

# Primary Menu

Primary 1-5 Free

Primary 6&7 £1.90

**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

30 October, 20 November, 11 December 2023, 15 January, 5 and 26 February, 18 March 2024

| Soup  |             | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|-------------|--|---|---|--|---|
|   |             | Lentil Soup                 |   | Vegetable Soup                                   |  | Lentil Soup            |
| Main Choice<br>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 Boiled Potatoes  | Pasta with Ham Carbonara Sauce and Garlic Bread  | Fish and Chips or Potatoes  |
|   |             | or   | or  | or  | or   | or  |
|   | Plant Based | Vegetable Fajita Wrap       | Vegetable Fried Rice and Curry Sauce  | Spinach, Sweet Potato and Lentil Dahl with Rice  | Pasta with Mushroom Carbonara and Garlic Bread  | Bean Chilli with Rice  |
|   |             | or   | or  | or  | or   | or  |
| Deli Club<br>All deli choices come with a selection of salad and vegetable pots |             | Chicken Fajita Wrap  | Cheese and Tomato Pizza (V)   | Fish Finger Wrap  | 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 and/or Beans (V) or Ham   | Sliced Chicken or Tuna Mayo   | Sliced Chicken or Cheese (V)  | Cheese (V) or Ham  | Sliced Chicken or Cheese and/or Beans (V)   |
|   |             | or   | or  | or  | or   | or  |
| Dessert<br>Both desserts come with a choice of fresh fruit                      |             | Crackers with Cheese (V)  | Vanilla Sponge and Custard (V)      | Crackers with Cheese (V)                       | Chocolate Brownie (V)  | Ice Cream and Fresh Fruit (V)   |
|   |             | or   | or  | or  | or   | or  |
|   |             | Fruit Yoghurt (V)         | Fruit Yoghurt (V)                   | Fruit Yoghurt (V)                              | Fruit Yoghurt (V)                             | Fruit Yoghurt (V)    |



















## Week 2


6 and 27 November, 18 December 2023, 22 January, 12 February, 4 March 2024

| Soup  |             | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|-------------|--|---|--|--|--|
|   |             | Lentil Soup   |   | Vegetable Soup                                        |  | Lentil Soup                             |
| Main Choice<br>Both main choices come with seasonal vegetables                  | Traditional | Chicken Goujons with Chips or Potatoes   | Sweet Chilli Chicken with Rice  | Steak Pie with Mashed Potatoes   | Sausages and Mashed Potatoes   | Fish with Chips or Potatoes  |
|   |             | or   | or  | or   | or   | or   |
|   | Plant Based | Potato and Cauliflower Curry (Aloo Gobi) with Rice  | Sweet Chilli Vegetables with Rice  | Roast Vegetable and Bean Parcel with Mashed Potatoes  | BBQ Vegetable Wrap  | Italian Tomato Pasta with Garlic Bread  |
|   |             | or   | or  | or   | or   | or   |
| Deli Club<br>All deli choices come with a selection of salad and vegetable pots |             | Cheese Burger Roll   | Cheese Panini (V)   | Breaded Chicken Burger Roll  | 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 and/or Beans (V) or Ham   | Cheese (V) or Sliced Chicken  | Cheese (V) or Tuna Mayo  | Ham or Cheese (V)  | Cheese and/or Beans (V) or Sliced Chicken  |
|   |             | or   | or  | or   | or   | or   |
| Dessert<br>Both desserts come with a choice of fresh fruit                      |             | Crackers with Cheese (V)                            | Chocolate Muffin (V)              | Crackers with Cheese (V)                              | Flapjack            | Shortbread                              |
|   |             | or   | or  | or   | or   | or   |
|   |             | Fruit Yoghurt (V)                                   | Fruit Yoghurt (V)                 | Fruit Yoghurt (V)                                     | Fruit Yoghurt (V)   | Fruit Yoghurt (V)                       |

## Week 3

13 November, 4 December 2023, 8 and 29 January, 19 February, 11 March 2024

| Soup  |             | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|-------------|--|---|--|---|--|
|   |             | Lentil Soup                                     |   | Vegetable Soup                                  |   | Lentil Soup                   |
| Main Choice<br>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 Boiled Potatoes  | Pasta Bolognese with Garlic Bread   | Fish with Chips or Potatoes  |
|   |             | or   | or  | or   | or  | or   |
|   | Plant Based | Savoury Vegetable Rice with Sweet Chilli Sauce  | Vegetable Pizza         | Vegetable Roast with Gravy and Boiled Potatoes  | Vegetable Pasta Bolognese with Garlic Bread  | Vegetable Stir Fry with Rice  |
|   |             | or   | or  | or   | or  | or   |
| Deli Club<br>All deli choices come with a selection of salad and vegetable pots |             | Pork Burger Roll   | Cheese and Tomato Pizza (V)   | Salmon Finger Wrap   | Chicken Goujon Wrap   | Hot Sweet Chilli Chicken Sub Roll  |
|   |             | 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 and/or Beans (V) or Ham  | Ham or Cheese (V)  | Cheese or Tuna Mayo   | Cheese and/or Beans (V) or Sliced Chicken  |
|   |             | or   | or  | or   | or  | or   |
| Dessert<br>Both desserts come with a choice of fresh fruit                      |             | Crackers with Cheese (V)                        | Iced Vanilla Muffin (V)  | Crackers with Cheese (V)                        | Chocolate Sponge and Custard (V)             | Oat Cookie                    |
|   |             | 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](http://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.



GLUTEN



PEANUTS



NUTS



MILK



SOYA



MUSTARD



LUPINS



EGG



FISH



CRUSTACEAN



SHELLFISH



SESAME



CELERY



SULPHITE

### 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](http://www.gov.scot))

# SCHOOL MEALS

naturally  
**D&G**

Autumn / Winter  
try them. You'll love them



Dumfries & Galloway  
COUNCIL

## 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
- 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
- Both Child Tax Credit and Working Tax Credit with an income of up to £8,717
- 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](http://www.dgschoolmeals.co.uk)**