

# WHITEHEAD PRIMARY SCHOOL

**20 November – 15 December 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.**

	<b>Monday 20</b>	<b>Tuesday 21</b>	<b>Wednesday 22</b>	<b>Thurs 23</b>	<b>Friday 24</b>
<b>Choice A</b>	Hot Dog & chips Coleslaw Salad	Savoury mince Mashed potato carrot	Lunch Bunch chicken curry & naan bread, rice	Roast beef, mashed/roast potatoes, carrots, parsnip/savoy cabbage	Margherita pizza Chips Salad/coleslaw
<b>Choice B</b>	Crispy cod fishcakes Chips Salad & coleslaw	Italian chicken & tomato pasta, garlic bread	Chicken panini & wedges	As above with chicken casserole instead of roast beef	Fish goujon in soft shell taco & tomato salsa, chips, salad/coleslaw
	Fresh fruit pot & biscuit	Banana yoghurt pot	Chocolate sponge & custard	Strawberry jelly, ice-cream, fruit	Homemade cookie
	<b>Monday 27</b>	<b>Tuesday 28</b>	<b>Wednesday 29</b>	<b>Thurs 30</b>	<b>Friday 1</b>
<b>Choice A</b>	Sausage roll, chips, Spaghetti hoops	Pasta Bolognaise Garlic bread Sweetcorn	Lunch Bunch chicken curry, naan bread, rice	Roast chicken, mashed/ roast potatoes, cauliflower, carrots	Beef burger in a bap with tomato ketchup Chips, tossed salad
<b>Choice B</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	Homemade muffin	Flakemeal biscuit & fruit
	<b>Monday 4</b>	<b>Tuesday 5</b>	<b>Wednesday 6</b>	<b>Thurs 7</b>	<b>Friday 8</b>
<b>Choice A</b>	Golden crumbed fished fingers, chips, baked beans	Italian beef with crusty roll Pasta	Lunch Bunch chicken curry, naan bread, rice	Hot dog Chips Beans	<b>CHRISTMAS DINNER DAY</b>
<b>Choice B</b>	Mighty mac & cheese with garlic bread slice	Pepperoni/ Margherita pizza Salad, diced potato	Steak burger in a bap & cheese	-----	
	Artic roll with peaches & pears	Fresh fruit pot	Lemon drizzle cake & custard	Shortbread	
	<b>Monday 11</b>	<b>Tuesday 12</b>	<b>Wednesday 13</b>	<b>Thurs 14</b>	<b>Friday 15</b>
<b>Choice A</b>	Oven baked chicken goujons, chips, baked beans	Beef Bolognaise with garlic bread, pasta	Lunch Bunch chicken curry, naan bread, rice	Roast chicken, mashed/roast potatoes, broccoli, turnip	Ham & cheese or pepperoni pizza with garlic dip, chips, red pepper & sweetcorn, coleslaw
<b>Choice B</b>	Sweet chilli chicken panini Salad	Cod fishcakes with tartare sauce, peas Potato wedges	BBQ chicken wrap with crunchy salad	-----	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.