



CHOOSE 1
From either
SOUP or
DESSERT



CHOOSE 1
MAIN or
DELI CLUB
COURSE



Week 1 - 12 April, 3 May, 24 May, 14 June, 23 August, 13 September, 4 October

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Potato and Leek Soup	Lentil Soup	Tomato Soup	Vegetable Soup	Lentil Soup
MAIN	Spaghetti Bolognese with Mixed Salad and Broccoli	Cheese and Tomato Pizza with Tomato and Basil Pasta, Coleslaw and Crunchy Salad	Roast Chicken with Gravy, Yorkshire Pudding and Boiled Potatoes, Broccoli and Carrots	Pork Sausages with Oven Roast Potatoes and Beans	Breaded Fish with Chips or Boiled Potatoes and Peas
	or	or	or	or	or
DELI CLUB	Chicken Goujon Wrap	Baked Potato with Tuna Mayo	Beef Burger Roll	Salmon Finger Wrap	Buttermilk Chicken Fillet Burger
	or	or	or	or	or
	Choice of Roll, Sandwich, Wrap with Cheese or Ham	Choice of Roll, Sandwich, Wrap with Sliced Chicken or Tuna Mayo	Choice of Roll, Sandwich, Wrap with Sliced Chicken or Cheese	Choice of Roll, Sandwich, Wrap with Ham or Egg Mayo	Choice of Roll, Sandwich, Wrap with Cheese or Sliced Chicken
DESSERT	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt
	Fruit Pot	Fruit Pot	Fruit Pot	Fruit Pot	Fruit Pot
	Chocolate Sponge and Fresh Fruit	Fresh Fruit Bowl	Vanilla Muffin and Fresh Fruit	Fresh Fruit Bowl	Flapjack and Fresh Fruit

Week 2 - 19 April, 10 May, 31 May, 21 June, 30 August, 20 September

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Potato and Leek Soup	Lentil Soup	Tomato Soup	Vegetable Soup	Lentil Soup
MAIN	Chicken Tikka Curry with Rice and Broccoli	Hot Dog Roll with Chips or Boiled Potatoes and Sweetcorn	Steak Pie with Turnip, Carrots and Mashed Potatoes	Macaroni Cheese with Peas and Sliced Tomatoes	Fish Fingers with Chips or Boiled Potatoes and Peas
	or	or	or	or	or
DELI CLUB	Pizza Slice	Salmon Finger Wrap	Baked Potato with Beans and/or Cheese	Pork Burger Roll	Chicken Goujon Wrap
	or	or	or	or	or
	Choice of Roll, Sandwich, Wrap with Cheese or Tuna Mayo	Choice of Roll, Sandwich, Wrap with Ham or Egg Mayo	Choice of Roll, Sandwich, Wrap with Sliced Chicken or Tuna Mayo	Choice of Roll, Sandwich, Wrap with Ham or Egg Mayo	Choice of Roll, Sandwich, Wrap with Cheese or Sliced Chicken
DESSERT	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt
	Fruit Pot	Fruit Pot	Fruit Pot	Fruit Pot	Fruit Pot
	Oat Cookie and Fresh Fruit	Fresh Fruit Bowl	Chocolate Muffin and Fresh Fruit	Fresh Fruit Bowl	Shortbread and Fresh Fruit

Week 3 - 26 April, 17 May, 7 June, 16 August, 6 September, 27 September

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Potato and Leek Soup	Lentil Soup	Tomato Soup	Vegetable Soup	Lentil Soup
MAIN	Sausage Roll with Chips or Boiled Potatoes and Beans	Macaroni Cheese with Peas and Sliced Tomatoes	Roast Beef, Yorkshire Pudding, Gravy, Cabbage, Carrots and Boiled Potatoes	Italian Tomato Pasta with Mixed Salad and Garlic Bread	Breaded Fish with Chips or Boiled Potatoes and Peas
	or	or	or	or	or
DELI CLUB	Home-made Vegetable Noodle Pot	Chicken Goujon Wrap	Cheese Panini with Coleslaw	Fillet Fish Finger Wrap	Baked Potato with Cheese and/or Beans
	or	or	or	or	or
	Choice of Roll, Sandwich, Wrap with Ham or Tuna Mayo	Choice of Roll, Sandwich, Wrap with Sliced Chicken or Cheese	Choice of Roll, Sandwich, Wrap with Cheese or Egg Mayo	Choice of Roll, Sandwich, Wrap with Tuna Mayo or Ham	Choice of Roll, Sandwich, Wrap with Sliced Chicken or Cheese
DESSERT	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt
	Fruit Pot	Fruit Pot	Fruit Pot	Fruit Pot	Fruit Pot
	Chocolate Cupcake and Fresh Fruit	Fresh Fruit Bowl	Oat Cookie and Fresh Fruit	Fresh Fruit Bowl	Ice Cream and Fresh 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.