

Lunchtime Menu

April to October 2018



Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK 1	16 April 2018	Organic Chicken Meatballs in a Homemade Tomato & Herb Sauce served with Wholemeal Penne Pasta	Freshly Baked TUGO Pizza with Red Onion & Sweetcorn	Homemade Roast Topside of Beef, served with Yorkshire Pudding, Roast Potatoes & Gravy	Battered Fish Fillet with Creamed Potatoes	BBQ Chicken
	30 April 2018					
	14 May 2018	Sweet Potato & Vegetable Curry with Wholegrain Rice	Homemade Tuna & Cucumber Wrap	Homemade Quorn Stir-fry with Noodles	Homemade Jacket Potato with Baked Beans	Vegetable & Cheese Country Bake
	28 May 2018					
	11 June 2018					Both served with: Baked Chipped Potatoes
	25 June 2018					
	09 July 2018	Fresh Organic Carrots	Green Beans	Fresh UK Seasonal Vegetables	Sweetcorn	Baked Beans
	23 July 2018	Broccoli Florets	Sweetcorn Cobette		Broccoli Florets	Garden Peas
	06 August 2018					
	20 August 2018	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads
	03 September 2018	Strawberry Frozen Dairy Yoghurt	Butterscotch Mousse	PIP Organic Apple Ice Lolly	Homemade Courgette & Lime Muffin Traybake with Custard	Fruity Friday inc Fresh Seasonal Fruit
	17 September 2018	British Cheese and Crackers	Organic Yoghurt Selection	British Cheese and Crackers	Organic Yoghurt Selection	Organic Yoghurt Selection
	01 October 2018					
15 October 2018	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	British Cheese and Crackers	
WEEK 2	23 April 2018	Organic Lamb Burger in a Bun with Homemade Coleslaw	Baked Fish Fillet Fingers with Steamed Rice	Homemade Roast Turkey, served with Yorkshire Pudding, Roast Potatoes & Gravy	Homemade Organic Beef Spaghetti Bolognese	Baked Spicy Chicken
	07 May 2018					
	21 May 2018	Homemade Macaroni Cheese	Homemade Jacket Potato with Baked Beans	Pasta Bake	Cornish Cheese & Onion Pasty with Baked Potato Wedges	Baked Lemon Crumb Salmon Fillet
	04 June 2018					
	18 June 2018					Both served with: Baked Chipped Potatoes
	02 July 2018					
	16 July 2018	Garden Peas	Green Beans	Fresh UK Seasonal Vegetables	Garden Peas	Sweetcorn Cobette
	30 July 2018	Sweetcorn	Broccoli		Fresh Organic Carrots	Baked Beans
	13 August 2018					
	27 August 2018	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads
	10 September 2018	Organic Banana Pot	Homemade Fruit Jelly	Chocolate Frozen Dairy Yoghurt	Homemade Apple Crumble with Custard	Fruity Friday inc Fresh Seasonal Fruit
	24 September 2018	British Cheese and Crackers	Organic Yoghurt Selection	British Cheese and Crackers	Organic Yoghurt Selection	Organic Yoghurt Selection
	08 October 2018					
22 October 2018	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	British Cheese and Crackers	

A choice of freshly baked organic bread, some served without spread is available daily. Cherry tomatoes, coleslaw and cucumber served daily with two additional salads of the day.

Please note: Some dishes may be subject to local changes using alternative healthy recipes to suit individual school needs.

www.myschoollunch.co.uk/towerhamlets



enjoy our new menu
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