








Tower Hamlets Primary School Lunchtime Menu






November 2020 – April 2021

Primary School

Week 1	 Monday 'Planet Earth Day'	 Tuesday 'Street Food Day'	 Wednesday 'Traditional Day'	 Thursday 'World Food Day' American	 Friday 'Favourites'
Main	Wholemeal Penne Pasta with Homemade Tomato & Veg Sauce	Homemade Minced Lamb Curry (Keema Matar)	Roast Chicken with Sage & Onion Stuffing	American Meatloaf with Mashed Potato	Fish Fillet Fingers with Lemon Wedge
Vegetarian	Quorn Dippers with Sweet Chilli Sauce & Soft Brown Rice	Homemade Quorn & Potato Balti	Linda McCartney Veggie Meatballs with Vegetable Gravy	Homemade Mac & Cheese	Vegan Sausage Roll
Sides/ Vegetables	Sweetcorn & Garden Peas	Steamed White Rice Fresh Cauliflower Florets & Green Beans	Roast Potatoes, Fresh Savoy Cabbage & Fresh Carrots	Corn on the Cob & Fresh Broccoli	Oven Chips, Peas & Baked Beans
Salads	Beef Tomato, Cucumber & Oregano Salad / Seasonal Salads	Raita Dip / Seasonal Salads	Seasonal Salad	American House Salad / Seasonal Salads	Homemade Coleslaw / Seasonal Salads
Dessert	Medley of Melon Slices	Peaches in Natural Juice	Selection of English Apples & Oranges	Pancakes with Summer Berry Fruits / Fresh Pineapple Slices	FRUITY FRIDAY Fresh Fruit Platter
Daily Options	Fresh Sliced Bloomer Bread 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' Japanese	 Friday 'Favourites'
Main	Wholemeal Penne Pasta with Homemade Tomato & Veg Sauce	Piri Piri Chicken served with Potato Wedges	Roast Topside Beef with Yorkshire Pudding	Panko Chicken Katsu Curry with Steamed Soft Brown Rice	Bubble Fish Fillet Bites with Lemon Wedge
Vegetarian	Homemade Margherita Pizza	Jacket Potato with Baked Beans or Cheese / Tuna	Linda McCartney Veggie Meatballs with Onion Gravy	Quorn Stir-Fry with Egg Noodles	Linda McCartney Vegan Rosemary and Red Onion Sausages
Sides/ Vegetables	Herby Diced Potatoes / Baby Carrots & Garden Peas	Corn on the Cob	Roast Potatoes, Fresh Savoy Cabbage & Fresh Cauliflower	Fresh Broccoli & Sweetcorn	Potato Crispers, Peas & Baked Beans
Salads	Raita Dip / Seasonal Salads	Spring Pea Salad / Seasonal Salads	Seasonal Salads	Japanese Style Coleslaw Salad / Seasonal Salads	Homemade Coleslaw / Seasonal Salads
Dessert	Pears in Natural Juice	A Selection of Grapes & Melon Slices	A Selection of English Apples & Bananas	Japanese Honey Cake / Mandarin Oranges in Natural Juice	FRUITY FRIDAY Fresh Fruit Platter
Daily Options	Fresh Sliced Bloomer Bread 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:		
02 November 2020	11 January 2021	22 March 2021
16 November 2020	25 January 2021	05 April 2021
30 November 2020	08 February 2021	
14 December 2020	22 February 2021	
28 December 2020	08 March 2021	

Week 2 Commencing:		
09 November 2020	18 January 2021	29 March 2021
23 November 2020	01 February 2021	
07 December 2020	15 February 2021	
21 December 2020	1 March 2021	
04 January 2021	15 March 2021	

