

Primary Menu

Primary 1-5 Free
Primary 6&7 £1.90*
*£2 from August 2024

CHOOSE 1
From either
SOUP or
DESSERT



CHOOSE 1
MAIN or
DELI CLUB
COURSE



VEG OF
THE DAY or
SALAD AND
VEG POTS



Daily Fresh Milk (V) or
Milk Alternative (V) ✓
or Milkshake (V) ✓



Week 1 8 April, 29 April, 20 May, 10 June, 1 July, 2 September, 23 September

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup		Lentil Soup ✓		Vegetable Soup ✓		
Main Choice Both main choices come with seasonal vegetables	Traditional	Hot Dog Roll with Chips or Potatoes	Chicken Fried Rice and Curry Sauce	Roast Beef with Gravy, Yorkshire Pudding and Potatoes	Chicken Meatballs in Tomato Sauce with Pasta and Garlic Bread	Fish with Chips or Potatoes
	Plant Based	Vegetable Fajita Wrap ✓	Vegetable Fried Rice and Curry Sauce ✓	Spinach, Sweet Potato and Lentil Dahl with Chapati ✓	Italian Tomato Pasta and Garlic Bread ✓	Mixed Bean Chilli (mild) with Rice ✓
		or	or	or	or	or
Deli Club All Grab and Go Deli choices come with a selection of Salad and Vegetable pots		Chicken Fajita Wrap	Cheese and Tomato Pizza (V)	Breaded Chicken Burger Roll	Chicken Goujon Wrap	Cheese Panini (V)
		or	or	or	or	or
		Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap
	Fillings	Cheese (V) and/or Beans or Ham ✓	Sliced Chicken or Tuna Mayo	Sliced Chicken or Cheese (V)	Cheese (V) or Ham	Sliced Chicken, Cheese (V) and/or Beans ✓
		or	or	or	or	or
Desert Both desserts come with a choice of fresh fruit		Crackers with Cheese (V) or ✓	Chocolate Brownie (V)	Crackers with Cheese (V) or ✓	Ice Cream and Fresh Fruit (V)	Raspberry Jelly and Fresh Fruit ✓
		or	or	or	or	or
		Fruit Yoghurt (V) ✓	Fruit Yoghurt (V) ✓	Fruit Yoghurt (V) ✓	Fruit Yoghurt (V) ✓	Fruit Yoghurt (V) ✓

Week 2 15 April, 6 May, 27 May, 17 June, 19 August, 9 September, 30 September

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup		Lentil Soup ✓		Vegetable Soup ✓		
Main Choice Both main choices come with seasonal vegetables	Traditional	Chicken Goujons with Chips or Potatoes	Sausages in Gravy with Potatoes	Steak Pie with Potatoes	Macaroni Cheese with Garlic Bread (V)	Fish with Chips or Potatoes
	Plant Based	Savoury Vegetable Rice with Sweet Chilli Sauce ✓	BBQ Vegetable Wrap ✓	Roast Vegetable and Bean Parcel with Potatoes ✓	Stir Fry Vegetables with Rice ✓	Roast Vegetable Pizza ✓
		or	or	or	or	or
Deli Club All Grab and Go Deli choices come with a selection of Salad and Vegetable pots		Cheese Burger Roll	Cheese Panini (V)	Fish Finger Wrap	BBQ Chicken Wrap	Cheese and Tomato Pizza (V)
		or	or	or	or	or
		Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap
	Fillings	Cheese (V) and/or Beans or Ham ✓	Ham or Cheese (V)	Cheese (V) or Tuna Mayo	Cheese (V) or Sliced Chicken	Cheese (V) or Sliced Chicken
		or	or	or	or	or
Desert Both desserts come with a choice of fresh fruit		Crackers with Cheese (V) or ✓	Chocolate Muffin (V) or ✓	Crackers with Cheese (V) or ✓	Flapjack ✓	Shortbread ✓
		or	or	or	or	or
		Fruit Yoghurt (V) ✓	Fruit Yoghurt (V) ✓	Fruit Yoghurt (V) ✓	Fruit Yoghurt (V) ✓	Fruit Yoghurt (V) ✓

