

The Contract Services team in your child's school works very hard to ensure the meals provided are healthy, nutritious and well balanced. Evidence suggests that such a lunchtime meal will improve the concentration and learning in afternoon lessons and in turn provide better educational and health outcomes for them.

Tower Hamlets has some of the highest levels of childhood obesity in England. We work closely with the local Community Dietitian and Healthy Schools Team to promote healthy eating and lifestyles. In January of this year school menus across England changed to ensure they met the Government's tough new food based guidelines and this latest menu of ours is fully compliant.

We are absolutely delighted to have recently been awarded the Soil Association's Food for Life Gold Catering Mark. This is the highest accolade for school menus and we are one of only a handful of local authorities across the country to provide such a high standard of menus each day. This independent assessment illustrates that no undesirable additives or GM foods are used in our menus along with high levels of seasonal, local, organic and Fairtrade produce. All the meat used in our recipes is from sources which meet high welfare standards.

We do hope that your child enjoys their school lunch and if you have any questions please do not hesitate to contact us through our website www.myschoolilunch.co.uk/towerhamlets



Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK 1	17 April 2017	Homemade Organic Texas Beef Chilli with Steamed Basmati Rice	Homemade Chicken and Sweetcorn Wrap	Homemade Roast Chicken with Roast Potatoes, Yorkshire Pudding and Sage and Onion Stuffing	Organic Lamb Burger in a Bun with Mint, Yoghurt and Cucumber Dressing with Herby Diced Potatoes	Battered Fish Fillet
	8 May 2017	Fish Fingers with Baked Potato Wedges	Homemade Quorn Stir-fry with Noodles	Homemade Roasted Vegetable Quiche	Homemade Cheesy Leek Pasta	Linda McCartney Veggie Balls in a Neapolitan Sauce
	29 May 2017					Both served with: Baked Chipped Potatoes
	19 June 2017	Garden Peas	Green Beans	Fresh UK Seasonal Vegetables	Sweetcorn	Organic Baked Beans
	10 July 2017	Fresh Organic Carrots	Sweetcorn		Broccoli Florets	Garden Peas
	31 July 2017	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads
	21 August 2017	British Cheese and Bread Sticks	Mango Frozen Yoghurt	British Cheese and Bread Sticks	Homemade Carrot Cake and Custard	Fruity Friday inc Fresh Seasonal Fruit
	11 September 2017	Organic Yoghurt Selection	British Cheese and Bread Sticks	Organic Yoghurt Selection	Organic Yoghurt Selection	Organic Yoghurt Selection
	2 October 2017	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	British Cheese and Bread Sticks
	23 October 2017	Spaghetti with Homemade Beef Bolognaise	Organic Chicken Meatballs in a Homemade Neapolitan Sauce with Steamed Basmati Rice	Homemade Organic Roast Beef with Roast Potatoes and Yorkshire Pudding	Homemade Tandoori Chicken Drumstick with Steamed Brown and White Rice	Battered Fish Fillet with Baked Chipped Potatoes
WEEK 2	24 April 2017	Homemade Marinated Thai Cod Fillet with Noodles	Fish Fingers with Baked Potato Wedges	Homemade Quorn Korma Curry with Steamed Basmati Rice	Soft Taco Shells with Linda McCartney Veggie Chilli Mince	Homemade Cheese and Tomato Free-range Omelette
	15 May 2017					
	5 June 2017	Savoy Cabbage	Fresh Organic Carrots	Fresh UK Seasonal Vegetables	Green Beans	Mushy Peas
	26 June 2017	Sweetcorn Cobbette	Sugar Snap Peas		Cauliflower Florets	Organic Baked Beans
	17 July 2017	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads
	7 August 2017	British Cheese and Bread Sticks	Vanilla Dairy Ice-cream with Fruit Compote	British Cheese and Bread Sticks	Homemade Cocoa Beetroot Brownie and Custard	Fruity Friday inc Fresh Seasonal Fruit
	28 August 2017	Organic Yoghurt Selection	British Cheese and Bread Sticks	Organic Yoghurt Selection	Organic Yoghurt Selection	Organic Yoghurt Selection
	18 September 2017	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	British Cheese and Bread Sticks
	9 October 2017	Chicken Sausages with Creamed Potatoes and Onion Gravy	Homemade BBQ Chicken Drumsticks	Homemade Roast Turkey with Roast Potatoes, Yorkshire Pudding and Sage and Onion Stuffing	Homemade Beef Rendang Curry and Steamed Basmati Rice	Battered Fish Fillet
	30 October 2017	Fish Fingers with Baked Potato Wedges	Sweet Potato and Vegetable Curry	Homemade Piri Piri Salmon Fillet with Roast Potatoes	Freshly Baked TUGO Pizza with Sweet Pepper and Red Onion	Homemade Vegetable Enchilada
WEEK 3	1 May 2017					Both served with: Baked Chipped Potatoes
	22 May 2017					
	12 June 2017		Both Served with: Steamed Brown and White Rice			
	3 July 2017	Sweetcorn	Broccoli Florets	Fresh UK Seasonal Vegetables	Cauliflower Florets	Organic Baked Beans
	24 July 2017	Fresh Organic Carrots	Garden Peas		Sweetcorn	Garden Peas
	14 August 2017	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads
	4 September 2017	British Cheese and Bread Sticks	Strawberry Frozen Yoghurt	British Cheese and Bread Sticks	Homemade Banana Muffin Traybake and Custard	Fruity Friday inc Fresh Seasonal Fruit
	25 September 2017	Organic Yoghurt Selection	British Cheese and Bread Sticks	Organic Yoghurt Selection	Organic Yoghurt Selection	Organic Yoghurt Selection
16 October 2017	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	British Cheese and Bread Sticks	

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.

