

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	BBQ Chicken Sausages served with Creamed Potatoes	Battered Fish Fillet served with Baked Chipped Potatoes
	30 April 2018					
	14 May 2018	Sweet Potato & Vegetable Curry served with Wholegrain Rice	Homemade Tuna & Cucumber Wrap	Homemade Quorn Stir-fry with Noodles	Homemade Vegetable Pie with Linda McCartney Mince served with Creamed Potatoes	Vegetable & Cheese Country Bake served with Baked Chipped Potatoes
	28 May 2018					
	11 June 2018	Baked Fish Fillet Fingers served with Baked Potato Wedges	Homemade Minced Beef Pie	Tuna Pasta Bake	Baked Fish Fillet Fingers served with Creamed Potatoes	Jacket Potato with Cheese and Baked Beans
	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	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads
	20 August 2018					
	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 served with Homemade Coleslaw served with Diced Potatoes	Homemade Baked Jalapeno Chicken served with Baked Potato Wedges	Homemade Roast Turkey, served with Yorkshire Pudding, Roast Potatoes & Gravy	Soft Tacos stuffed with Homemade Organic Beef Chilli served with Herby Diced Potatoes	Baked Fish Fillet Fingers served with Baked Chipped Potatoes
	07 May 2018					
	21 May 2018	Homemade Macaroni Cheese	Baked Lemon Crumb Salmon Fillet served with Baked Potato Wedges	Vegetable Biryani	Cornish Cheese & Onion Pasty served with Herby Diced Potatoes	Freshly Baked TUGO Pizza with Red Onion & Peppers
	04 June 2018					
	18 June 2018	Homemade Tuna Pasta Bake	Homemade Jacket Potato with Baked Beans	Homemade Tuna Wrap	Baked Fish Fillet Fingers served with Herby Diced Potatoes	Homemade Red Pepper & Sweetcorn Quiche 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 Flapjack with Custard	Fruity Friday inc Fresh Seasonal Fruit
	24 September 2018					
	08 October 2018	British Cheese and Crackers	Organic Yoghurt Selection	British Cheese and Crackers	Organic Yoghurt Selection	Organic Yoghurt Selection
	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 maybe 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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