

# 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 or  
Milk Alternative (V)(Ve)  
or Milk Shake



<b>Week 1</b> 17 April, 8 May 29 May, 19 June, 28 August, 18 September, 9 October						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>			Lentil Soup (Ve)		Vegetable Soup (Ve)	
<b>Main Choice</b> Both main choices come with seasonal vegetables	Traditional	Hot Dog Roll with Chips or Boiled Potatoes	Chicken Fried Rice and Curry Sauce	Roast Chicken with Gravy, Yorkshire Pudding and Boiled Potatoes	Lasagne	Breaded Fish with Chips or Boiled Potatoes
	Plant Based or Meat Free	Spinach, Sweet Potato and Lentil Dahl with Rice (Ve)	Vegetable Fried Rice and Curry Sauce (Ve)	Vegetable Roast with Gravy and Boiled Potatoes (Ve)	Vegetable Lasagne (Ve)	Vegetable Stir Fry with Noodles (Ve)
<b>Deli Club</b> All Deli choices come with a selection of salad and vegetable pots		Salmon Finger Wrap	Cheese and Tomato Pizza (V)	Cheese and Ham Panini	Chicken Goujon Wrap	Baked Potato with Beans and/or Cheese (V)
		Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap	Sandwich or Wrap
		Fillings	Ham Tuna Mayo Coronation Chickpeas (Ve)	Cheese (V) Sliced Chicken BBQ Chickpeas (Ve)	Ham Tuna Mayo Salad (Ve)	Sliced Chicken Egg Mayo (V) Coronation Chickpeas (Ve) BBQ Chickpeas (Ve)
<b>Dessert</b> Both desserts come with a choice of fresh fruit		Chocolate Brownie (V)	Crackers and Cheese (V) or (Ve)	Shortbread (Ve)	Crackers and Cheese (V) or (Ve)	Ice Cream and Fresh Fruit (V)
		Yoghurt (V) or (Ve)	Yoghurt (V) or (Ve)	Yoghurt (V) or (Ve)	Yoghurt (V) or (Ve)	Yoghurt (V) or (Ve)

<b>Week 2</b> 24 April, 15 May, 5 June, 26 June, 4 September, 25 September						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>			Lentil Soup (Ve)		Vegetable Soup (Ve)	
<b>Main Choice</b> Both main choices come with seasonal vegetables	Traditional	Sausage Roll with Chips or Boiled Potatoes	Macaroni Cheese with Garlic Bread (V)	Steak Pie with Mashed Potatoes	Spaghetti Bolognese with Garlic Bread	Breaded Fish with Chips or Boiled Potatoes
	Plant Based or Meat Free	Potato Topped Mixed Bean Pie (Ve)	Italian Tomato Pasta with Garlic Bread (Ve)	Roast Vegetable and Bean Parcels with Mashed Potatoes (Ve)	Vegetable Bolognese with Garlic Bread (Ve)	BBQ Vegetable Wrap (Ve)
<b>Deli Club</b> All Deli choices come with a selection of salad and vegetable pots		Cheese and Tomato Pizza (V)	Pork Burger Roll	Fish Finger Wrap	Baked Potato with Beans and/or Cheese (V)	BBQ Chicken Wrap
		Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap	Sandwich or Wrap	Baked Potato, Sandwich or Wrap
		Fillings	Cheese and/or Beans (V) Ham Tuna Mayo BBQ Chickpeas (Ve)	Cheese (V) Egg Mayo Coronation Chickpeas (Ve)	Ham Cheese (V) BBQ Chickpeas (Ve)	Cheese and/or Beans (V) Sliced Chicken Tuna Mayo Coronation Chickpeas (Ve)
<b>Dessert</b> Both desserts come with a choice of fresh fruit		Flapjack (Ve)	Crackers and Cheese (V) or (Ve)	Ice Cream & Fresh Fruit (V)	Crackers and Cheese (V) or (Ve)	Vanilla Sponge and Custard (V) or (Ve)
		Yoghurt (V) or (Ve)	Yoghurt (V) or (Ve)	Yoghurt (V) or (Ve)	Yoghurt (V) or (Ve)	Yoghurt (V) or (Ve)

<b>Week 3</b> 1 May, 22 May, 12 June, 21 August, 11 September, 2 October						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>			Lentil Soup (Ve)		Vegetable Soup (Ve)	
<b>Main Choice</b> Both main choices come with seasonal vegetables	Traditional	Sausages with Chips or Boiled Potatoes	Chicken Tikka Curry with Rice	Roast Beef with Gravy, Yorkshire Pudding and Boiled Potatoes	Chicken Carbonara with Garlic Bread	Breaded Fish with Chips or Boiled Potatoes
	Plant Based or Meat Free	Bean Chilli with Rice (Ve)	Chickpea Tikka Curry with Rice (Ve)	Vegetable Roast with Gravy and Boiled Potatoes (Ve)	Mushroom Carbonara with Garlic Bread (Ve)	Vegetable Fajita Wrap (Ve)
<b>Deli Club</b> All Deli choices come with a selection of salad and vegetable pots		Baked Potato with Beans and/or Cheese (V)	Breaded Chicken Burger	Cheese Panini (V)	Cheese Burger Roll	Chicken Fajita Wrap
		Sandwich or Wrap	Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap	Baked Potato, Sandwich or Wrap
		Fillings	Ham Tuna Mayo Coronation Chickpeas (Ve)	Ham Egg Mayo (V) BBQ Chickpeas (Ve)	Cheese (V) Tuna Mayo Salad (Ve)	Cheese (V) Sliced Chicken Coronation Chickpeas (Ve) Cheese and/or Beans (V) Cheese (V) Sliced Chicken BBQ Chickpeas (Ve)
<b>Dessert</b> Both desserts come with a choice of fresh fruit		Chocolate Brownie (V)	Crackers and Cheese (V) or (Ve)	Ice Cream and Fresh Fruit (V)	Crackers and Cheese (V) or (Ve)	Empire Biscuit (Ve)
		Yoghurt (V) or (Ve)	Yoghurt (V) or (Ve)	Yoghurt (V) or (Ve)	Yoghurt (V) or (Ve)	Yoghurt (V) or (Ve)

🌱 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.



## Have Your Say

Please tell us what your child/children think of our school meals.

Scan the QR code or use the link below to access the survey.

<https://forms.office.com/e/Kwy0M03MEg>



# SCHOOL MEALS

Spring / Summer  
try them. You'll love them



Dumfries & Galloway COUNCIL

## 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))

## 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.



### If your child is in Primary 6 or 7 you can get free school meals, if you get:

- Universal Credit (where your monthly earned income is not more than £625)
- Income Support
- Income-based Job Seeker's Allowance
- Income-based Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999

### Your child is also entitled to free school lunches if you get:

- Child Tax Credit, but not Working Tax Credit, and your income is less than £16,105
- Both Child Tax Credit and Working Tax Credit and have an income of up to £7,500

### 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.

**DID YOU KNOW** that your child can order their lunch in school or online using iPayimpact?

Ordering of meals can be done in advance too.



Pre-order online using [iPayimpact.co.uk](http://iPayimpact.co.uk)



Pre-order can be:

- daily
- weekly
- up to six weeks in advance

For more information visit [www.dgschoolmeals.co.uk](http://www.dgschoolmeals.co.uk)