













# Tower Hamlets Primary School Lunchtime Menu October 2022 - April 2023

Week 1	 <b>Monday</b> 'Planet Earth Day'	 <b>Tuesday</b> 'World Food Day' Mexican	 <b>Wednesday</b> 'Traditional Day'	 <b>Thursday</b> 'Street Food Day'	 <b>Friday</b> 'Favourites'
<b>Main</b>	Homemade Macaroni Cheese	Mexican Chicken with Soft Brown Rice	Roast Chicken with Yorkshire Pudding & Gravy	Homemade Beef Cottage Pie	Bubble Fish Bites served with a Slice of Lemon
<b>Vegetarian</b>	Piri Piri Veggie Meatballs with Wholemeal Spaghetti	Homemade 3 Bean Mexican Chilli Wrap	Homemade Cheese, Tomato & Red Onion Tart	Homemade Vegetable Patty with Mango Chutney & Herby Diced Potatoes	Freshly Baked Vegan Sausage Roll
<b>On the side</b>	Sweetcorn & Garden Peas	Fresh Roasted Vegetables & Sweetcorn	Roast Potatoes, Fresh Cabbage & Cauliflower Florets	Fresh Broccoli & Carrots	Chips, Peas & Baked Beans
<b>Salads</b>	Fresh Seasonal Salads	Crisp Green Salad & Fresh Tomato Salsa	Chef's House Salad	Seasonal Salads & Fresh Crudites (Carrot / Cucumber & Celery)	Seasonal Salads & Homemade Coleslaw
<b>Dessert</b>	FRUITY MONDAYS with fresh seasonal fruit	Frozen Mango Yoghurt	Fresh Fruit Platter	Fresh sliced Melon & Grapes	Fresh Fruit Platter
<b>Daily Options</b>	Bread / Fresh Fruit Platter / Organic Yoghurts / British Cheese and Crackers				

Week 2	 <b>Monday</b> 'Planet Earth Day'	 <b>Tuesday</b> 'Street Food Day'	 <b>Wednesday</b> 'Traditional Day'	 <b>Thursday</b> 'World Food Day' African	 <b>Friday</b> 'Favourites'
<b>Main</b>	Freshly Baked Pizza with Sweetcorn & Peppers with Baked Potato Wedges	Homemade Tandoori Chicken Drumstick with Soft Brown Rice	Roast Beef with Yorkshire Pudding & Gravy	Homemade African Lamb Jollof Rice	Baked Fish Fillet with a wedge of Lemon
<b>Vegetarian</b>	Ratatouille Ravioli with Homemade Tomato & Vegetable Sauce	Baked Jacket Potato with choice of filling (Tuna / Cheese)	Vegetarian Sausages	Homemade African Vegetable Tagine served with Flat Bread	Quorn Dippers & BBQ Sauce
<b>On the side</b>	Sweetcorn Cobbette & Fresh Broccoli	Sweetcorn & Peas	Roast Potatoes, Fresh Carrots & Savoy Cabbage	Roasted Seasonal Vegetables	Oven Chips, Peas & Baked Beans
<b>Salads</b>	Selection of Autumn / Winter Salads	Seasonal Salads & Cucumber Raita	Chef's House Salad	Seasonal Salads & African Black Eyed Bean Salad	Seasonal Salads & Homemade Coleslaw
<b>Dessert</b>	FRUITY MONDAYS with fresh seasonal fruit	Mixed Berries & Greek Yoghurt	Apple & Pear Fruit Platter	Pineapple & Banana Fruit Platter	Fresh Fruit Platter
<b>Daily Options</b>	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:

31 October 2022	26 December 2022	20 February 2023
14 November 2022	09 January 2023	06 March 2023
28 November 2022	23 January 2023	20 March 2023
12 December 2022	06 February 2023	03 April 2023

## Week 2 Commencing:

07 November 2022	02 January 2023	27 February 2023
21 November 2022	16 January 2023	13 March 2023
05 December 2022	30 January 2023	27 March 2023
19 December 2022	13 February 2023	10 April 2023

**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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