



TOWER COLLEGE WEEKLY MENU

**EYFS/Lower
School - WEEK 1**

MONDAY

Soup of the Day
with Homemade bread

Dish of the Day

Sweet & Sour Crispy Chicken

Vegetarian Dish of the Day

Sweet & Sour Tofu

Sides

Pak Choi & Leeks

Fried Garlic Broccoli

Vegetable Spring Rolls

Egg Fried Rice

Pasta Bar

Rich Tomato & Basil Pasta

White & Sweet Jacket Potato with
Beans, Cheese or Tuna

Dessert of the Day

Flapjack with Sultanas

Fresh & Chopped Fruit
Yoghurt & Fruit Pot

TUESDAY

Soup of the Day
with Homemade bread

Dish of the Day

Rich Beef Bolognese Pasta Bake
& Garlic Bread

Vegetarian Dish of the Day
Green Lentil and Vegetable
bolognese Pasta Bake & Garlic
Bread

Sides

New Potatoes

Steamed Cauliflower

Sauteed Cabbage

Pasta Bar

Green pesto Pasta

White & Sweet Jacket Potato with
Beans, Cheese or Tuna

Dessert of the Day

Carrot Cake

Fresh & Chopped Fruit
Yoghurt & Fruit Pot

WEDNESDAY

Soup of the Day
with Homemade bread

Dish of the Day

Breaded Chicken Nuggets

Vegetarian Dish of the Day

Stuffed Vegetable & Lentil
Peppers

Sides

Rice

Charred Corn on the Cob

Green Beans

Pasta Bar

Macaroni Cheese Pasta

White & Sweet Jacket Potato with
Beans, Cheese or Tuna

Dessert of the Day

Apple & Blackberry Crumble &
Custard

Fresh & Chopped Fruit
Yoghurt & Fruit Pot

THURSDAY

Soup of the Day
with Homemade bread

Dish of the Day

Roast Chicken, Sage & Onion
Stuffing & Rich Gravy

Vegetarian Dish of the Day

Cheese & onion Pie with Puff
pastry topping

Sides

Roasted Potatoes

Diced Carrots

Diced Swede

Pasta Bar

Italian vegetable Pasta Bolognese

White & Sweet Jacket Potato with
Beans, Cheese or Tuna

Dessert of the Day

Sticky Toffee Pudding & custard

Fresh & Chopped Fruit
Yoghurt & Fruit Pot

FRIDAY

Soup of the Day
with Homemade bread

Dish of the Day

Breaded Fish Fingers

Vegetarian Dish of the Day

BBQ Halloumi Wrap

Sides

Braised Rice

Vegetable Medley

Pasta Bar

Chunky Tomato & garlic Pasta

White & Sweet Jacket Potato with
Beans, Cheese or Tuna

Dessert of the Day

Rocky Road cake

Fresh & Chopped Fruit
Yoghurt & Fruit Pot



For allergen & nutritional
information, please speak
to a member of the team.



Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame
Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur
Dioxide



