

# WHITEHEAD PRIMARY SCHOOL

**30 January – 3 March 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.

<b>Monday 30</b>	<b>Tuesday 31</b>	<b>Wednesday 1</b>	<b>Thursday 2</b>	<b>Friday 3</b>
Fish fingers Beans Mashed potato	Chicken curry Rice, naan bread Garden peas	Chicken goujons Chilli diced potatoes Sweetcorn	Roast gammon or salmon tails, stuffing, gravy, cabbage, carrots, roast & mashed potato	Steak burger & bap Chips/baked potato Salad & coleslaw
Swiss roll filled with yoghurt & fruit	Frozen yoghurt & fresh fruit	Ice-cream, pears, chocolate sauce	Rice pudding with melody of fruit	Flakemeal biscuit & fresh fruit chunks
<b>Monday 6</b>	<b>Tuesday 7</b>	<b>Wednesday 8</b>	<b>Thursday 9</b>	<b>Friday 10</b>
Breaded chicken bites, chips, baked potato, baked beans	Spaghetti Bolognese Crusty bread Cheese	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
<b>Monday 13</b>	<b>Tuesday 14</b>	<b>Wednesday 15</b>	<b>Thurs 16</b>	<b>Friday 17</b>
<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>
<b>Monday 20</b>	<b>Tuesday 21</b>	<b>Wednesday 22</b>	<b>Thurs 23</b>	<b>Friday 24</b>
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
<b>Monday 27</b>	<b>Tuesday 28</b>	<b>Wednesday 1</b>	<b>Thursday 2</b>	<b>Friday 3</b>
Fish fingers Beans Mashed potato	Chicken curry Rice, naan bread Garden peas	Chicken goujons Chilli diced potatoes Sweetcorn	Roast gammon or salmon tails, stuffing, gravy, cabbage, carrots, roast & mashed potato	Steak burger & bap Chips/baked potato Salad & coleslaw
Swiss roll filled with yoghurt & fruit	Frozen yoghurt & fresh fruit	Ice-cream, pears, chocolate sauce	Rice pudding with melody of fruit	Flakemeal biscuit & fresh 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.