

Dumfries and Galloway Council has created our own local provenance catering brand "Naturally D&G". This brand demonstrates that we are committed to supporting our local food industry and economy.

naturally
D&G



Specific dietary requirements

We also offer meals for specific dietary requirements, such as vegetarian, food allergies or intolerances, medically prescribed diets, or religion or culture.

If you require this 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.

Pre-ordering lunch

All menus are nutritionally analysed, offering a fantastic choice and flexibility.

Primary schools have introduced an advanced pre order system for lunch. Please ask your school for a pre-order form.

You can choose 1 from each of the following groups:

- soup or pudding
- main course or sandwich lunch option
- an item from the salad option
- and a drink

More information relating to the School Meal Service can be found at

www.dumgal.gov.uk

Are you Entitled to 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.

Think Allergy!

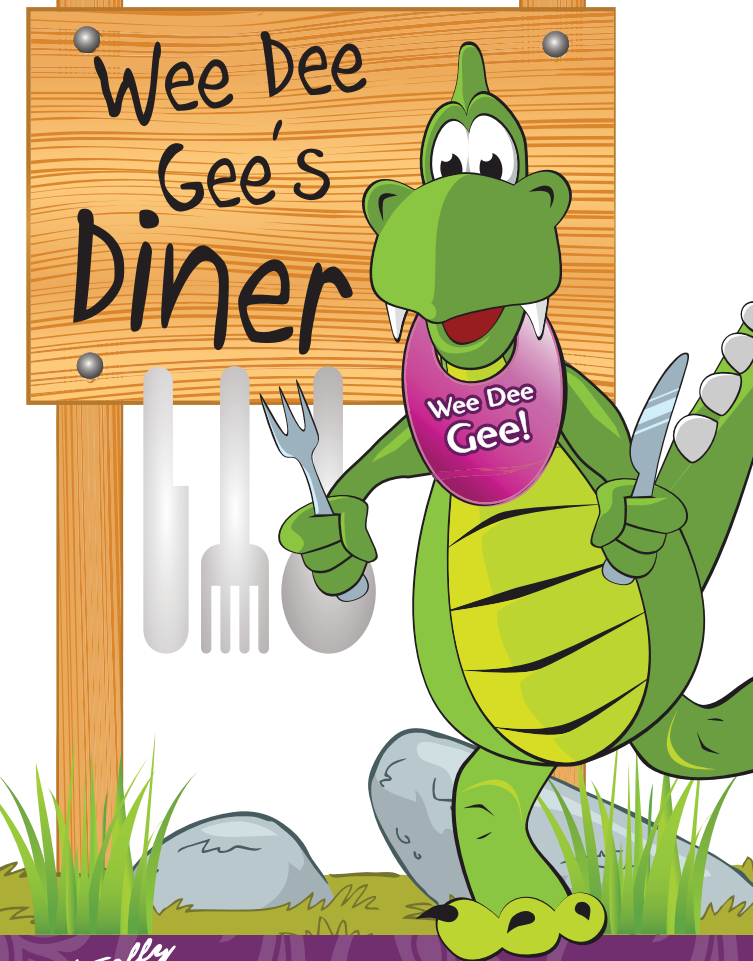
Which ingredients can cause a problem?



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 try them, you'll love them
Spring Summer 2019



