

# WHITEHEAD PRIMARY SCHOOL

24 October – 25 November 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 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Chicken goujons Sweetcorn & red pepper Chilli diced potatoes	Spaghetti Bolognese Crusty bread Sweetcorn salsa Potato salad	Chicken curry, boiled rice, naan bread, garden peas	Roast loin of pork or salmon tails, stuffing, carrot, parsnip, broccoli, roast potato, gravy	<b>HALLOWEEN FRIGHT BITES LUNCH</b> Sausages Baked beans Chips
Frozen smoothies & fresh fruit	Raspberry ripple ice-cream & watermelon chunks	Chocolate & pear sponge with custard	Popcorn cookie with pear slices & black grapes	Ice cream
Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Fish fingers Mashed potato Beans/sweetcorn	Chicken curry Rice Naan bread Garden peas	Breaded chicken goujons with garlic dip, chilli diced potatoes, sweetcorn	Roast gammon or salmon tails, stuffing, gravy, carrots, broccoli, roast & mashed potato	Steak burger with bap Tossed salad, coleslaw Chips Baked potato
Swiss roll filled with yoghurt & fruit	Frozen yoghurt & fresh fruit selection	Vanilla ice cream, pears & chocolate sauce	Rice pudding with medley of fruit	Flakemeal biscuits & fresh fruit chunks
Monday 14	Tuesday 15	Wednesday 16	Thurs 17	Friday 18
Breaded chicken bites, chips, baked potato, baked beans	Spaghetti Bolognese Crusty bread Cheese Tossed salad	Chicken curry Boiled rice Naan bread Garden peas	Roast beef or salmon tails, stuffing, gravy cauliflower cheese, carrots, roast & mashed potato	<b>BUFFET</b> Selection of sandwiches (chicken/cheese/tuna) fish bite, pizza fingers, cocktail sausages, carrot sticks
Jelly, ice cream & fresh fruit	Honey dew melon & ginger cookie	Fruit crumble & custard	Chocolate brownie & banana chunk	Fruit muffin & milkshake
Monday 21	Tuesday 22	Wednesday 23	Thurs 24	Friday 25
Chicken goujons Sweetcorn & red pepper Chilli diced potatoes	Spaghetti Bolognese Crusty bread Sweetcorn salsa Potato salad	Chicken curry, boiled rice, naan bread, garden peas	Roast loin of pork or salmon tails, stuffing, carrot, parsnip, broccoli, roast potato, gravy	Fish fingers Baked beans Chips
Frozen smoothies & fresh fruit	Raspberry ripple ice-cream & watermelon chunks	Chocolate & pear sponge with custard	Popcorn cookie with pear slices & black grapes	Fresh fruit salad & 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.