Molluscs



TOWER COLLEGE WEEKLY MENU

**EYFS/Lower
School - WEEK 2**

MONDAY

Soup of the Day
with Homemade bread

Dish of the Day

Creamy Chicken Korma

Vegetarian Dish of the Day

Sweet Potato Dhal

Sides

Braised Rice

Onion Bhajis

Stir Fried Cabbage

Pasta Bar

Rich Tomato & Basil Pasta

White & Sweet Jacket Potato with
Beans, Cheese or Tuna

Dessert of the Day

Wholemeal Chocolate Brownie

Fresh & Chopped Fruit
Yoghurt & Fruit Pot

TUESDAY

Soup of the Day
with Homemade bread

Dish of the Day

Southern Fried Chicken Burger
with Baby Gem, Tomato & relishes

Vegetarian Dish of the Day

Vegetable quarter pound Burger
with Baby gem, Tomato & relishes

Sides

Oven Baked Potato wedges

Cauliflower Cheese

Corn on the Cob

Pasta Bar

Green Pesto Pasta

White & Sweet Jacket Potato with
Beans, Cheese or Tuna

Dessert of the Day

Lemon Drizzle Cake

Fresh & Chopped Fruit
Yoghurt & Fruit Pot

WEDNESDAY

Soup of the Day
with Homemade bread

Dish of the Day

Toad in the hole in a rich Onion
Gravy

Vegetarian Dish of the Day

Lentil & Vegetable Hot Pot
Creamy Salmon & Broccoli Pasta

Sides

Buttery Mashed Potatoes

Braised Red Cabbage

Sweetcorn

Pasta Bar

Macaroni Cheese Pasta

White & Sweet Jacket Potato with
Beans, Cheese or Tuna

Dessert of the Day

Summer Fruit Berry Cheesecake

Fresh & Chopped Fruit
Yoghurt & Fruit Pot

THURSDAY

Soup of the Day
with Homemade bread

Dish of the Day

Chicken Goujons

Vegetarian Dish of the Day

Quorn Mince & Vegetable Tortilla

Sides

Garlic Roasted Dice Potatoes

Mexican Mixed Vegetables

Honey Roasted Carrots

Pasta Bar

Italian vegetable Pasta Bolognaise

White & Sweet Jacket Potato with
Beans, Cheese or Tuna

Dessert of the Day

Baked Rice Pudding with Jam

Fresh & Chopped Fruit
Yoghurt & Fruit Pot

FRIDAY

Soup of the Day
with Homemade bread

Dish of the Day

Breaded Fish Fingers

Vegetarian Dish of the Day

Rich Cheddar Cheese & Sauteed
onion Spanish Omelette

Sides

Garden Peas

Roasted Carrots

Fries

Pasta Bar

Chunky Tomato & garlic Pasta

White & Sweet Jacket Potato with
Beans, Cheese or Tuna

Dessert of the Day

Homemade oaty Cookies

Fresh & Chopped Fruit
Yoghurt & Fruit Pot



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Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame
Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur
Dioxide



Molluscs



TOWER COLLEGE WEEKLY MENU

**EYFS/Lower
School - WEEK 3**

MONDAY

Soup of the Day
with Homemade bread

Dish of the Day

Pepperoni Naan bread pizza
Topped with Mozzarella Cheese

Vegetarian Dish of the Day

Tomato & Basil Naan Bread pizza
Topped with Mozzarella Cheese

Sides

Steamed Broccoli

Crispy Fries

Sauteed Cabbage

Pasta Bar

Rich Tomato & Basil Pasta

White & Sweet Jacket Potato with
Beans, cheese or Tuna

Dessert of the Day

Apple & Sultana pie & custard

Fresh & Chopped Fruit
Yoghurt & Fruit Pot

TUESDAY

Soup of the Day
with Homemade bread

Dish of the Day

Chicken Parmigiano

Vegetarian Dish of the Day

Vegetable & Bulgar wheat Con
Carne

Sides

Sweetcorn

New potatoes

Ratatouille

Pasta Bar

Green pesto Pasta

White & Sweet Jacket Potato with
Beans, cheese or Tuna

Dessert of the Day

Banana & Choc Chip Bars

Fresh & Chopped Fruit
Yoghurt & Fruit Pot

WEDNESDAY

Soup of the Day
with Homemade bread

Dish of the Day

BBQ pulled Chicken Slider on a
Brioche Bun served with Slaw

Vegetarian Dish of the Day

Vegetable Strip Slider in a Brioche
Bun

Fresh Tuna Nicoise Salad

Sides

Wedges

Charred Corn on the Cob

Green Beans

Pasta Bar

Macaroni Cheese Pasta

White & Sweet Jacket Potato with
Beans, cheese or Tuna

Dessert of the Day

Strawberry Cheesecake

Fresh & Chopped Fruit
Yoghurt & Fruit Pot

THURSDAY

Soup of the Day
with Homemade bread

Dish of the Day

Homemade Sausage Roll

Vegetarian Dish of the Day

Cheese & Onion Quiche

Sides

Roasted Potatoes

Cauliflower Cheese

Green Beans

Pasta Bar

Italian vegetable Pasta Bolognese

White & Sweet Jacket Potato with
Beans, cheese or Tuna

Dessert of the Day

Victoria Sponge with Strawberry
Jam & Cream

Fresh & Chopped Fruit
Yoghurt & Fruit Pot

FRIDAY

Soup of the Day
with Homemade bread

Dish of the Day

Breaded Fish Fingers

Vegetarian Dish of the Day

Creamy Vegetable, minced Quorn
& wholewheat Pasta Bake

Sides

Buttery Garlic New Potatoes

Garden Peas

Mediterean Vegetables

Pasta Bar

Chunky Tomato & garlic Pasta

White & Sweet Jacket Potato with
Beans, cheese or Tuna

Dessert of the Day

Jam Donuts

Fresh & Chopped Fruit
Yoghurt & Fruit Pot



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Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame
Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur
Dioxide



Molluscs