Week 3 22 April, 13 May, 3 June, 24 June, 26 August, 16 September, 7 October

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup		Lentil Soup ✓		Vegetable Soup ✓		
Main Choice Both main choices come with seasonal vegetables	Traditional	Macaroni Cheese with Garlic Bread (V)	Sausage Roll with Chips or Potatoes	Roast Chicken with Gravy, Yorkshire Pudding and Potatoes	Pasta Bolognese with Garlic Bread	Fish with Chips or Potatoes
	Plant Based	Mixed Bean Chilli (mild) with Rice ✓	Roast Vegetable Pizza ✓	Vegetable Roast with Gravy and Potatoes ✓	Lentil Bolognese with Pasta and Garlic Bread ✓	Sweet Chilli Vegetables with Rice ✓
		or	or	or	or	or
Deli Club All Grab and Go Deli choices come with a selection of Salad and Vegetable pots		Pork Burger Roll	Cheese and Tomato Pizza (V)	Salmon Bites Wrap	Chicken Goujon Wrap	Hot Sweet Chilli Chicken Wrap
		or	or	or	or	or
		Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap
	Fillings	Sliced Chicken or Cheese (V)	Cheese (V) and/or Beans or Ham ✓	Ham or Cheese (V)	Cheese (V) or Tuna Mayo	Cheese (V) and/or Beans ✓ or Sliced Chicken
		or	or	or	or	or
Desert Both desserts come with a choice of fresh fruit		Crackers with Cheese (V) or ✓	Chocolate Muffin (V) or ✓	Crackers with Cheese (V) or ✓	Chocolate Mousse and Mandarins (V)	Empire Biscuits ✓
		or	or	or	or	or
		Fruit Yoghurt (V) ✓	Fruit Yoghurt (V) ✓	Fruit Yoghurt (V) ✓	Fruit Yoghurt (V) ✓	Fruit Yoghurt (V) ✓

✓ All items vegan except where stated (V) vegetarian

For more information visit www.dgschoolmeals.co.uk

Our school meals service delivers innovative and nutritious meals to pupils across the region to suit every appetite!

From Nursery to Secondary School, we have developed menus with our pupils in mind. Our Wee Dee Gee brand in nurseries and primary schools helps our youngest customers to foster a good relationship with food as well as educating them about where it comes from. In our secondary schools, we launched our Globetrotter brand to give pupils more choice than ever before.

We use as much non-processed ingredients as we can for example: fresh or frozen fruit and vegetables, meat, fish, rice and pulses.

We also use local produce such as milk, cheese and bread in our school menus.

We are committed to ensuring we use only the best produce; therefore, all our supplier contracts go out to tender. This allows us to give local smaller businesses the opportunity to gain contracts with us.

All of our suppliers have a HACCP principle (Food Safety) plan in place to ensure that potential hazards in the food production process are controlled and prioritised.

The school meals service must follow the legislation for school meals as set by the Scottish Government.

This legislation was introduced to assist in combating obesity in our children and young people.

For more information:
Healthy eating in schools: guidance 2020 - gov.scot (www.gov.scot)

WEE DEE GEE'S DINER

Wee Dee Gee makes lunchtime exciting for our younger customers, in both nursery and primary school, helping them to build a healthy and positive relationship with food!



Free School Meals

Free School Meals for all children in Primary 1 – 5

Every child at a Dumfries and Galloway Council school can get free school lunches during term-time if they are in primary 1 to 5. This applies to all children - your family's financial circumstances do not matter.



Your child will receive free school meals if you are in receipt of the following:

- Universal Credit with a monthly earned income of not more than £726 (£796 from April 2024)
- Income Support/Income-based Job Seeker's Allowance
- Any income related element of Employment and Support Allowance
- Child Tax Credit, but not Working Tax Credit, with an income of less than £18,725 (£19,995 from April 2024)
- Both Child Tax Credit and Working Tax Credit with an income of up to £8,717 (£9,552 from April 2024)
- Support under Part VI of the Immigration and Asylum Act 1999
- Coordinated Support Plan (CSP)

Free lunches for children at nursery

Children in early learning and childcare can get free lunches only if they have a funded place. Your child can also get a free lunch in early learning and childcare if you get any of the benefits above. **Contact your childcare provider to find out more.**

For more information visit www.dgschoolmeals.co.uk

Think Allergy!

Natasha's Law

Natasha's Law came into force on 1 October 2021.

Natasha's Law has been introduced to protect allergy sufferers and give them confidence in the food they buy.

We would advise all parents to register any allergens, medical or prescribed diets as soon as possible.

Forms available from the school office.

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.

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.

SCHOOL MEALS naturally **D&G**
Spring / Summer
try them. You'll love them

