

WHITEHEAD PRIMARY SCHOOL

31 January – 4 March 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 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Salmon cake/fish fingers, mashed potato, garden peas, crusty bread	Pasta Bolognese Carrot sticks Herb bread	Chicken curry with boiled rice Naan bread Carrot	Roast beef with stuffing, baton carrots, broccoli, mashed & roast potato, gravy	Chicken bites Beans Chips Wholemeal bread
Bottle of water Strawberry egg sponge square	Pure orange Watermelon slice & yoghurt	Bottle of water Chocolate brownie with orange wedges	Carton of milk, fresh fruit topped ice-cream sundae	Bottle of water Cheese & crackers with cut grapes
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
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, 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 14	Tuesday 15	Wed 16	Thurs 17	Friday 18
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Monday 21	Tuesday 22	Wed 23	Thurs 24	Friday 25
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 28	Tuesday 1	Wed 2	Thurs 3	Friday 4
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 turkey & 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.