













# Tower Hamlets Primary School Lunchtime Menu

November 2021 - April 2022

	 <b>Monday</b> 'Planet Earth Day'	 <b>Tuesday</b> 'Street Food Day'	 <b>Wednesday</b> 'Traditional Day'	 <b>Thursday</b> 'World Food Day' Turkish	 <b>Friday</b> 'Favourites'
<b>Week 1</b>					
<b>Main</b>	Wholewheat Vegetable Tomato Pasta Bake	Freshly Made Chicken Pie with Gravy served with Creamed Potatoes	Roast Leg of Lamb served with Minted Gravy & Yorkshire Pudding	Homemade Spaghetti Bolognese	Crispy Fillet of Fish served with Lemon Wedge & Chips
<b>Vegetarian</b>	Homemade Salmon & Spring Onion Quiche	Spanish Omelette	Tasty Cheesy Potato Hot Pot	Vegetable Moussaka served with Pitta Bread & dips	Crispy Quorn Dippers served with a Barbecue Sauce
<b>On the side</b>	Baked Potato Wedges with Peas & Sweetcorn	Fresh Sliced Carrots & Broccoli	Roast Potatoes with Fresh Cauliflower and Freshly Mashed Carrots & Swede	Potato Wedges & Turkish Mixed Salad	Chips, Baked Beans & Garden Peas
<b>Salads</b>	Seasonal Salads & Three Bean Salad	Seasonal Salads & Grated Carrot Slaw	Chef's House Salad	Tomato, Parsley & Lemon Salad	Seasonal Salads & Fresh Coleslaw
<b>Dessert</b>	Seasonal Fresh Fruit Platter	Homemade Short Bread Biscuit & Custard or choice of Fresh Fruit	Seasonal Fresh Fruit Platter	Fresh Fruit Salad	Homemade Carrot Cake & Custard or Fruity Friday Platter
<b>Daily Options</b>	Freshly Baked Wholemeal Bread / Sliced Bloomers or Organic Baguettes / Organic Yoghurts / British Cheese and Crackers				

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<b>Week 2</b>					
<b>Main</b>	Freshly Made Margarita Pizza	Beef Lasagne served with Garlic Bread	Roast Chicken served with Yorkshire Pudding & Gravy	Caribbean Mutton Curry served with Rice and Peas	Jumbo Crispy Fish Finger served with a Wedge of Lemon
<b>Vegetarian</b>	Wholewheat Spaghetti with Vegetable Meatballs in Tomato Sauce	Lentil & Mushroom Bake served with Garlic Bread	Flaky Pastry Vegetable Roll	Homemade Caribbean Mac & Cheese	Vegetable Samosa served with a Sweet Chilli Dip
<b>On the side</b>	Herby Diced Potatoes and Peas & Sweetcorn	Fresh Broccoli Spears and Diced Swede	Roast Potatoes, Fresh Cabbage & Sliced Carrots	Spicy Mixed Vegetable & Rice Salad	Chips, Baked Beans & Peas
<b>Salads</b>	Fresh Seasonal Salads	Fresh Crisp Lettuce & Cucumber Wedges	Chef's House Salad	Sweetcorn & Mixed Peppers	Fresh Coleslaw & Seasonal Salads
<b>Dessert</b>	Seasonal Fresh Fruit Platter	Homemade Rice Pudding served with a Cookie or Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Freshly Made Tropical Fruit Salad	Homemade Beetroot Chocolate Brownie & Custard or Fruity Friday Platter
<b>Daily Options</b>	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:

1st November 2021	10th January 2022	21st March 2022
15th November 2021	24th January 2022	4th April 2022
29th November 2021	7th February 2022	
13th December 2021	21st February 2022	
27th December 2021	7th March 2022	

## Week 2 Commencing:

8th November 2021	17th January 2022	28th March 2022
22nd November 2021	31st January 2022	11th April 2022
6th December 2021	14th February 2022	
20th December 2021	28th February 2022	
3rd January 2022	14th March 2022	

