

# WHITEHEAD PRIMARY SCHOOL

**3 – 28 January 2022**

**YEARS 1 -7**

The menu is based on 'healthy-eating'. All meals are priced at **£2.60** and will include the choices set out below. I would thoroughly recommend the meals for their nutritious value.

**Dinners must be booked and paid for by logging onto the School Money System.** If your child is entitled to free meals you can book on the School Money System, but payment will not be requested.

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
SCHOOL CLOSED	SCHOOL CLOSED	Fish fingers Mashed potato Peas	Pasta Bolognese Sweetcorn Crusty bread	Chicken bites Beans Chips
		Fruit & ice cream Bottle of water	Crackers & cheese Bottle of water	Chocolate flavour cookie Banana chunk Bottle of water
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Fish fingers Baked beans Mashed potato Wholemeal bread	Pasta Bolognese Carrot batons Crusty bread	Steak burger in bap Salad, coleslaw Homemade spiced cubed potatoes	Roast chicken, stuffing, sliced green beans, carrot & parsnip, roast and mashed potato, gravy	Homemade French bread pizza Mixed salad, coleslaw Chips
Carton of milk Chocolate & pear sponge	Bottle of water Yoghurt & trio of fruits	Pure orange juice Strawberry & Shortcake	Bottle of water Summer fruits & Yoghurt	Bottle of water Fresh fruit salad & yoghurt
Monday 17	Tuesday 18	Wed 19	Thurs 20	Friday 21
Oven baked breaded whiting Peas Mashed potato Crusty bread	Pasta Bolognese Sweetcorn Herb bread	Chicken curry Boiled rice Carrot sticks Naan bread Crusty bread	Roast beef with stuffing, cabbage, carrot & parsnip, mashed & roast potato, gravy	Hotdog Side salad Chips
Apple juice Forest fruits & yoghurt	Bottle of water Strawberry topped sponge	Chocolate cookie & chunk of banana	Bottle of water Pear conde	Bottle of water Fresh mixed fruit & yoghurt
Monday 24	Tuesday 25	Wed 26	Thurs 27	Friday 28
Fish fingers Beans Mashed potato Crusty bread	Chicken curry Boiled rice Carrot sticks Naan bread	BUFFET - selection of sandwiches, pizza fingers, cocktail sausages, carrot sticks	Roast pork & stuffing, diced turnip, broccoli florets, mashed & roast potato, gravy	Steak burger Salad Coleslaw Chips
Bottle of water Fresh melon wedge & frozen yoghurt	Bottle of water Fruit filled meringue shell	Fruit muffin Banana milkshake	Orange juice, cheese & crackers with cut grapes	Bottle of water Melody of fruit & yoghurt

**Fruit and yoghurt are available daily as alternative to pudding.**

**Milk and water available free to each child.**

Due to changes in nutrition regulations we are no longer able to provide fruit juice for sale. Although an effort is made to keep to the set menu, due to various circumstances, it may occasionally be necessary to make some minor alterations to the list set out above.

If you have any dietary requirements, please contact the school.