

Nursery Menu

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)



Week 1		30 October, 20 November, 11 December 2023, 15 January, 5 and 26 February, 18 March 2024				
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup		Lentil Soup		Vegetable Soup		Lentil Soup
Main Choice Both main choices come with seasonal vegetables	Traditional	Macaroni Cheese with Garlic Bread	Chicken Fried Rice and Curry Sauce	Roast Beef with Gravy, Yorkshire Pudding and Boiled Potatoes	Ham Carbonara Pasta with Garlic Bread	Fish with Boiled 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	Mushroom Carbonara Pasta with Garlic Bread	Bean Chilli with Rice
		or	or	or	or	or
Deli Club All deli choices come with a selection of salad and vegetable pots		Chicken Fajita Wrap	Cheese and Tomato Pizza	Fish Finger Wrap	Chicken Goujon Wrap	Cheese Panini
		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 or Salmon Mayo	Sliced Chicken or Tuna Mayo	Sliced Chicken or Cheese	Ham or Cheese
Dessert Both desserts come with a choice of fresh fruit		Crackers with Cheese	Vanilla Sponge and Custard	Crackers with Cheese	Chocolate Brownie	Ice Cream and Fresh Fruit
		or	or	or	or	or
		Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt

Week 2		6 and 27 November, 18 December 2023, 22 January, 12 February, 4 March 2024				
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup		Lentil Soup 🌱		Vegetable Soup 🌱		Lentil Soup 🌱
Main Choice Both main choices come with seasonal vegetables	Traditional	Chicken Goujons with Boiled Potatoes	Sweet Chilli Chicken with Rice	Beef Casserole with Mashed Potatoes	Mince with Potatoes	Fish Fingers with Boiled Potatoes
		or	or	or	or	or
	Plant Based	Potato and Cauliflower Curry with Rice (Aloo Gobi) 🌱	Sweet Chilli Vegetables with Rice 🌱	Roasted Vegetable and Bean Parcel with Mashed Potatoes 🌱	BBQ Vegetable Wrap 🌱	Italian Tomato Pasta with Garlic Bread 🌱
		or	or	or	or	or
Deli Club All deli choices come with a selection of salad and vegetable pots		Cheese Burger Roll	Cheese Panini (V)	Chicken Fillet Salad Wrap	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 or Salmon Mayo	Cheese (V) or Sliced Chicken	Cheese (V) or Tuna Mayo	Sliced Chicken or Cheese (V)	Cheese and/or Beans (V) or Sliced Chicken
Dessert 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				
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup		Lentil Soup		Vegetable Soup		Lentil Soup
Main Choice Both main choices come with seasonal vegetables	Traditional	Macaroni Cheese with Garlic Bread	Sausage Roll with Boiled Potatoes	Roast Chicken with Gravy, Yorkshire Pudding and Boiled Potatoes	Pasta Bolognese with Garlic Bread	Fish Fingers with Boiled 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 All deli choices come with a selection of salad and vegetable pots		Pork Burger Roll	Cheese and Tomato Pizza	Salmon Finger Wrap	BBQ Stir Fry Chicken 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	Ham or Cheese and/or Beans	Sliced Chicken or Cheese	Sliced Chicken or Tuna Mayo	Cheese and/or Beans or Sliced Chicken
Dessert Both desserts come with a choice of fresh fruit		Crackers with Cheese	Iced Vanilla Muffin	Crackers with Cheese	Chocolate Sponge and Custard	Oat Cookie
		or	or	or	or	or
		Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt

All items vegan except where stated (V) vegetarian

For more information visit 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)

Nursery SCHOOL MEALS

Autumn / Winter

try them. You'll love them



Dumfries & Galloway



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