



LONDON ACADEMY
OF EXCELLENCE
TOTTENHAM

— **Break Menu - 2026/2027** —

Break Time Canteen

Hot Food Counter

Halal

**8 Southern Fried Chicken Popcorn
6 Chicken Nuggets
Halal Pepperoni Petit Pizza**

**£1.90
£1.90
£1.60**

Vegan

**6 Vegan Nuggets
2 Vegan Hash Brown**

**£1.90
£1.30**

Vegetarian

Cheese & Tomato Pizza Baguette

£1.40

Sandwiches

**A Selection of Cold Sandwiches available in the
fridge**

£1.60 - £2.00

All meat served in the canteen is Halal unless otherwise stated

Pastries

Croissant

£1.20

Biscoff Croissant

£1.20

Chocolate Croissant

£1.20

Chocolate Twist

£1.20

Vegan Raspberry Croissant

£1.20

Pain au Chocolat

£1.20

Double Chocolate Muffin

£1.00

White Chocolate Muffin

£1.00

Choc Chip Muffin

£1.00

Double Chocolate Cookies

£0.80

White Chocolate Cookies

£0.80

Choc Chip Cookies

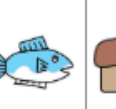
£0.80

Cold Drinks available in the fridge

DISHES AND THEIR ALLERGEN CONTENT – LAET Break

DISHES														
	Celery	Cereals containin g gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Halal 8 Chicken Popcorn	May Contain	✓	May Contain	May Contain			May Contain		May Contain	May Contain	May Contain		May Contain	
Halal 6 Chicken Nuggets	✓	✓		May Contain			May Contain			May Contain	May Contain			
Halal Pepperoni Cheese Pizza	May Contain	✓		May Contain			✓		✓			✓	✓	
6 Vegan Nuggets		✓												
Two Vegan Hash Browns	None	None	None	None	None	None	None	None	None	None	None	None	None	None
Pizza Margarita	✓	✓					✓					✓	✓	
Plain Croissant		✓		✓			✓			May Contain		May Contain	✓	
Chocolate Croissant		✓		May Contain			✓			May Contain	May Contain		✓	
Vegan Raspberry Croissant		✓		May Contain			May Contain			May Contain	May Contain	May Contain	May Contain	
Chocolate Twist		✓		✓			✓			May Contain		May Contain	✓	
Pain au chocolate		✓		✓			✓			May Contain		May Contain	✓	
Cinnamon Swirl		✓		✓			✓			May Contain		May Contain	✓	

DISHES AND THEIR ALLERGEN CONTENT – LAET Break

DISHES														
	Celery	Cereals containin g gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Double Chocolate Cookies		✓		✓			✓						✓	
White chocolate Cookies		✓		✓			✓						✓	
Choc Chip Cookies		✓		✓			✓						✓	
Double Choc Muffin		✓		✓			✓						✓	
White Chocolate Muffin		✓		✓			✓						✓	
Choc Chip Muffin		✓		✓			✓						✓	
Flapjack		✓		May Contain			May Contain			May Contain	May Contain		May Contain	✓
Lemon Drizzle Cake		✓		✓			✓						✓	✓
Banana Cake		✓		✓			✓						✓	✓
Carrots Cake		✓		✓			✓						✓	✓
Chocolate Sponge Cake		✓		✓			✓						✓	
Review date:02.09.2025	All meat served in the canteen is Halal unless otherwise stated.			Reviewed by: Emil Sudomir								You can find this template, including more information, at www.food.gov.uk/allergy		



LONDON ACADEMY
OF EXCELLENCE
TOTTENHAM

Lunch Menu Autumn Term 2026

LAET
Canteen

MEAL DEALS

Dish of the Day

Hot Counter Item

Deli Item

Side / Dessert

Crisps

LAET
Canteen

MEAL DEALS

1   **£3**

2    **£3**

3   **£2.65**

4   **£2.45**

5   **£2.45**

Dish of the Day Week 1						
		Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day £2.65	Meat	Jerk Chicken with Rice & Peas	Smoky BBQ Pulled Chicken	Thai Green Chicken Curry	Beef Bolognese Pasta Bake with Garlic Bread	Chicken Burger, Cheeseburger or Fish Burger all served with crispy Potato Wedges
	Vegetarian or Vegan	Mixed Bean & Quorn Chilli	Aloo Matar	Lentil & Apricot Dahl	Vegetable Jambalaya	Vegan Burger with Wedges

Dish of the Day Week 2						
		Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day £2.65	Meat	Jollof Rice with Succulent Chicken Leg	Cheesy Chicken Melt Wrap	Creamy Chicken Shawarma	Halal Lasagna Served with Garlic Bread	Chicken Burger, Cheese Burger or Fish Burger all served with crispy Potato Wedges
	Vegetarian or Vegan	Mixed Bean & Quorn Chilli	Aloo Matar	Lentil & Apricot Dahl	Vegetable Jambalaya	Vegan Burger with Wedges

