

Primary Menu

Primary 1-5 Free
Primary 6&7 £2

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

28 October, 18 November, 9 December, 13 January, 3 February, 24 February, 17 March

Soup		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Choice Both main choices come with seasonal vegetables		Lentil (V)		Tomato (V)		Lentil (V)
Main Choice	Traditional	Macaroni Cheese with Garlic Bread (V)	Sausage Roll with Chips or Potatoes	Roast Beef with Gravy and Yorkshire Pudding and Potatoes	Lasagne and Garlic Bread	Fish with Chips or Potatoes
	Plant Based	Roast Vegetable Wrap (V)	Lentil Bolognese and Garlic Bread (V)	Spinach, Sweet Potato and Lentil Dahl with Chapati (V)	Italian Pasta and Garlic Bread (V)	Mixed Bean Chilli (mild) with Rice (V)
Deli Club All Grab and Go Deli choices come with a selection of Salad and Vegetable pots		Breaded Chicken Burger Roll	Cheese Panini (V)	Fish Finger Sub Roll	Cheese And Tomato Pizza (V)	Chicken Goujon Wrap
Deli Club		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
Deli Club		Sliced Chicken or Tuna Mayo	Cheese (V) and/or Beans or Ham	Ham or Cheese (V)	Egg Mayo (V) or Cheese (V)	Cheese (V) or Sliced Chicken
Dessert Both desserts come with a choice of fresh fruit		Crackers with Cheese (V) or Fruit Yoghurt (V) or (V)	Carrot Cake Muffin (V)	Crackers with Cheese (V) or Fruit Yoghurt (V) or (V)	Vanilla Sponge and Custard (V) or Fruit Yoghurt (V) or (V)	Chocolate Brownie (V) or Fruit Yoghurt (V) or (V)

Week 2

4 November, 25 November, 16 December, 20 January, 10 February, 3 March, 24 March

Soup		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Choice Both main choices come with seasonal vegetables		Lentil (V)		Minestrone (V)		Lentil (V)
Main Choice	Traditional	Hot Dog Roll with Chips or Potatoes	Meatballs and Tomato Sauce with Pasta and Garlic Bread	Steak Pie with Potatoes	Chicken Curry with Rice	Fish Stars with Chips or Potatoes
	Plant Based	Vegetable Fajita Wrap (V)	Vegetable Lasagne and Garlic Bread (V)	Mixed Bean and Tomato Parcel (V)	Sweet and Sour Vegetables with Rice (V)	Mediterranean Pizza (V)
Deli Club All Grab and Go Deli choices come with a selection of Salad and Vegetable pots		Breaded Salmon Bites Wrap	Cheese Burger Roll	Cheese Panini (V)	Chicken Goujon Wrap	Cheese and Tomato Pizza (V)
Deli Club		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
Deli Club		Cheese (V) and/or Beans or Ham	Egg Mayo (V) or Cheese (V)	Ham or Cheese (V)	Sliced Chicken or Tuna Mayo	Cheese (V) or Sliced Chicken
Dessert Both desserts come with a choice of fresh fruit		Crackers with Cheese (V) or Fruit Yoghurt (V) or (V)	Chocolate Sponge and Custard (V) or Fruit Yoghurt (V) or (V)	Crackers with Cheese (V) or Fruit Yoghurt (V) or (V)	Raspberry Jelly and Ice Cream (V) or Fruit Yoghurt (V) or (V)	Flapjack (V) or Fruit Yoghurt (V) or (V)

Week 3

11 November, 2 December, 6 January, 27 January, 17 February, 10 March

Soup		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Choice Both main choices come with seasonal vegetables		Lentil (V)		Vegetable (V)		Lentil (V)
Main Choice	Traditional	Sausage Roll with Chips or Potatoes	Spaghetti Bolognese with Garlic Bread	Roast Chicken with Gravy, Stuffing and Roast Potatoes	Sausages with Gravy and Potatoes	Fish and Chips or Potatoes
	Plant Based	Mixed Bean Chilli (mild) and Rice (V)	Mediterranean Pizza (V)	Vegetable Roast with Gravy and Roast Potatoes (V)	Tomato and Basil Pasta and Garlic Bread (V)	Stir Fry Vegetables and Rice (V)
Deli Club All Grab and Go Deli choices come with a selection of Salad and Vegetable pots		Pork Burger Roll	Chicken Goujons Wrap	Cheese Panini (V)	Chicken Fajita Wrap	Cheese and Tomato Pizza (V)
Deli Club		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
Deli Club		Cheese (V) and/or Beans or Ham	Sliced Chicken or Egg Mayo (V)	Sliced Chicken or Tuna Mayo	Ham or Cheese (V)	Cheese (V) or Sliced Chicken
Dessert Both desserts come with a choice of fresh fruit		Crackers with Cheese (V) or Fruit Yoghurt (V) or (V)	Eves Pudding and Custard (V) or Fruit Yoghurt (V) or (V)	Crackers with Cheese (V) or Fruit Yoghurt (V) or (V)	Chocolate Mousse with Mandarins (V) or Fruit Yoghurt (V) or (V)	Shortbread (V) or Fruit Yoghurt (V) or (V)

(V) All items vegan except where stated (V) vegetarian

Menus and dishes may be subject to change

For more information search **Dumfries and Galloway school meals**

