








Tower Hamlets Primary School Lunchtime Menu

April 2021 – October 2021






Primary School

Primary School

Week 1	 Monday 'Planet Earth Day'	 Tuesday 'Street Food Day'	 Wednesday 'Traditional Day'	 Thursday 'World Food Day' Italian	 Friday 'Favourites'
Main	Lightly Spiced Moroccan Falafel Bites with Soft Brown Rice & Raita Dip	Crunchy Panko Chicken Wrap with Piri Piri Mayo & Herby Diced Potato	Tender Roast Leg of Lamb with Yorkshire Pudding	Homemade Classic Beef Spaghetti Bolognese	Crispy Fish Finger Fillets with Lemon Wedge
Vegetarian	Vegan Sausages & Creamy Mash with Tasty Onion Gravy	Homemade Salmon Stir-Fry with Egg Noodles / Jacket Potato with Cheese & Coleslaw	Mediterranean Cannelloni with a Tangy Homemade Tomato & Veg Sauce	Freshly Baked Loaded Pizza with Courgette & Red Onion	Homemade Veggie Cottage Pie
Sides/ Vegetables	Baby Carrots / Green Beans	Sweetcorn / Garden Peas	Roast Potatoes, Fresh Cauliflower Florets & Fresh Spring Greens	Ratatouille / Fresh Broccoli Florets	Potato Crispers, Peas & Baked Beans
Salads	Tabbouleh Salad / Seasonal Salads	Diced Beetroot Salad / Seasonal Salads	Seasonal Salads	Romaine Salad with Croutons / Seasonal Salads	Homemade Coleslaw / Seasonal Salads
Dessert	English Apples and Grapes Selection	A Selection of Melon Slices & Pears	Peach Slices or Pineapple Pieces in Natural Juice	Orange Polenta Cake with Custard / Bananas	FRUITY FRIDAY Fresh Fruit Platter
Daily Options	Freshly Baked Wholemeal Bread/Sliced Bloomers or Organic Baguettes / Organic Yoghurts / British Cheese and Crackers				

Primary School

Primary School

Week 2	 Monday 'Planet Earth Day'	 Tuesday 'Street Food Day'	 Wednesday 'Traditional Day'	 Thursday 'World Food Day' South American	 Friday 'Favourites'
Main	Tagliatelle Pasta with a Tangy Homemade Tomato & Veg Sauce	Lamb Burger in a Soft High Fibre Bun with Baked Potato Wedges	Succulent Roast Beef with Yorkshire Pudding	Homemade Tender 'One Pot' Louisiana Chicken & Potatoes	Crispy Bubble Fish Fillet Bites with Lemon Wedge
Vegetarian	Vegan Sausage Roll with Herby Diced Potato	Homemade Asian Sweet Potato Curry with Chickpeas & Soft Brown Rice	Tuna & Sweetcorn Wholemeal Pasta Salad / Jacket Potato with Cheese & Coleslaw	Homemade Chargrilled Cajun Sweetcorn Rice with Quorn	Quorn Dippers with BBQ Sauce
Sides/ Vegetables	Garden Peas / Baked Beans	Fresh Carrot Roundels / Corn on the Cob	Roast Potatoes, Fresh Cauliflower Florets & Green Beans	Fresh Broccoli Florets / Sweetcorn	Oven Chips, Peas & Baked Beans
Salads	Homemade Coleslaw / Seasonal Salads	Raita Dip / Seasonal Salads	Seasonal Salads	Peruvian Style Coleslaw Salad / Seasonal Salads	Minted New Potato Salad / Seasonal Salads
Dessert	English Apples and Grapes Selection	A Selection of Melon Slices & Pears	Peach Slices or Pineapple Pieces in Natural Juice	Platanos Calados (Caramelised Bananas) with Yoghurt / Satsumas	FRUITY FRIDAY Fresh Fruit Platter
Daily Options	Freshly Baked Wholemeal Bread/Sliced Bloomers or Organic Baguettes / Organic Yoghurts / British Cheese and Crackers				

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

Week 1 Commencing:

12 April 2021	21 June 2021	30 August 2021
26 April 2021	05 July 2021	13 September 2021
10 May 2021	19 July 2021	27 September 2021
24 May 2021	02 August 2021	11 October 2021
07 June 2021	16 August 2021	25 October 2021

Week 2 Commencing:

19 April 2021	28 June 2021	06 September 2021
03 May 2021	12 July 2021	20 September 2021
17 May 2021	26 July 2021	04 October 2021
31 May 2021	09 August 2021	18 October 2021
14 June 2021	23 August, 2021	

