








# Tower Hamlets Primary School Lunchtime Menu

## November 2020 – April 2021






Primary School

Primary School

| Week 1                   |  Monday<br>'Planet Earth Day' |  Tuesday<br>'Street Food Day' |  Wednesday<br>'Traditional Day' |  Thursday<br>'World Food Day' American |  Friday<br>'Favourites' |
|--------------------------|--|--|--|---|--|
| <b>Main</b>              | Wholemeal Penne Pasta with Homemade Tomato & Veg Sauce   | Homemade Minced Lamb Curry (Keena Matar)   | Roast Chicken with Sage & Onion Stuffing   | American Meatloaf with Mashed Potato  | Fish Fillet Fingers with Lemon Wedge   |
| <b>Vegetarian</b>        | Quorn Dippers with Sweet Chilli Sauce & Soft Brown Rice  | Homemade Quorn & Potato Balti  | Homemade Leek & Cheddar Frittata   | Homemade Mac & Cheese   | Vegan Sausage Roll   |
| <b>Sides/ Vegetables</b> | Sweetcorn & Garden Peas  | Steamed White Rice, Fresh Cauliflower Florets & Green Beans  | Roast Potatoes, Fresh Savoy Cabbage & Fresh Carrots  | Corn on the Cob & Fresh Broccoli  | Oven Chips, Peas & Baked Beans   |
| <b>Salads</b>            | Beef Tomato, Cucumber & Oregano Salad / Seasonal Salads  | Raita Dip / Seasonal Salads  | Seasonal Salad   | American House Salad / Seasonal Salads  | Homemade Coleslaw / Seasonal Salads  |
| <b>Dessert</b>           | Medley of Melon Slices   | Peaches in Natural Juice   | Selection of English Apples & Oranges  | Fresh Pineapple Slices  | FRUITY FRIDAY Fresh Fruit Platter  |
| <b>Daily Options</b>     | Fresh Sliced Bloomer Bread or Organic Baguettes / Organic Yoghurts / British Cheese and Crackers               |  |  |   |  |

Primary School

Primary School

| Week 2                   |  Monday<br>'Planet Earth Day' |  Tuesday<br>'Street Food Day' |  Wednesday<br>'Traditional Day' |  Thursday<br>'World Food Day' Japanese |  Friday<br>'Favourites' |
|--------------------------|--|--|--|---|--|
| <b>Main</b>              | Homemade Pizza with Roasted Veg  | Piri Piri Chicken served with Potato Wedges  | Roast Topside of Beef with Yorkshire Pudding   | Panko Chicken Katsu Curry with Steamed Soft Brown Rice  | Bubble Fish Fillet Bites with Lemon Wedge  |
| <b>Vegetarian</b>        | Moroccan Falafel Bites in a Wrap with Mixed Salad  | Seafood Tagliatelle / 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  |
| <b>Sides/ Vegetables</b> | 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  |
| <b>Salads</b>            | Raita Dip / Seasonal Salads  | Spring Pea Salad / Seasonal Salads   | Seasonal Salads  | Japanese Style Coleslaw Salad / Seasonal Salads   | Homemade Coleslaw / Seasonal Salads  |
| <b>Dessert</b>           | Pears in Natural Juice   | A Selection of Grapes & Melon Slices   | A Selection of English Apples & Bananas  | Mandarin Oranges in Natural Juice   | FRUITY FRIDAY Fresh Fruit Platter  |
| <b>Daily Options</b>     | 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    |               |



Lansbury Lawrence

