	or
	Baked Potato with Beans and Coleslaw	Beef Burger Roll	Baked Potato with Beans	Pizza Slice	Baked Potato with Beans
	or	or	or	or	or
	Choice of Roll, Sandwich, Wrap with Tuna Mayo or Ham	Choice of Roll, Sandwich, Wrap with Cheese or Chicken Mayo	Choice of Roll, Sandwich, Wrap with Tuna Mayo or Sliced Egg	Choice of Roll, Sandwich, Wrap with Cheese or Tuna Mayo	Choice of Roll, Sandwich, Wrap with Chicken Mayo or Sliced Egg
DESSERT	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt
	Cranberry Cookie	Fruit Pot	Chocolate and Banana Brownie	Fruit Pot	Rice Pudding and Fruit Salad

Week 3 - 18 January, 8 February, 8 March

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Leek and Potato Soup		Vegetable Broth		Lentil Soup
MAIN	Macaroni Cheese with Peas and Sliced Tomatoes	Sausage Roll and Beans	Roast Beef, Gravy, Cabbage, Carrots and Boiled Potatoes	Italian Tomato Pasta and Garlic Bread	Beef Burger Roll with Tomato Relish and Mixed Salad
	or	or	or	or	or
	Salmon Finger Wrap	Cheese and Tomato Panini	Baked Potato with Beans	BBQ Chicken Fillet Burger	Baked Potato with Beans and Coleslaw
	or	or	or	or	or
	Choice of Roll, Sandwich, Wrap with Cheese or Chicken Mayo	Choice of Roll, Sandwich, Wrap with Cheese or Ham	Choice of Roll, Sandwich, Wrap with Chicken Mayo or Sliced Egg	Choice of Roll, Sandwich, Wrap with Egg Mayo or Tuna	Choice of Roll, Sandwich, Wrap with Tuna Mayo or Sliced Chicken
DESSERT	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt
	Chocolate Fruit Sponge and Custard	Fruit Pot	Fruity Oat Cookie	Fruit Pot	Shortbread and Fruit

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.

Free School Meals

Free school meals are provided for pupils of families on qualifying benefits and can lead to a large financial saving each year.

For further information please go to www.dumgal.gov.uk/schoolmeals or contact Education Support Services on 01387 260493.

Application forms are available at all schools and you can apply for a Clothing Grant on the same form.