

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.

Think Allergy!

Which ingredients can cause a problem?



GLUTEN



PEANUTS



NUTS



MILK



SOYA



MUSTARD



LUPINS



EGG



FISH



CRUSTACEAN



SHELLFISH



SESAME



CELERY



SULPHITE

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.

Coming Soon!

Look out for our new school meals website, Facebook and Instagram pages



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

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.

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

www.dumgal.gov.uk

SCHOOL
MEALS

try them, you'll love them

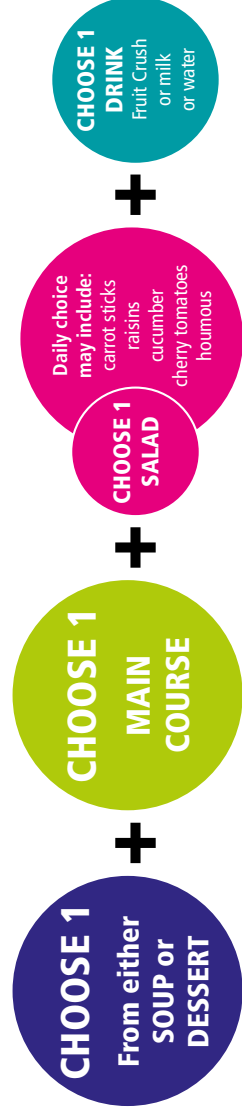
Autumn Winter 2019/20



naturally
D&G

Dumfries
& Galloway





Week 1 - 28 October, 18 November, 9 December, 13 January, 3 February, 24 February, 16 March,

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Lentil Soup (V)		Leek and Potato Soup (V)		Vegetable Soup (V)
MAINS	Savoury Minced Beef, Potatoes and Cabbage	Macaroni Cheese with Chips or Boiled Potatoes and Peas (V)	Steak Pie, Turnip and Carrot Mash and Potatoes	Lasagne and Mixed Salad	Breaded Fish with Chips or Boiled Potatoes and Peas
	or	or	or	or	or
	Sausages*, Beans and Potatoes	Chicken Goujons, Chips or Boiled Potatoes and Coleslaw	Sweet and Sour Pork* with Noodles	Cheese and Ham Panini*, Wee Dee Gee'Slaw and Crunchy Salad	Spicy Chicken Wrap* and Chips with Mixed Salad
	or	or	or	or	or
	Choice of Roll, Wrap, Sandwich or Baked Potato with Ham, Tuna or Egg Mayo	Choice of Roll, Wrap, Sandwich or Baked Potato with Ham, Egg Mayo or Cheese	Choice of Roll, Wrap, Sandwich or Baked Potato with Chicken Mayo, Ham or Tuna	Choice of Roll, Wrap, Sandwich or Baked Potato with Ham, Chicken Mayo or Cheese	Choice of Roll, Wrap, Sandwich or Baked Potato with Tuna, Ham or Egg Mayo
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
	Fruity Flapjack	Sticky Chocolate Brownie	Berry Muffin	Fruity Oat Cookie	Carrot Cake and Custard

Week 2 - 4 November, 25 November, 16 December, 20 January, 10 February, 2 March, 23 March

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Vegetable Soup (V)		Lentil Soup (V)		Tomato Soup (V)
MAINS	Macaroni Cheese, Tomato and Garlic Bread (V)	Hot Dog Roll * with Chips and Sweetcorn	Roast Beef in Gravy, Yorkshire Pudding, with Boiled Potatoes and Broccoli	Pork Burger Roll*, Coleslaw and Mixed Salad	Breaded Fish with Chips or Boiled Potatoes and Peas
	or	or	or	or	or
	Vegetable Fajita with Mixed Salad (V)	Chicken Fried Rice and Sweetcorn	Chicken* Noodle Pot	Penne Pasta with Tomato and Basil Sauce and Herb Bread (V)	Beef Chilli* and Rice
	or	or	or	or	or
	Choice of Roll, Wrap, Sandwich or Baked Potato with Ham, Tuna Mayo or Cheese	Choice of Roll, Wrap, Sandwich or Baked Potato with Ham, Tuna or Chicken Mayo	Choice of Roll, Wrap, Sandwich or Baked Potato with Ham, Egg Mayo or Cheese	Choice of Roll, Wrap, Sandwich or Baked Potato with Egg, Ham or Tuna Mayo	Choice of Roll, Wrap, Sandwich or Baked Potato with Tuna, Egg 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
	Chocolate Brownie and Ice Cream	Chocolate and Berry Muffin	Fruity Flapjack	Cranberry and Coconut Cookie	Apple Crumble and Custard

Week 3 - 11 November, 2 December, 6 January, 27 January, 17 February, 9 March, 30 March

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Potato Soup (V)		Lentil Soup (V)		Vegetable and Rice Soup (V)
MAINS	Cheese and Tomato Pizza, Wee Dee Gee'Slaw and Crunchy Salad (V)	Beef Burger Roll*, Tomato Relish and Chips or Boiled Potatoes	Roast Chicken, Gravy, Turnip and Carrot Mash and Boiled Potatoes	Macaroni Cheese, Garlic Bread and Peas (V)	Breaded Fish*, Chips or Boiled Potatoes and Peas
	or	or	or	or	or
	Chicken Curry and Rice	Salmon Finger Wrap with Lemon Mayo Dip, Chips or Boiled Potatoes and Mixed Salad	Vegetable Pasta Bake with Green Salad (V)	Vegetable Stir-Fry (V)	Sausage Roll, Chips or Boiled Potatoes and Beans
	or	or	or	or	or
	Choice of Roll, Wrap, Sandwich or Baked Potato with Ham, Tuna Mayo or Cheese	Choice of Roll, Wrap, Sandwich or Baked Potato with Ham, Egg or Chicken Mayo	Choice of Roll, Wrap, Sandwich or Baked Potato with Tuna, Ham or Egg Mayo	Choice of Roll, Wrap, Sandwich or Baked Potato with Ham, Egg Mayo or Cheese	Choice of Roll, Wrap, Sandwich or Baked Potato with Chicken Mayo, Egg 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
	Shortbread and fruit	Chocolate and Raspberry Cookie	Sticky Chocolate Muffin	Mandarin Cupcake	Apple Sponge and Custard