

DALMAIN

Date 23rd Feb, 16th Mar, 6th Apr, 27th Apr, 18th May
8th Jun, 29th Jun, 20th Jul

WEEK 1

MONDAY

Cheesy Baked Bean Quesadilla (GL,MI)
Veggie Noodle Stir Fry (GL,EG,SO)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Ice Cream (MI) or Fresh Fruit

TUESDAY

Mild Chicken Curry with Steamed Rice
Handmade Margherita Pizza with Vegetable Sticks (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Apple Crumble & Custard (GL,MI) or Fresh Fruit

WEDNESDAY

Roast Chicken with Potatoes & Gravy (SU)
Sweet Potato and Mushroom Loaf with Potatoes & Gravy (GL)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Vegan Fruit Jelly or Fresh Fruit

THURSDAY

Chicken Meatballs & Tomato Pasta (GL)
Vegan Meatballs with Tomato Sauce Pasta (SO)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Marble Cake (GL) or Fresh Fruit

FRIDAY

Breaded Fillet of Fish with Chips (GL,FI)
Quorn Veggie Dippers with Chips (GL)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Apple & Raisin Biscuit (GL) or Fresh Fruit

Date

9th Mar, 30th Mar, 20th Apr, 11th May
1st Jun, 22nd Jun, 13th July

WEEK 2

Loaded Mac 'n' Cheese (GL,MI)
BBQ Veggie Burrito (GL,SO)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Ice Cream (MI) or Fresh Fruit

Jerk chicken & rice (GL,SU)
Loaded Bean & Veggie Chilli & rice (GL,MI,SO)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Fruity Flapjack (GL) or Fresh Fruit

Chicken Sausage with Mash & Gravy (GL,SU)
Vegan Sausage with Mash & Gravy (SO,SU)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Oat & Banana Biscuit (G) or Fresh Fruit

Caribbean spiced beef wrap (GL,SU)
Handmade Margherita Pizza with Sweetcorn Rib (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Vegan Fruit Jelly or Fresh Fruit

Fish Fingers with Chips (GL,FI)
Falafel with Chips (GL)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Chocolate Brownie (GL) or Fresh Fruit

Date

2nd Mar, 23rd Mar, 13th Apr, 4th May, 25th May
15th Jun, 6th Jul, 27th Jul

WEEK 3

Veggie Fajita with Wedges (GL)
Vegan Hot Dog with Wedges (GL,SO,SE)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Ice Cream (MI) or Fresh Fruit

Lemon & Herb Turkey Jollof Rice (SU)
Handmade Margherita Pizza with Garden Salad (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Fruity Shortbread (GL) or Fresh Fruit

Roast Chicken with Potatoes & Gravy (SU)
Squash & Spinach Plait with Potatoes & Gravy (GL,SU)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Vegan Fruit Jelly or Fresh Fruit

North African spiced chicken (SU) with rice & peas
Squash & Sweet Potato Dahl with Naan Bread & Rice (GL)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Iced Sprinkle Sponge (GL) or Fresh Fruit

Breaded Fillet of Fish with Chips (GL,FI)
Quorn Veggie Dippers with Chips (GL)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Soft Baked Chocolate Cookie (GL) or Fresh Fruit

VEGETABLES, SALAD, BREAD, AVAILABLE DAILY

HALAL MEAT IS SERVED HERE

BREAD CONTAINS - GL - MI - EG - SO

ALLERGY KEY
CELERY - CE / GLUTEN - GL / CRUSTACEANS - CR / EGGS - EG / FISH - FI / LUPIN - LU / MILK - MI
MOLLUSCS - MO / MUSTARD - MU / NUTS - NU / PEANUTS - PE / SESAME SEEDS - SE / SOYA - SO / SULPHUR - SU

The Pantry are committed to improving the standards of children's meals across every one of our Schools, and fresh, ethically sourced ingredients are used every day across our kitchens.

The Pantry