naturally
D&G

CHOOSE 1
From either
SOUP or
DESSERT

CHOOSE 1
MAIN
COURSE

CHOOSE 1
SALAD

CHOOSE 1
DRINK
Fruit Crush
or milk
or water



**Bread Basket
and Bread Sticks**
Available Daily

Week 1 - 22 April, 13 May, 3 June, 24 June, 2 September, 23 September

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP		Lentil Soup	Chicken Noodle Soup		
MAINS	Hot Dog Roll with Chips and Sweetcorn or Mexican Mixed Bean filled Yorkshire Pudding or Choice of Roll, Sandwich or Baked Potato with Ham, Tuna or Egg Mayo	Macaroni Cheese and Mixed Salad or Chicken Risotto or Choice of Roll, Sandwich or Baked Potato with Ham, Chicken Mayo or Cheese or Baked Potato with Cheese and Beans	Roast Beef, Gravy, Yorkshire Pudding, with Turnip and Carrot Mash and Boiled Potatoes or Vegetable Stir Fry with Sweet Chilli Noodles or Choice of Roll, Sandwich or Baked Potato with Ham, Tuna or Egg Mayo	Spicy Chicken Wrap with Coleslaw and Mixed Salad or Penne Pasta in a Tomato and Basil Sauce with Garlic Bread or Choice of Roll, Sandwich or Baked Potato with Ham, Chicken Mayo or Cheese or Baked Potato with Cheese and Beans	Breaded Fish with Chips or Boiled Potatoes and Peas or Pork Burger Roll, Chips and Mixed Salad or Choice of Roll, Sandwich or Baked Potato with Ham, Tuna or Egg Mayo
DESSERT	Choice of Fruit Fruit Yoghurt Fruit Flapjack	Choice of Fruit Fruit Yoghurt Chocolate and Raspberry Muffin	Choice of Fruit Fruit Yoghurt Cranberry and Coconut Cookie	Choice of Fruit Fruit Yoghurt Chocolate and Pear Brownie	Choice of Fruit Fruit Yoghurt Fruit Jelly Sundae and Ice Cream

Week 2 - 29 April, 20 May, 10 June, 19 August, 9 September, 30 September

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP		Vegetable Soup		Lentil Soup	
MAINS	Salmon Finger Wrap with Garlic Mayo Dip and Mixed Salad or Sausage Roll, Chips or Boiled Potatoes and Beans or Choice of Roll, Sandwich or Baked Potato with Ham, Tuna or Chicken Mayo	Spaghetti Bolognaise and Broccoli or Vegetable Fajita with Mixed Salad or Choice of Roll, Sandwich or Baked Potato with Ham, Tuna Mayo or Cheese or Baked Potato with Cheese and Beans	Steak Pie with Spring Greens, Sweetcorn and Boiled Potatoes or Vegetable Chow Mein or Choice of Roll, Sandwich or Baked Potato with Ham, Egg Mayo or Tuna	Cheese and Tomato Pizza, Coleslaw and Crunchy Salad or Chicken Curry with Rice or Choice of Roll, Sandwich or Baked Potato with Ham, Chicken Mayo or Cheese or Baked Potato with Cheese and Beans	Crunchy Fish Fillet with Chips or Boiled Potatoes and Peas or Beef Burger Roll with Chips or Boiled Potatoes, Tomato Relish and Mixed Salad or Choice of Roll, Sandwich or Baked Potato with Ham, Tuna or Egg Mayo
DESSERT	Choice of Fruit Fruit Yoghurt Sticky Chocolate Muffin	Choice of Fruit Fruit Yoghurt Shortbread and Fruits	Choice of Fruit Fruit Yoghurt Apple Crumble and Custard	Choice of Fruit Fruit Yoghurt Oaty Fruit Biscuit	Choice of Fruit Fruit Yoghurt Chocolate and Banana Brownie

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

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP		Tomato Soup		Lentil Soup	
MAINS	Cheese and Ham Panini*, Mixed Salad, Coleslaw with Chips or Boiled Potatoes or Chicken Goujons Wrap, Mixed Salad and Coleslaw or Choice of Roll, Sandwich or Baked Potato with Ham, Tuna Mayo or Cheese or Baked Potato with Cheese and Beans	BBQ Pulled Pork with Salad and Pitta Bread or Cottage Pie* with Broccoli or Choice of Roll, Sandwich or Baked Potato with Ham, Egg Mayo or Chicken	Roast Chicken with Boiled Potatoes, Spring Greens and Carrots or Vegetable Chilli with Rice or Choice of Roll, Sandwich or Baked Potato with Ham, Tuna or Chicken Mayo	Italian Pasta with Garlic Bread or Sausage, Beans and Boiled Potatoes or Choice of Roll, Sandwich or Baked Potato with Ham, Tuna or Egg Mayo	Breaded Fish with Chips or Boiled Potatoes and Peas or Vegetable Pizza with Chips or Boiled Potatoes and Peas or Choice of Roll, Sandwich or Baked Potato with Ham, Tuna Mayo or Cheese or Baked Potato with Cheese and Beans
DESSERT	Choice of Fruit Fruit Yoghurt Banana and Toffee Muffin	Choice of Fruit Fruit Yoghurt Fruit Flapjack	Choice of Fruit Fruit Yoghurt Shortbread with Fruit	Choice of Fruit Fruit Yoghurt Chocolate and Raspberry Brownie	Choice of Fruit Fruit Yoghurt Ice Cream and Fruit Salad

* Vegetarian option available, please speak to your catering manager or complete our Special Diet Registration Form