

Tower Hamlets Primary Packed Lunch Menu November 2020 - April 2021

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken & Sweetcorn Sandwich or Quorn Dipper Wrap with Sweet Chilli Sauce and Salad	Tuna Pasta Salad Pot or Cheese Sandwich with Carrot and Cucumber Sticks	Chicken Sausage in a Bap or Veg Sausage & Tomato in a Hot Dog Roll	Cheese and Tomato Pizza with 1/2 Egg Mayo Sandwich or Tuna & Cucumber Sandwich	Chicken Thigh with a Bap or Vegan Sausage Roll & 1/2 Cheese Sandwich
Dessert	Cheese and Crackers	Sultana Flapjack	Fruit Yogurt	Carrot Cake	Fruit Yogurt Pots
Fresh Fruit	Satsuma	Banana	Apple	Grapes	Apple

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheese and Sweet Pepper Pizza and 1/2 Egg Mayo Sandwich or Falafel Bite Salad Wrap	Cheese and Coleslaw Sandwich or Piri Piri Chicken thigh with a Bap	Roast Beef and Tomato Sandwich or Tuna & Cucumber Wrap	Chicken Pasta Salad Pots or Sliced Egg and Cucumber Sandwich	Chicken Sausage in a Bap or Veg Sausage in a Hot Dog Roll
Dessert	Oatmeal Cookie	Cocoa Beetroot Brownie	Fruit Yoghurt	Japanese Cake	Cheese and Crackers
Fresh Fruit	Satsuma	Grapes	Banana	Sultanas	Apple

NOTE: Special dietary needs can be catered for, please let the kitchen know in advance

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