



Tower Hamlets Primary School Lunchtime Menu

October 2018 – April 2019



AWARDED SOIL ASSOCIATION GOLD FOOD FOR LIFE AWARD

Primary School

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Build an Organic Lamb Burger Day	Baked Lemon Crumb Salmon	Roast Beef with Yorkshire Pudding & Gravy	Marinated Moroccan Chicken	Baked Fish Fingers
Vegetarian	Build a Southern Quorn Burger Day	Macaroni Cheese with Herby Garlic Bread	Homemade Roasted Butternut Squash & Tomato Quiche	Linda McCartney Veggie Balls in a Tomato & Veg sauce	Vegetable Chilli with Wholegrain Rice
Sides/ Vegetables	Potato Wedges & Freshly Made Coleslaw	Herby Diced Potatoes, Sweetcorn & Green Beans	Roast Potatoes, Fresh Carrots & Broccoli	Wholegrain Rice & Mixed Vegetables	Oven Baked Chips, Peas & Baked Beans
Salads	Seasonal Salads & Fresh Diced Beetroot	Seasonal Salads & Three Bean Salad	Chef's House Salad	Seasonal Salads & Cucumber Raita	Seasonal Salads & Grated Carrot & Orange Salad
Daily Options	Bread / Fresh Fruit Platter / Organic Yogurts / British Cheese and Crackers				

Primary School

Primary School

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Organic Jalapeno Chicken Meatballs in a Tomato & Veggie Sauce	Homemade Organic Beef Lasagne	Roast English Lamb with Yorkshire Pudding & Gravy	Homemade Pizza with BBQ Chicken & Red Onion	Battered Fish Fillet
Vegetarian	Jacket Potato with Baked Beans	Wholemeal Penne Pasta with Tomato & Basil Sauce	Homemade Quorn Stir-fry with Noodles	Homemade Margharita Pizza	Cheese and Onion Cornish Pasty
Sides/ Vegetables	Wholegrain Rice, Carrot Batons & Broccoli	Herby Garlic Bread, Sweetcorn & Peas	Roast Potatoes, Fresh Savoy Cabbage & Cauliflower	Sweetcorn Cobettes & Freshly Made Coleslaw	Oven Baked Chips, Peas & Baked Beans
Salads	Seasonal Salads & Mixed Sliced Peppers	Seasonal Salads & Cous Cous Salad	Chef's House Salad	Seasonal Salads & Celery Sticks	Seasonal Salads & Sweetcorn, Red Peppers & Cucumber
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:

29th October 2018, 12th November 2018, 26th November 2018, 10th December 2018, 24th December 2018,
 7th January 2019, 21st January 2019, 4th February 2019, 18th February 2019, 4th March 2019,
 18th March 2019, 1st April 2019, 15th April 2019.

Week 2 Commencing:

5th November 2018, 19th November 2018, 3rd December 2018, 17th December 2018,
 31st December 2018, 14th January 2019, 28th January 2019, 11 February 2019,
 25th February 2019, 11st March 2019, 25th March 2019, 8th April 2019.

