

WHITEHEAD PRIMARY SCHOOL

2 – 27 January 2023

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 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	Steak burger Chips Salad	Fish fingers Mashed potato Peas
			Flakemeal biscuit & fruit	Rice pudding & melody of fruit
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
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	BUFFET 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 16	Tuesday 17	Wednesday 18	Thurs 19	Friday 20
Chicken goujons Sweetcorn & red pepper Chilli diced potatoes	Spaghetti Bolognese Crusty bread Sweetcorn salsa Potato salad	Fish fingers Baked beans Chips/baked potato	Roast pork or salmon tails, stuffing, gravy, carrot, broccoli, roast potato	CHINESE NEW YEAR Sweet & sour crispy breaded chicken Rice Vegetables
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
Monday 23	Tuesday 24	Wednesday 25	Thurs 26	Friday 27
Breaded fish fillets Sweetcorn & peas Mashed potato	Oven baked sausages Baked beans Mashed potato	Chicken curry Boiled rice Naan bread Garden peas	Roast breast of chicken or salmon tails, stuffing, gravy, cabbage, carrots, roast & mashed potato	Steak burger & bap Chips/baked potato Tossed salad Coleslaw
Frozen yoghurt & pineapple chunks	Arctic roll & sliced peaches	Apple sponge & custard	Chocolate brownie with raspberry milkshake	Flakemeal biscuit & fruit chunks

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.