

Harbinger Primary School Lunchtime Menu — April 2009 to October 2009 - www.myschoollunch.co.uk/towerhamlets

	Monday	Tuesday	Wednesday	Thursday	Friday
W E E K O N E	Homemade Lamb Pasta Bake	Homemade Chicken Curry with Nan Bread	Homemade Roast Beef with Yorkshire Pudding	Homemade Chicken Biryani	Homemade Chilli Beef Fajita
	Oven Baked Fish Portion	Oven Baked Loaded Pizza	Homemade Tuna and Salad Wrap	Homemade Macaroni Pie	Oven Baked Fish Fingers
	Creamed Potato	Steamed Rice Oven Baked Wedges	Roast Potatoes Cous Cous		Chipped Potatoes Cous Cous
	Corn on Cob Baked Beans	Diced Carrot Peas	Cauliflower Broccoli Florets	Whole Green Beans Sweetcorn	Baked Beans Mixed Vegetables
	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads
	Fruit Yoghurt	Fresh Fruit Salad	Fruit Shortcake and Custard	Homemade Pineapple upside down Cake with Custard	Artic Roll
	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
W E E K T W O	Oven Baked Beef Burger	Homemade Lamb Curry with Nan Bread	Homemade Roast Chicken with Stuffing	Arabian Style Lamb with Cous Cous	Oven Baked Chicken served in BBQ Sauce
	Homemade Four Cheese Pasta with Tomato Sauce	Sardine Tuna and Salad Wrap	Jacket Potato with Melted Cheese	Roasted Vegetable Flan	Oven Baked Fish Fingers
	Oven Baked Potato Wedges	Steamed Rice	Roasted Potatoes Steamed Rice	Creamed Potato	Chipped Potatoes Steamed Rice
	Baked Beans Sweetcorn	Mixed Vegetable Broccoli	Carrots and Swede Peas	Whole Green Beans Sweetcorn	Baked Beans Mixed Vegetables
	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads
	Fruit Yoghurt	Fresh Fruit Salad	Apple Crumble and Custard	Homemade Chocolate Pudding with Chocolate Sauce	Artic Roll
	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
W E E K T H R E E	Homemade Spaghetti Bolognaise	Homemade Chicken and Sweetcorn Pie	Homemade Roast Lamb with Mint Sauce	Southern Baked Chicken	Oven Baked Lamb Sausages
	Oven Baked Fish Fingers	Homemade Shepherdess Pie	Oven Baked Breaded Fish Portion	Homemade Cheese and Tomato Pizza	Homemade Tuna and Cucumber Wrap
	Creamed Potato	Parsley Potato	Roasted Potatoes Steamed Rice	Oven Baked Potato Wedges	Chipped Potatoes Cous Cous
	Baked Beans Broccoli	Mixed Vegetables Whole Green Beans	Cabbage Carrot Roundels	Sugar Snap Peas Ratatouille in Tomato Sauce	Baked Beans Sweetcorn
	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads	Choice of Salads
	Fruit Yoghurt	Fresh Fruit Salad	Fruit Shortcake and Custard	Marble Cake and Custard	Ice-Cream with Fruit
	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter

A choice of brown and white bloomer or French bread is available daily, some bread served without spread. Our baked beans are reduced salt and sugar.

Our chipped potatoes and wedges are less than 5% fat. Cherry tomatoes, coleslaw and cucumber to be served daily with x2 additional salads.

Fresh fruit platter is available daily.