

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?



## 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.

We have introduced an order system for lunch. Please ask your Nursery Manager 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](http://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](http://www.dumgal.gov.uk)

# Nursery SCHOOL MEALS

try them. You'll love them

## Autumn Winter 2019/20



naturally  
**D&G**

**CHOOSE 1**  
From either  
SOUP or  
DESSERT



**CHOOSE 1**  
MAIN  
COURSE



**CHOOSE 1**  
SALAD

Daily choice  
may include:  
carrot sticks  
raisins  
cucumber  
cherry tomatoes  
houmous



**CHOOSE 1**  
DRINK  
Milk  
or water



**Bread Basket  
and Bread Sticks  
Available Daily**

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>SOUP</b>	Lentil Soup (V)	Lentil Soup (V)	Leek and Potato (V)	Leek and Potato (V)	Breaded Fish, Mashed Potatoes and Peas
<b>MAINS</b>	Savoury Minced Beef, Potatoes and Cabbage or Sausages*, Beans and Potatoes or Choice of Roll, Wrap, Sandwich or Baked Potato with Ham or Tuna Mayo	Macaroni Cheese with Peas (V) or Salmon Risotto or Choice of Roll, Wrap, Sandwich or Baked Potato with Egg Mayo or Cheese	Stewed Steak, Turnip and Carrot Mash and Potatoes or Sweet and Sour Pork* with Noodles or Choice of Roll, Wrap, Sandwich or Baked Potato with Chicken Mayo or Tuna Mayo	Lasagne and Mixed Salad or Cheese and Tomato Panini, Wee Dee Gee 'Slaw and Crunchy Salad (V) or Choice of Roll, Wrap, Sandwich or Baked Potato with Egg Mayo, Cheese or Baked Potato with Cheese and Beans	Choice of Roll, Wrap, Sandwich or Baked Potato with Tuna or Egg Mayo
<b>DESSERT</b>	Choice of Fruit Yoghurt Fruity Flapjack	Choice of Fruit Yoghurt	Choice of Fruit Yoghurt Berry Muffin	Choice of Fruit Yoghurt	Choice of Fruit Yoghurt 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
<b>SOUP</b>	Vegetable Soup (V)	Vegetable Soup (V)	Lentil Soup (V)	Lentil Soup (V)	Pork Burger Roll*, Coleslaw and Mixed Salad
<b>MAINS</b>	Macaroni Cheese, Tomato and Garlic Bread (V) or Vegetable Fajita with mixed salad (V) or Choice of Roll, Wrap, Sandwich or Baked Potato with Tuna Mayo or Cheese or Baked Potato with Cheese and Beans	Hot Dog Roll* and Sweetcorn or Salmon Pasta Bake or Choice of Roll, Wrap, Sandwich or Baked Potato with Tuna Mayo or Ham	Roast Beef in Gravy, Yorkshire Pudding, with Boiled Potatoes and Broccoli or Chicken* Noodle Pot or Choice of Roll, Wrap, Sandwich or Baked Potato with Egg Mayo or Cheese or Baked Potato with Cheese and Beans	Breaded Fish with Mashed Potatoes and Peas or Penne Pasta with Tomato and Basil Sauce and Herb Bread (V) or Choice of Roll, Wrap, Sandwich or Baked Potato with Chicken Mayo or Tuna Mayo	Beef Chilli* with Rice or Choice of Roll, Wrap, Sandwich or Baked Potato with Egg Mayo or Tuna Mayo
<b>DESSERT</b>	Choice of Fruit Yoghurt Chocolate Brownie and Ice Cream	Choice of Fruit Yoghurt	Choice of Fruit Yoghurt Fruity Flapjack	Choice of Fruit Yoghurt	Choice of Fruit Yoghurt 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
<b>SOUP</b>	Potato Soup (V)	Potato Soup (V)	Lentil Soup	Lentil Soup	Sausage Roll with Beans or Cottage Pie* and Peas or
<b>MAINS</b>	Cheese and Tomato Pizza, Wee Dee Gee Slaw and Crunchy Salad (V) or Chicken Curry with Rice or Choice of Roll, Wrap, Sandwich or Baked Potato with Tuna Mayo or Cheese	Beef Burger Roll*, with Tomato Relish and Boiled Potatoes or Salmon Finger Wrap with Mixed Salad or Choice of Roll, Wrap, Sandwich or Baked Potato with Egg Mayo or Chicken Mayo	Roast Chicken, Gravy, Turnip and Carrot Mash and Boiled Potatoes or Vegetable Pasta Bake with Green Salad (V) or Choice of Roll, Wrap, Sandwich or Baked Potato with Tuna or Egg Mayo	Macaroni Cheese, Garlic Bread and Peas (V) or Vegetable Stir-Fry (V) or Choice of Roll, Wrap, Sandwich or Baked Potato with Egg Mayo or Cheese or Baked Potato with Cheese and Beans	Choice of Roll, Wrap, Sandwich or Baked Potato with Chicken Mayo or Ham
<b>DESSERT</b>	Choice of Fruit Yoghurt Shortbread and Fruit	Choice of Fruit Yoghurt	Choice of Fruit Yoghurt Sticky Chocolate Muffin	Choice of Fruit Yoghurt	Choice of Fruit Yoghurt Apple Sponge and Custard

\* Vegetarian option available, please speak to your catering manager or complete our Special Diet Registration Form  
Home baked products will be served as an accompaniment to fresh fruit