













Tower Hamlets Primary School Lunchtime Menu April 2022 - October 2022

Week 1	 Monday 'Planet Earth Day'	 Tuesday 'Street Food Day'	 Wednesday 'Traditional Day'	 Thursday 'World Food Day' Portuguese	 Friday 'Favourites'
Main	Cheese & Tomato French Bread Pizza	Tasty Chicken & Vegetable Curry	Roast Beef served with Yorkshire Pudding & Gravy	Piri Piri Chicken	Jumbo Fish Finger served with a Wedge of Lemon
Vegetarian	Quorn Stir Fry with Noodles	Homemade Vegetable Chilli	Cauliflower & Broccoli Cheese Bake	Portuguese Cebolada Rich Onion, Tomato & Red Pepper Sauce	Cheese & Coleslaw Wrap
On the side	Peas & Sweetcorn	Wholegrain Rice & Mixed Vegetables	Roast Potatoes, Fresh Cabbage & Fresh Sliced Carrots	Spiced Wedges, Sweetcorn Cobbettes & Fresh Broccoli	Baked Beans, Garden Peas & Chips
Salads	Help yourself Salad Bar	Seasonal Salads & Grated Carrot Slaw	Chef's House Salad	Crisp Green Lettuce & Cucumber Wedges	Fresh Seasonal Salads
Dessert	Seasonal Fresh Fruit Platter	Vanilla Ice Cream	Seasonal Fresh Fruit Platter	Fresh sliced Watermelon, Pear & Apple Platter	Chocolate & Orange Sponge with Custard
Daily Options	Bread / Fresh Fruit Platter / Organic Yoghurts / British Cheese and Crackers				

Week 2	 Monday 'Planet Earth Day'	 Tuesday 'Street Food Day'	 Wednesday 'Traditional Day'	 Thursday 'World Food Day' Chinese	 Friday 'Favourites'
Main	Homemade Macaroni Cheese	Beef, Bean & Vegetable Burger with Tomato Relish	Roast Chicken served with Yorkshire Pudding & Gravy	Beef Chow Mein with Noodles	Fish Fillet served with a Wedge of Lemon & Mayonnaise
Vegetarian	Vegan Sausage Roll with Herby Diced Potatoes	Homemade Vegetable Burger with Tomato Relish	Jacket Potato with Tuna	Vegetable Stir Fry with Egg Fried Rice	Homemade Leek and Lentil Roast
On the side	Peas & Sweetcorn	Potato Wedges, Baked Beans & Coleslaw	Roast Potatoes, Fresh Cabbage & Fresh Sliced Carrots	Fresh Broccoli & Sweetcorn	Chips, Baked Beans & Garden Peas
Salads	Help yourself Salad Bar	Crisp Lettuce & Tomato slices	Chef's House Salad	Bean Sprout & Red Pepper Salad	Fresh Coleslaw & Seasonal Salads
Dessert	Seasonal Fresh Fruit Platter	Summer Berries with Strawberry Yoghurt Ice Cream	Seasonal Fresh Fruit Platter	Fresh Slices of Melon & Grapes	Sultana Flapjack & Custard
Daily Options	Bread / Fresh Fruit Platter / Organic Yoghurts / British Cheese and Crackers				

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

Week 1 Commencing:

18 April 2022	27 June 2022	05 September 2022
02 May 2022	11 July 2022	19 September 2022
16 May 2022	25 July 2022	03 October 2022
30 May 2022	08 August 2022	17 October 2022
13 June 2022	22 August 2022	

Week 2 Commencing:

25 April 2022	04 July 2022	12 September 2022
09 May 2022	18 July 2022	26 September 2022
23 May 2022	1 August 2022	10 October 2022
06 June 2022	15 August 2022	24 October 2022
20 June 2022	29 August 2022	

IMPORTANT INFORMATION: Every effort is made to minimise risk of cross-contamination. However, it should be noted that our food is prepared in a kitchen where known allergens may be present and therefore the risk of cross-contamination remains a risk. Please ask staff for further details regarding specific dietary requirements and/or allergens.



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