



Tower Hamlets Primary School Lunchtime Menu

November 2021 - April 2022

Primary School

Primary School

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

Primary School

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Week 2	Monday 'Planet Earth Day'	Tuesday 'Street Food Day'	Wednesday 'Traditional Day'	Thursday 'World Food Day' Caribbean	Friday 'Favourites'
Main	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
Vegetarian	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
On the side	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
Salads	Fresh Seasonal Salads	Fresh Crisp Lettuce & Cucumber Wedges	Chef's House Salad	Sweetcorn & Mixed Peppers	Fresh Coleslaw & Seasonal Salads
Dessert	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Freshly Made Tropical Fruit Salad	Fruity Friday Platter
Daily Options	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

