








Tower Hamlets Primary School Lunchtime Menu

November 2020 – April 2021






Primary School

Primary School

| Week 1 |  Monday 'Planet Earth Day' |  Tuesday 'Street Food Day' |  Wednesday 'Traditional Day' |  Thursday 'World Food Day' American |  Friday 'Favourites' |
|--------------------------|--|--|--|---|--|
| Main | Wholemeal Penne Pasta with Homemade Tomato & Veg Sauce | Homemade Spicy Lamb Pitta with Mixed Salad | Roast Chicken with Sage & Onion Stuffing | American Meatloaf with Mashed Potato | Fish Fillet Fingers with Lemon Wedge |
| Vegetarian | Quorn Dippers with Sweet Chilli Sauce & Soft Brown Rice | Homemade Quorn & Potato Balti | Homemade Leek & Cheddar Frittata | Homemade Mac & Cheese | Vegan Sausage Roll |
| Sides/ Vegetables | Sweetcorn & Garden Peas | Steamed White Rice | Roast Potatoes, Fresh Savoy Cabbage & Fresh Carrots | Corn on the Cob & Fresh Broccoli | Oven Chips, Peas & Baked Beans |
| Salads | Beef Tomato, Cucumber & Oregano Salad / Seasonal Salads | Raita Dip / Seasonal Salads | Seasonal Salad | American House Salad / Seasonal Salads | Homemade Coleslaw / Seasonal Salads |
| Dessert | Fresh Fruit Platter | Fresh Fruit Platter | PIP Apple Ice Lolly | Fresh Fruit Platter | FRUITY FRIDAY Fresh Fruit Platter |
| Daily Options | Fresh Sliced Bloomer Bread 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' Japanese |  Friday 'Favourites' |
|--------------------------|--|--|--|---|--|
| Main | Homemade Pizza with Roasted Veg | Piri Piri Chicken served with Potato Wedges | Roast Topside Beef with Yorkshire Pudding | Panko Chicken Katsu Curry with Steamed Soft Brown Rice | Bubble Fish Fillet Bites with Lemon Wedge |
| Vegetarian | Moroccan Falafel Bites in a Wrap with Mixed Salad | Jacket Potato with Baked Beans or Cheese | Linda McCartney Veggie Meatballs with Onion Gravy | Quorn Stir-Fry with Egg Noodles | Linda McCartney Vegan Rosemary and Red Onion Sausages |
| Sides/ Vegetables | Herby Diced Potatoes / Baby Carrots & Garden Peas | Corn on the Cob | Roast Potatoes, Fresh Savoy Cabbage & Fresh Cauliflower | Fresh Broccoli & Sweetcorn | Potato Crispers, Peas & Baked Beans |
| Salads | Raita Dip / Seasonal Salads | Spring Pea Salad / Seasonal Salads | Seasonal Salads | Japanese Style Coleslaw Salad / Seasonal Salads | Homemade Coleslaw / Seasonal Salads |
| Dessert | Fresh Fruit Platter | Fresh Fruit Platter | PIP Apple Ice Lolly | Fresh Fruit Platter | FRUITY FRIDAY Fresh Fruit Platter |
| Daily Options | Fresh Sliced Bloomer Bread or Organic Baguettes / Organic Yoghurts / British Cheese and Crackers | | | | |

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

Week 1 Commencing:

| | | |
|------------------|------------------|---------------|
| 02 November 2020 | 11 January 2021 | 22 March 2021 |
| 16 November 2020 | 25 January 2021 | 05 April 2021 |
| 30 November 2020 | 08 February 2021 | |
| 14 December 2020 | 22 February 2021 | |
| 28 December 2020 | 08 March 2021 | |

Week 2 Commencing:

| | | |
|------------------|------------------|---------------|
| 09 November 2020 | 18 January 2021 | 29 March 2021 |
| 23 November 2020 | 01 February 2021 | |
| 07 December 2020 | 15 February 2021 | |
| 21 December 2020 | 1 March 2021 | |
| 04 January 2021 | 15 March 2021 | |

