

DMAT Primary menu from January 2023

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Meatball Pasta	Chicken & Ham Pie	Roast Gammon	Sausage & Mash	Fish & Chips
Vegetarian	Vegetarian Meatball Pasta	Cheese & Onion Pie	Cauliflower Cheese	Veggie Sausage & Mash	Fishless Fingers
Garnish	Garlic Bread & Wedges	New Potatoes & Broccoli	Roast Potatoes, Carrots, Cabbage & Gravy	Peas & Gravy	Peas & Ketchup
Dessert	Yoghurts	Jam Oaty Slice	Jelly	Bananas & Custard	Fresh Fruit

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	Chicken Nuggets	Mac & Cheese	Roast Pork	Not So Spicy Beef Chilli	Fish & Chips
Vegetarian	Quorn Nuggets	Mac & Cheese	Cauliflower Cheese	Not So Spicy Veg Chilli	Fishless Fingers
Garnish	Roasted New Potatoes, Peas & Sweetcorn	Garlic Bread	Roast Potatoes, Carrots, Cabbage & Gravy	Rice & Sour Cream	Peas & Ketchup
Dessert	Yoghurt	Blueberry Sponge	Oat Cookie	Chocolate Mint Cake	Fresh Fruit

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Hot Dog	Lasagne	Roast Chicken	Indian Chicken, Chickpea & Potato Curry	Fish & Chip
Vegetarian	Veggie Dog	Potato & Veg Gratin	Quorn Roast	Indian Chickpea & Potato Curry	Fishless Fingers
Garnish	Wedges, Salad & Ketchup	Garlic Bread & salad	Roast Potatoes, Carrot, Cabbage & Gravy	Rice & Naan Bread	Peas & Ketchup
Dessert	Yoghurt	Flapjack	Jam Shortbread	Chocolate Ice Cream	Fresh Fruit

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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Allergen information

Product	Celery	Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soy	Sulphur Dioxide / Sulphites	Nuts
Smoky Meatball Pasta		X												
Vegetable Meatball Pasta		X										X		
Garlic Bread		X					M/C					M/C		
Wedges														
Chocolate Ice Cream							X							
Chicken & Ham Pie		X		X			X							
Cheese & Potato Pie		X		X			X							
Roast Gammon														
Cauliflower Cheese		X					X							
Gravy														
Sausage & Mash		X		X			X							
Vegetarian Sausage & Mash		X					X							
Fish & Chips		X			X									
Fishless Fingers		X												
Crispy Chicken Nuggets														
Quorn Nuggets		X		X			X							
Mac & Cheese		X					X							
Roast Pork														
Bananas and Custard							X							
Not So Spicy Beef Chilli														
Not So Spicy Veg Chilli														
Hot Dog		X												
Veggie Dog		X												

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Lasagne		X		M/C			X							
Potato & Veg Gratin							X							
Roast Chicken														
Quorn Roast														
Indian Chicken, Chickpea & Potato Curry							X							
Indian Veg & Potato Curry							X							
Yoghurts							X							
Flapjack		X					X							
Jam Shortbread		X					X							
Chocolate Mint Cake		X		X										
Blueberry Sponge & Custard		X		X			X							
Oat Cookie														
Jam Oat Slice		X					X							
Jelly														

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 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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