

Balanced, nutritious and freshly prepared tasty meals ***GLUTEN FREE*** (Also available daily: Fruit, jelly, yoghurt & a drink.)

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
04/09/23 18/09/23 02/10/23 16/10/23 06/11/23 20/11/23 04/12/23 18/12/23	Chicken tikka curry, rice	Beef pasta bolognese & GF garlic slice	GF Margherita Pizza	Roast Turkey	GF Breaded chicken breast
	Veggie curry, rice		Chicken nuggets	GF Sausage	
	Jacket potato with cheese, baked beans or tuna	Jacket potato with cheese, baked beans or tuna	Jacket potato with cheese, baked beans or tuna	Jacket potato with cheese, baked beans or tuna	Jacket potato with cheese, baked beans or tuna
	GF Cheese sandwich	GF Chicken sandwich	GF Tuna sandwich	GF Cheese sandwich	GF Ham & cheese sandwich
	Peas	Mixed vegetables	Potato noisettes Beans or sweetcorn	Roast Potatoes Broccoli & Carrots, gravy	Chips Baked Beans & Peas
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	ice-cream (chocolate), fruit, jelly, yoghurt	Fresh fruit, jelly, yoghurt	Fresh fruit, jelly, yoghurt	Fresh fruit, jelly, yoghurt	Fresh fruit, jelly, yoghurt

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/09/23 25/09/23 09/10/23 23/10/23 13/11/23 27/11/23 11/12/23	GF Beef pasta in tomato sauce		GF Rustic beef cottage pie	GF Sausage	GF Chicken Goujons
		GF Macaroni cheese	GF Naan pizza with herby diced potatoes	GF Tomato pasta bake	
	Jacket potato with cheese, baked beans or tuna	Jacket potato with cheese, baked beans or tuna	Jacket potato with cheese, baked beans or tuna	Jacket potato with cheese, baked beans or tuna	Jacket potato with cheese, baked beans or tuna
	Chicken sandwich	Ham sandwich	Tuna sandwich	Turkey sandwich	Cheese sandwich
	Peas	Sweetcorn	Baked beans or Mixed veg	Roast Potatoes Broccoli & Carrots Gravy	Chips Baked beans or sweetcorn
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	Fresh fruit, jelly, yoghurt	Fresh fruit, jelly, yoghurt	Fresh fruit, jelly, yoghurt	Fresh fruit, jelly, yoghurt	Fresh fruit, jelly, yoghurt

Free School Meals

School Meals are FREE for all children in Reception, Year 1 and Year 2.

Your child may also be entitled after Y2, which provides extra funding to school. You can register your child for Free School Meals if you receive any of these benefits :-

- Income Support
- Income Based Job Seekers Allowance
- Income Related Employment & Support Allowance
- Child Tax Credit **but not** Working Tax Credit and the household income (as used by HMRC to assess tax credits) is not more than £16,190. **Please note:** anyone eligible for Working Tax Credit, or if you have a partner and they receive it, regardless of Income, you will not qualify
- The Guarantee element of State Pension Credit
- Support under part VI of the Immigration and Asylum Act 1999
- In receipt of the 4 week run on of Working Tax Credit (when someone becomes unemployed or reduces their hours and is no longer entitled to Working Tax Credit but will continue to receive it for a further 4 weeks and is entitled to free meals during that time)
- Universal Credit (provided you have an annual net household income of no more than £7,400 as assessed by earnings from up to three of your most recent assessment periods). Your net earned income is your household income after taxes & deductions and does not include income from Universal Credit or any other benefits

To apply for free school meals throughout your child's education in school please visit:-

<https://www.staffordshire.gov.uk/Education/Educational-awards-benefits/FreeSchoolMeals/Apply-online.aspx>

We serve balanced and nutritious food:-

- Most meals are freshly prepared
- Meat and vegetables are locally sourced
- All eggs are free range
- We do not add salt to any of our meals
- All puddings are made using reduced sugar recipes
- Fresh fruit, yoghurt, jelly, cheese & crackers with flora available daily too
- The menu may change to reflect seasonal fruit and vegetables



Daily salad bar will include:-

- Cucumber & carrot sticks
 - Dips
 - Lettuce, tomatoes, sweetcorn, beetroot, raisins
 - Bread selection
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- Milk and water are always available at lunchtime

For any special dietary requirements please contact Yvonne via the School Office

Whittington Primary School

Lunch Menu

GLUTEN FREE

September—December

2023

