

# DALMAIN

**Date** Aug 26<sup>th</sup>, Sep 16<sup>th</sup>, Oct 7<sup>th</sup>, Nov 28<sup>th</sup>, Nov 18<sup>th</sup>, Dec 9<sup>th</sup>,  
Dec 30<sup>th</sup>, Jan 20<sup>th</sup>, Feb 10<sup>th</sup>

## WEEK 1

**Date** Sep 2<sup>nd</sup>, Sep 23<sup>rd</sup>, Oct 14<sup>th</sup>, Nov 4<sup>th</sup>, Nov 25<sup>th</sup>, Dec 16<sup>th</sup>  
Jan 6<sup>th</sup>, Jan 27<sup>th</sup>, Feb 17<sup>th</sup>

## WEEK 2

**Date** Sep 9<sup>th</sup>, Sep 30<sup>th</sup>, Oct 21<sup>st</sup>, Nov 11<sup>th</sup>, Dec 2<sup>nd</sup>, Dec 23<sup>rd</sup>,  
Jan 13<sup>th</sup>, Feb 3<sup>rd</sup>, Feb 24<sup>th</sup>

## WEEK 3

### MONDAY

Vegetable Paella  
Mac 'n' Cheese (GL, MI)  
Tomato Pasta (GL)  
Jacket Potatoes - Cheese & Beans (MI), Beans or Tuna (FI)  
Sandwiches - Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,FI,SO)  
Ice cream (MI) or Fresh Fruit

Vegetable Pasta Bake (GL,MI)  
Vegetable Masala with Rice (MI)  
Tomato Pasta (GL)  
Jacket Potatoes - Cheese & Beans (MI), Beans or Tuna (FI)  
Sandwiches - Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,FI,SO)  
Ice cream (MI) or Fresh Fruit

Pesto Pasta (GL,MI)  
Vegetable Stir Fry Noodles (GL, EG, SO)  
Tomato Pasta (GL)  
Jacket Potatoes - Cheese & Beans (MI), Beans or Tuna (FI)  
Sandwiches - Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,FI,SO)  
Ice Cream (MI) or Fresh Fruit

### TUESDAY

Beef Lasagne (GL,MI,EG)  
Margherita Pizza with Rainbow Slaw (GL,MI)  
Tomato Pasta (GL)  
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)  
Sandwiches - Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,FI,SO)  
Cookie (GL) or Fresh Fruit

Chicken Biryani  
Margherita Pizza with Rainbow Slaw (GL,MI)  
Tomato Pasta (GL)  
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)  
Sandwiches - Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,FI,SO)  
Cookie (GL) or Fresh Fruit

Chicken Stir Fry Noodles (GL,EG,SO)  
Margherita Pizza with Rainbow Slaw (GL,MI)  
Tomato Pasta (GL)  
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)  
Sandwiches - Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,FI,SO)  
Vegan Jelly or Fresh Fruit

### WEDNESDAY

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

Roast Turkey, Roast Potatoes & Gravy (SU,CE)  
Vegetable Crumble (GL,SU,CE)  
Tomato Pasta (GL)  
Jacket Potatoes - Cheese & Beans (MI), Beans or Tuna (FI)  
Sandwiches - Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,FI,SO)  
Vegan Jelly or Fresh Fruit

Roast Chicken, Roast Potatoes & Gravy (SU,CE)  
Vegetable Lattice with Gravy (GL,SU,CE)  
Tomato Pasta (GL)  
Jacket Potatoes - Cheese & Beans (MI), Beans or Tuna (FI)  
Sandwiches - Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,FI,SO)  
Apple Crumble with Custard (GL,MI) or Fresh Fruit

### THURSDAY

Chicken Sausage with Mash & Gravy (GL,SU,CE)  
Vegetable Pie with Sweet Mash Topping (GL)  
Tomato Pasta (GL)  
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)  
Sandwiches - Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,FI,SO)  
Confetti Cake (GL) or Fresh Fruit

Jerk Chicken with Rice  
Vegetable Enchilada (GL,MI)  
Tomato Pasta (GL)  
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)  
Sandwiches - Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,FI,SO)  
Marble Crunch Cake (GL) or Fresh Fruit

Beef Pasta Bolognese (GL,MI)  
Veggie Lasagne (GL,MI,EG)  
Tomato Pasta (GL)  
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)  
Sandwiches - Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,FI,SO)  
Chocolate & Banana Cake (GL) or Fresh Fruit

### FRIDAY

Fish Fingers with Chips & Tomato Sauce (FI,GL)  
Stuffed Red Pepper & Chips  
Tomato Pasta (GL)  
Jacket Potatoes - Cheese & Beans (MI), Beans or Tuna (FI)  
Sandwiches - Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,FI,SO)  
Sliced Fruit Wedges

Breaded Fish Fillet with Chips & Tomato Sauce (FI,GL)  
Omelette & Chips (EG,MI)  
Tomato Pasta (GL)  
Jacket Potatoes - Cheese & Beans (MI), Beans or Salmon (FI)  
Sandwiches - Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,FI,SO)  
Sliced Fruit Wedges

Fish Fingers with Chips & Tomato Sauce (FI,GL)  
Handmade Falafel with Chips & Tomato Sauce (GL)  
Tomato Pasta (GL)  
Jacket Potatoes - Cheese & Beans (MI), Beans or Tuna (FI)  
Sandwiches - Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,FI,SO)  
Sliced Fruit Wedges

**VEGETABLES, SALAD, BREAD AVAILABLE DAILY**

**ALL MEAT IS HALAL CERTIFIED**

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.

