



# Tower Hamlets Primary School Lunchtime Menu

October 2019 – April 2020

Primary School

Week 1	Monday 'Planet Earth Day'	Tuesday 'Street Food Day'	Wednesday 'Traditional Day'	Thursday 'World Food Day' Mexican	Friday 'Favourites'
<b>Main</b>	Homemade Macaroni Cheese	Homemade Beef and Blackbean Stir Fry with Egg Noodles	Roast Leg of Lamb with Yorkshire Pudding, Gravy and Mint Sauce	Mexican Fajita Chicken with Soft Brown Rice	Sticky BBQ Chicken
<b>Vegetarian</b>	Piri Piri Veggie Meatballs in Pitta with Salad	Falafel Burger with Mango Chutney & Herby Diced Potatoes	Homemade Cheese, Tomato and Red Onion Tart	3 Bean Mexican Chilli Wrap with a Homemade Tomato and Veg Sauce	Bubble Fish Bites or Baked Jacket Potato with choice of filling
<b>Sides/ Vegetables</b>	Sweetcorn & Garden Peas	Broccoli and Carrots	Roast Potatoes, Fresh Cabbage and Cauliflower Florets	Tortilla Chips, Roasted Vegetables and Sweetcorn	Potato Crispers, Peas and Baked Beans
<b>Salads</b>	Fresh Seasonal Salads	Seasonal Salads & Fresh Crudites (Carrot / Cucumber & Celery)	Chef's House Salad	Seasonal Salads & Fresh Tomato Salsa	Seasonal Salads & Homemade Coleslaw
<b>Dessert</b>	FRUITY MONDAYS with fresh seasonal fruit	Homemade Fruit and Oat Flapjack	Homemade Rice Pudding and Peaches	Frozen Mango Yogurt	Homemade Beetroot and Chocolate Brownie
<b>Daily Options</b>	Bread / Fresh Fruit Platter / Organic Yogurts / British Cheese and Crackers				

Primary School

Week 2	Monday 'Planet Earth Day'	Tuesday 'Street Food Day'	Wednesday 'Traditional Day'	Thursday 'World Food Day' African	Friday 'Favourites'
<b>Main</b>	Freshly Baked Pizza with Sweetcorn and Peppers with Baked Potato Wedges	Homemade Tandoori Chicken Drumstick with Soft Brown Rice	Roast Beef with Yorkshire Pudding and Gravy	Homemade African Lamb Jollof Rice	Chicken Thigh Burger
<b>Vegetarian</b>	Ratatouille Ravioli with Homemade Tomato and Veg Sauce	Quorn Dippers with Tomato Relish and Herby Diced Potatoes	Homemade Salmon and Broccoli Wholemeal Pasta Bake or Vegetarian Sausages	Homemade North African Vegetable Tagine served with Flat Bread	Baked Fillet Fish Fingers or Baked Jacket Potato with choice of filling
<b>Sides/ Vegetables</b>	Sweetcorn Coblette and Broccoli	Sweetcorn & Peas	Roast Potatoes, Baby Carrots and Green Beans	Mixed Vegetables	Oven Chips, Peas & Baked Beans
<b>Salads</b>	Fresh Seasonal Salads	Seasonal Salads & Cucumber Raita	Chef's House Salad	Seasonal Salads & African Black Eyed Bean Salad	Seasonal Salads & Homemade Coleslaw
<b>Dessert</b>	FRUITY MONDAYS with fresh seasonal fruit	Homemade Oatmeal Cookie	Homemade Banana Custard or Fruit of the Week	Tropical Fruit Salad with Dairy Ice-cream	Homemade Tutti Frutti Crumble and Custard
<b>Daily Options</b>	Bread / Fresh Fruit Platter / Organic Yogurts / British Cheese and Crackers				

Please Note that some dishes may be subject to local changes to suit individual school needs

Week 1 Commencing:		
28 October 2019	06 January 2020	16 March 2020
11 November 2019	20 January 2020	30 March 2020
25 November 2019	03 February 2020	13 April 2020
09 December 2019	17 February 2020	
23 December 2019	02 March 2020	

Week 2 Commencing:		
04 November 2019	13 January 2020	Monday, 23 March 2020
18 November 2019	27 January 2020	Monday, 6 April 2020
02 December 2019	10 February 2020	
16 December 2019	24 February 2020	
30 December 2019	9 March 2020	

