



Tower Hamlets Primary School Lunchtime Menu

April 2019 – October 2019

Primary School

Week 1	Monday 'Planet Earth Day'	Tuesday 'Street Food Day'	Wednesday 'Traditional Day'	Thursday 'World Food Day' Italian	Friday 'Favourites'
Main	Wholemeal Penne Pasta in a Homemade Tomato and Veggie Sauce	Lamb Burger	Roast Turkey with Yorkshire Pudding & Gravy	Homemade Beef Spaghetti Bolognese	Sticky BBQ Chicken
Vegetarian	Pizza with Sweet Peppers & Red Onion	Quorn Burger or Cheese Wrap	Vegetarian Sausages or Baked Jacket Potato & choice of filling	Italian Vegetable Bolognese or Cheese Wrap	Fish Fingers or Baked Jacket Potato & choice of filling
Sides/ Vegetables	Sweetcorn & Garden Peas	Wholegrain Rice & Broccoli	Roast Potatoes, Fresh Carrots & Roasted Vegetables	Garlic Bread & Mixed Vegetables	Oven Chips, Peas & Baked Beans
Salads	Fresh Seasonal Salads	Fresh Seasonal Salads	Chef's House Salad	Fresh Seasonal Salads	Seasonal Salads & Homemade Coleslaw
Dessert	Fresh Summer Fruits	PIP Organic Apple Ice Lolly	Apple Crumble & Custard	Frozen Strawberry Yogurt	Peaches & Ice Cream
Daily Options	Bread / Fresh Fruit Platter / Organic Yogurts / 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' Caribbean	Friday 'Favourites'
Main	Linda McCartney Veggie Balls in a Homemade Tomato Sauce	Marinated Moroccan Chicken Drumstick	Roast Beef with Yorkshire Pudding & Gravy	Chicken with Gravy	Sausages & Mash
Vegetarian	Homemade Macaroni Cheese or Baked Jacket Potato & choice	Tuna Wrap	Vegetarian sausages or Baked Jacket Potato with choice of filling	Vegetable Pasta Bake	Fish Fingers or Baked Jacket Potato with a choice of filling
Sides/ Vegetables	Whole wheat Pasta, Carrot Batons & Broccoli	Rice, Sweetcorn & Peas	Roast Potatoes, Fresh Savoy Cabbage & Cauliflower	Rice, Peas & Broccoli	Oven Chips, Peas & Baked Beans
Salads	Fresh Seasonal Salads	Fresh Seasonal Salads	Chef's House Salad	Seasonal Salads & Mixed Sweetcorn & Peppers	Seasonal Salads & Homemade Coleslaw
Dessert	Fresh Summer Fruits	Homemade Oatmeal Cookie	Berry Jelly & Ice Cream	Frozen Strawberry Yogurt	Homemade Carrot Cake & Custard
Daily Options	Bread / Fresh Fruit Platter / Organic Yogurts / British Cheese and Crackers				

Primary School

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

Week 1 Commencing:

22 April 2019	01 July 2019	09 September 2019
06 May 2019	15 July 2019	23 September 2019
20 May 2019	29 July 2019	07 October 2019
03 June 2019	12 August 2019	21 October 2019
17 June 2019	26 August 2019	

Week 2 Commencing:

29 April 2019	08 July 2019	16 September 2019
13 May 2019	22 July 2019	30 September 2019
27 May 2019	5 August 2019	14 October 2019
10 June 2019	19 August 2019	
24 June 2019	2 September 2019	

