








Tower Hamlets Primary School Lunchtime Menu






April 2021 – October 2021

Primary School

Week 1	 Monday 'Planet Earth Day'	 Tuesday 'Street Food Day'	 Wednesday 'Traditional Day'	 Thursday 'World Food Day' Italian	 Friday 'Favourites'
Main	Vegan Sausages & Creamy Mash with Tasty Onion Gravy	Crunchy Panko Chicken Wrap with Piri Piri Mayo & Herby Diced Potato	Tender Roast Leg of Lamb with Yorkshire Pudding	Homemade Classic Beef Spaghetti Bolognese	Crispy Fish Finger Fillets with Lemon Wedge
Vegetarian					
Sides/ Vegetables	Baby Carrots / Green Beans	Sweetcorn / Garden Peas	Roast Potatoes, Fresh Cauliflower Florets & Fresh Spring Greens	Ratatouille / Fresh Broccoli Florets	Potato Crispers, Peas & Baked Beans
Salads	Tabbouleh Salad / Seasonal Salads	Diced Beetroot Salad / Seasonal Salads	Seasonal Salads	Romaine Salad with Croutons / Seasonal Salads	Homemade Coleslaw / Seasonal Salads
Dessert	English Apples and Grapes Selection	Peach Slices in Natural Juice and Custard	Pineapple Pieces in Natural Juice with Custard	Orange Polenta Cake with Custard / Bananas	FRUITY FRIDAY Fresh Fruit Platter
Daily Options	Freshly Baked Wholemeal Bread/Sliced Bloomers 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' South American	 Friday 'Favourites'
Main	Vegan Sausage Roll with Herby Diced Potato	Lamb Burger in a Soft High Fibre Bun with Baked Potato Wedges	Succulent Roast Beef with Yorkshire Pudding	Homemade Tender 'One Pot' Louisiana Chicken & Potatoes	Crispy Bubble Fish Fillet Bites with Lemon Wedge
Vegetarian					
Sides/ Vegetables	Garden Peas / Baked Beans	Fresh Carrot Roundels / Corn on the Cob	Roast Potatoes, Fresh Cauliflower Florets & Green Beans	Fresh Broccoli Florets / Sweetcorn	Oven Chips, Peas & Baked Beans
Salads	Homemade Coleslaw / Seasonal Salads	Raita Dip / Seasonal Salads	Seasonal Salads	Peruvian Style Coleslaw Salad / Seasonal Salads	Minted New Potato Salad / Seasonal Salads
Dessert	English Apples and Grapes Selection	A Selection of Melon Slices & Pears	Peach Slices in Natural Juice and Custard	Platanos Calados (Caramelised Bananas) with Yoghurt / Satsumas	Ice Cream
Daily Options	Freshly Baked Wholemeal Bread/Sliced Bloomers or Organic Baguettes / Organic Yoghurts / British Cheese and Crackers				

Primary School

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

Week 1 Commencing:

12 April 2021	21 June 2021	30 August 2021
26 April 2021	05 July 2021	13 September 2021
10 May 2021	19 July 2021	27 September 2021
24 May 2021	02 August 2021	11 October 2021
07 June 2021	16 August 2021	25 October 2021

Week 2 Commencing:

19 April 2021	28 June 2021	06 September 2021
03 May 2021	12 July 2021	20 September 2021
17 May 2021	26 July 2021	04 October 2021
31 May 2021	09 August 2021	18 October 2021
14 June 2021	23 August, 2021	

