

DMAT Primary menu from September 2022

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Fish Fingers	Cheesy Tomato Pasta	Roast Chicken Dinner	Cottage Pie	Fish, Chips and Beans
Vegetarian	Quorn Nuggets	Margherita Pizza	Quorn Roast	Macaroni Cheese	Fishless Fingers and Beans
Garnish	New Potatoes, Peas, and Sweetcorn	Garlic Bread, Crispy Salad	New Potatoes Cabbage, Carrots and Gravy	Carrots, Peas, and Gravy	Ketchup
Dessert	Yoghurt	Chocolate Cake with Chocolate Custard	Strawberry Jelly	Bramble Crumble with Custard	Fresh Fruit Selection

Plated sandwich meal on Best of Both available daily; choice of ham, tuna mayo or cheese served with garnish and dessert

Jacket potato with cheese and beans available each day. Wholemeal bread available daily.

Choice of fruit or yoghurt available as an alternative to the dessert.

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Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pasta Bolognese	Meat and Potato Pie	Roast Gammon	Sweet and Sour Chicken	Fish, Chips and Beans
Vegetarian	Spinach and Ricotta Tortelloni	Hand-rolled Margherita Pizza	Cauliflower Cheese	Sweet and Sour Vegetable	Fishless Fingers and Beans
Garnish	Garlic Bread, Tomato Salad, Grated Cheese	Sweetcorn and Garden Peas	Roasted Potatoes, Cabbage, Carrots and Gravy	Fried Rice	Ketchup
Dessert	Yoghurt	Apple Crumble with Custard	Chocolate Mousse	Shortbread Biscuit	Fresh Fruit Selection

Plated sandwich meal on Best of Both available daily; choice of ham, tuna mayo or cheese served with garnish and dessert

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Choice of fruit or yoghurt available as an alternative to the dessert.

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Lasagne	Ham and Cheese Panini	Traditional Beef Dinner	Bangers and Mash	Fish, Chips and Beans
Vegetarian	Leek and Potato Gratin	Cheese and Tomato Panini	Quorn Roast	Veggie Bangers and Mash	Fishless Fingers and Beans
Garnish	Peas, Sweetcorn and Carrots	Potato Wedges and Salad	Roast Potatoes Broccoli, Carrots and Gravy	Peas and Gravy	Ketchup
Dessert	Yoghurt	Bramble Crumble with Custard	Strawberry Jelly	Flapjack	Fresh Fruit Selection

Plated sandwich meal on Best of Both available daily; choice of ham, tuna mayo or cheese served with garnish and dessert

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Choice of fruit or yoghurt available as an alternative to the dessert.



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Allergen information

Product	Celery	Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soy	Sulphur Dioxide / Sulphites	Nuts
Fish fingers		x			x									
Quorn Nuggets		x												
yogurt							x							
Cheesey Tomato pasta		x					X							
Margherita pizza		x					X							
Garlic Bread		x					X							
Chocolate cake		x												
Chocolate custard		x		x			X							
Roast chicken dinner		X		X										
Strawberry jelly														
Cottage pie	x													
Quorn roast				x			x							
Macaroni cheese		x					x							
gravy														
Bramble crumble		x												

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custard		x		x			X							
Fish and chip		X			X									
Fishless fingers		x												
ketchup														
Baked beans				X										
Cheese							x							
Pasta bolognaises	x	x												
Spinach and ricotta tortellini		x		x			x					x		
Meat and Potato pie	X	X		x										
Apple crumble		x												
Roast Gammom														
Cauliflower cheese		x					x		x					
Chocolate mousse							x							
Product	Celery	Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soy	Sulphur Dioxide / Sulphites	Nuts
Sweet and sour chicken														
Sweet and sour vegetables														
Fried Rice											x			

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Shortbread Tray bake		X												
Lasagne	x	x					x		x					
Leek and potato gratin							x							
Ham and cheese panini		x					x				x	x		
Cheese and tomato panini		x					x				x	x		
Potato wedges														
Roast beef dinner														
Bangers and mash														
Veggi sausages	x	x												
flapjack		x												
Gravy														
Ham Sandwich		x										x		
Cheese sandwich		x					x					x		
Tuna Sandwich		x		x	x							x		

The 14 allergens are: **celery**, **cereals containing gluten** (such as barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur**

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dioxide and sulphites (if they are at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, Brazil nuts, cashews, pecans, pistachios and macadamia nuts).

MC : May contain

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