



Tower Hamlets Primary School Lunchtime Menu

April 2019 – October 2019

Primary School

Week 1	Monday 'Planet Earth Day'	Tuesday 'Street Food Day'	Wednesday 'Traditional Day'	Thursday 'World Food Day' Italian	Friday 'Favourites'
Main	Wholemeal Penne Pasta in a Homemade Tomato and Veggie Sauce	Homemade Lamb Madras Curry	Roast Turkey with Yorkshire Pudding & Gravy	Homemade Beef Spaghetti Bolognese	Sticky BBQ Chicken
Vegetarian	Pizza with Sweet Peppers & Red Onion	Homemade Quorn Chilli	Homemade Vegetable Roll	Italian Vegetable Bolognese	Fish Fingers or Baked Jacket Potato & choice of filling
Sides/ Vegetables	Sweetcorn & Garden Peas	Wholegrain Rice, Mini Naan Bread & Broccoli	Roast Potatoes, Fresh Carrots & Roasted Vegetables	Garlic Bread & Mixed Vegetables	Oven Chips, Peas & Baked Beans
Salads	Seasonal Salads & Three Bean Salad	Seasonal Salads & Cucumber Raita	Chef's House Salad	Seasonal Salads & Tuscan Bread & Tomato Salad	Seasonal Salads & Homemade Coleslaw
Daily Options	Bread / Fresh Fruit Platter / Organic Yogurts / British Cheese and Crackers				

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Week 2	Monday 'Planet Earth Day'	Tuesday 'Street Food Day'	Wednesday 'Traditional Day'	Thursday 'World Food Day' Caribbean	Friday 'Favourites'
Main	Linda McCartney Veggie Balls in a Homemade Tomato Sauce	Marinated Moroccan Chicken Drumstick	Roast Beef with Yorkshire Pudding & Gravy	Jerk Chicken with Spicy Gravy	Lamb Burger with Tomato Relish
Vegetarian	Homemade Macaroni Cheese	Spicy Vegetable Tortilla Wrap	Vegetarian Toad in the Hole	Caribbean Chickpea & Vegetable Stew	Lemon Crumb Salmon or Baked Jacket Potato
Sides/ Vegetables	Whole wheat Pasta, Carrot Batons & Broccoli	Cous Cous, Sweetcorn & Peas	Roast Potatoes, Fresh Savoy Cabbage & Cauliflower	Rice, Peas & Broccoli	Oven Chips, Peas & Baked Beans
Salads	Fresh Seasonal Salads	Seasonal Salads & Red Onion Relish	Chef's House Salad	Seasonal Salads & Mixed Sweetcorn & Peppers	Seasonal Salads & Homemade Coleslaw
Daily Options	Bread / Fresh Fruit Platter / Organic Yogurts / British Cheese and Crackers				

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

Week 1 Commencing:

22 April 2019	01 July 2019	09 September 2019
06 May 2019	15 July 2019	23 September 2019
20 May 2019	29 July 2019	07 October 2019
03 June 2019	12 August 2019	21 October 2019
17 June 2019	26 August 2019	

Week 2 Commencing:

29 April 2019	08 July 2019	16 September 2019
13 May 2019	22 July 2019	30 September 2019
27 May 2019	5 August 2019	14 October 2019
10 June 2019	19 August 2019	
24 June 2019	2 September 2019	

NO DESSERT

