



Tower Hamlets Primary School Lunchtime Menu

June 2020 – October 2020



Primary School

Primary School

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Homemade Macaroni Cheese	Beef Burger in a Bun with Potato Wedges	Mexican Fajita Chicken with Soft Brown Rice	Homemade Spaghetti Bolognese	Bubble Fish Bites
Vegetarian	Piri Piri Veggie Meatballs in Pitta with Salad	Jacket Potato with Choice of Filling	Quorn Dippers with Tomato Relish and Herby Diced Potatoes	Tuna and Salad Wrap	Vegetarian Sausage Roll
Sides/ Vegetables	Carrots & Garden Peas	Broccoli and Sweetcorn	Baby Carrots and Green Beans	Roasted Vegetables and Sweetcorn	Potato Crisps, Peas and Baked Beans
Salads	Fresh Seasonal Salads	Fresh Seasonal Salads	Fresh Seasonal Salads	Fresh Seasonal Salads	Fresh Seasonal Salads
Dessert	Fresh Fruit / Yoghurt Selection / British Cheese & Crackers	Fresh Fruit / Yoghurt Selection / British Cheese & Crackers	Fresh Fruit / Yoghurt Selection / British Cheese & Crackers	Fresh Fruit / Yoghurt Selection / British Cheese & Crackers	Fresh Fruit / Yoghurt Selection / British Cheese & Crackers

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

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Freshly Baked Pizza with Sweetcorn and Peppers with Baked Potato Wedges	Homemade Tandoori Chicken Drumstick with Soft Brown Rice	Lamb Sausages with Gravy	Homemade Beef Chilli with Basmati Rice	Chicken Thigh Burger in a Bun
Vegetarian	Ratatouille Ravioli with Homemade Tomato and Veg Sauce	Cheese and Salad Wrap	Vegetarian Sausages with Gravy	Jacket Potato with Choice of Filling	Baked Fillet Fish Fingers / Falafel Burger
Sides/ Vegetables	Sweetcorn Cobette and Broccoli	Sweetcorn & Peas	Mashed Potatoes, Baby Carrots and Green Beans	Mixed Vegetables	Oven Chips, Peas & Baked Beans
Salads	Fresh Seasonal Salads	Fresh Seasonal Salads	Fresh Seasonal Salads	Fresh Seasonal Salads	Fresh Seasonal Salads
Dessert	Fresh Fruit / Yoghurt Selection / British Cheese & Crackers	Fresh Fruit / Yoghurt Selection / British Cheese & Crackers	Fresh Fruit / Yoghurt Selection / British Cheese & Crackers	Fresh Fruit / Yoghurt Selection / British Cheese & Crackers	Fresh Fruit / Yoghurt Selection / British Cheese & Crackers

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