

WHITEHEAD PRIMARY SCHOOL

29 August – 22 September 2023

YEARS 5 – 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 28	Tuesday 29	Wednesday 30	Thurs 31	Friday 1
Choice A	NO DINNERS SERVED TODAY PACKED LUNCH NEEDED	Hot dog & chips	Lunch Bunch chicken curry & naan bread Garden peas/ sweetcorn, rice	Turkey, mashed/roast potatoes, carrots, parsnip/savoy cabbage	Margherita pizza Baked beans/salad/ coleslaw Chips
Choice B		Italian chicken & tomato pasta, garlic bread	Chicken panini	As above with chicken casserole instead of turkey	Fish goujon in soft shell taco & zingy tomato salsa
		Banana yoghurt pot	Chocolate sponge & custard	Strawberry jelly, ice-cream, fruit	Strawberry mousse & fruit
	Monday 4	Tuesday 5	Wednesday 6	Thurs 7	Friday 8
Choice A	Sausage roll, chips, Spaghetti hoops Garden peas	Pasta Bolognaise Garlic bread Sweetcorn	Lunch Bunch chicken curry, naan bread, garden peas, rice	Roast chicken, mashed/ roast potatoes, cauliflower, broccoli, carrots	Beef burger in a bap with tomato ketchup Chips, tossed salad
Choice B	Sweet & sour chicken Boiled rice	BBQ chicken pizza Oven wedges Salad	Salad filled pitta with pulled pork & coleslaw	As above with poached salmon instead of chicken	Peppered chicken Steamed rice
	Ice-cream, sliced pears, chocolate sauce	Zesty orange sponge & custard	Fresh fruit salad & yoghurt	Blueberry muffin	Flakemeal biscuit & fruit
	Monday 11	Tuesday 12	Wednesday 13	Thurs 14	Friday 15
Choice A	Golden crumbed fished fingers, chips, baked beans, coleslaw	Italian beef with crusty roll Garden peas	Lunch Bunch chicken curry, naan bread, rice	Roast gammon, mashed/ roast potatoes, carrot, parsnip, cauliflower cheese	Tasty pork sausages with tomato ketchup/gravy, chips, peas, spaghetti hoops or mini corn
Choice B	Mighty mac & cheese with garlic bread slice	Pepperoni/ Margherita pizza Salad	Steak burger in a bap & cheese	As above with savory mince instead of gammon	Salt n chilli chicken wrap with garlic mayo
	Artic roll with peaches & pears	Fresh fruit pot	Lemon drizzle cake & custard	Melon wedge	Decorated fairy cake
	Monday 18	Tuesday 19	Wednesday 20	Thurs 21	Friday 22
Choice A	Oven baked chicken goujons, chips, salad, baked beans	Beef Bolognaise with garlic bread, potato wedges, garden peas	Lunch Bunch chicken curry, naan bread, green beans, rice	Roast chicken, mashed/roast potatoes, broccoli, turnip	Ham & cheese or pepperoni pizza with garlic dip, chips, red pepper & sweetcorn, coleslaw
Choice B	Sweet chilli chicken panini	Cod fishcakes with tartare sauce	BBQ chicken wrap with crunchy salad	As above with stuffed chicken instead of roast chicken	Tex mex beef & veg enchilada
	Homemade ginger biscuit & fruit	Melon, mandarin & pineapple pots with yoghurt dip	Cornflake tart & custard	Ice-cream, pears & chocolate sauce	Jelly & mandarin oranges

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.