All meat served in the canteen is Halal unless otherwise stated

		Hot Counter Item				
		Monday	Tuesday	Wednesday	Thursday	Friday
	£1.75	Mac n Cheese	Tomato Pasta Bake	Mac n Cheese	Tomato Pasta Bake	Mac n Cheese
	£1.75	Slice of Margherita Pizza	Slice of Margherita Pizza	Slice of Margherita Pizza	Slice of Margherita Pizza	Slice of Margherita Pizza
	£2.00	Cheeseburger	Chicken Strips Burger	Cheeseburger	Chicken Strips Burger	
		5 Chicken Wings	5 Chicken Wings	5 Chicken Wings	5 Chicken Wings	5 Chicken Wings

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Side / Dessert						
		Monday	Tuesday	Wednesday	Thursday	Friday
Everyday		Potato Wedges £1.00				
		Seasoning Rice £1.00				
		Couscous £0.60				
		Plain Rice £0.60				
		Steamed Vegetables £0.80				
		2 Mini Vegetables Samosas £0.80				
Week 1	Soup £1.50	Pea & Mint	Spring Vegetable	Spinach & Nutmeg	Potato & Onion	Minestrone
Week 2	Soup £1.50	Lemon & Herb Lentil	Broccoli & Cheddar	Root Vegetable	Leek & Potato	Tomato & Red Pepper
Cakes £1.00		Flapjack	Lemon Drizzle Cake	Banana Cake	Carrots Cake	Chocolate Cake

Deli Item					
Every Day					
Salad, Wraps and Baguettes	Wraps	Chicken Wrap £1.90	Vegan Houmous & Falafel Wrap £1.60	Vegan Onion Bhaji with Mango Chutney Wrap £1.60	
	Baguettes	Chicken Baguette £1.90	Egg Baguette £1.60		
	Salads	Chicken with Garden Salad £1.90	Chicken with Pesto Pasta Salad £1.90	Chicken with Couscous Salad £1.90	Chicken with Mix Beans Salad £1.90
			Vegan Houmous & Falafel Garden Salad £1.60	Pesto Pasta Salad £1.60	Mix beans Salad £1.60

Deli Item			
Every Day			
Sandwiches	Chicken	Chicken Mayo & Sweetcorn £1.90	Coronation Chicken £1.90
	Fish	Tuna Mayo & Sweetcorn £1.90	Classic Prawn Mayo Sandwich £2.00
	Vegetarian	Cheese Sandwich £1.60	Egg Mayo & Cress £1.60
	Vegan	Vegan Cheese & Pickle Sandwich £1.60	Vegan Tofu Sandwich £1.90

April 2026 WEEK 1 DISHES AND THEIR ALLERGEN CONTENT – LAE Tottenham Page 1

DISHES														
Monday	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Caribbean-Style Jerk Chicken with Rice & Peas	✓	✓							✓	May Contain	May Contain		✓	✓
Mixed Bean & Corn Chilli (Vegan) served with Rice	✓	May Contain							✓			✓	✓	✓
Sweet Pea & Fresh Mint Vegan Cream Soup	✓													May Contain
Mac n cheese	May Contain	✓		May Contain			✓		✓				May Contain	May Contain
Halal Cheeseburger		✓					✓					✓	✓	✓
Flapjack		✓		May Contain			May Contain			May Contain	May Contain		May Contain	✓
DISHES														
Tuesday	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Signature Smoky BBQ Pulled Chicken Tender shredded chicken thighs with a crisp tortilla crunch, served in a buttery brioche with seasoned wedges	✓	✓		✓			✓		✓			✓	✓	✓

April 2026 WEEK 1 DISHES AND THEIR ALLERGEN CONTENT – LAE Tottenham Page 2

Aloo Matar served with Rice - Pea & Potato Curry (Vegan)	✓	May Contain							✓					✓
Spring Vegetable & Young Cabbage (Vegan)	✓													✓
Tomato Pasta Baked	✓	✓					✓		May Contain					✓
Halal Chicken Strips Burger	✓	✓		✓			✓		May Contain			✓	May Contain	
Lemon Drizzle Cake		✓		✓			May Contain						✓	✓
DISHES														
Wednesday	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Thai Green Chicken Curry served with fluffy rice	✓	✓			✓				✓	May Contain	May Contain	✓	✓	✓
Red Lentil & Apricot Dahl with Rice	✓	May Contain							✓					✓
Creamy Spinach & Nutmeg (Vegan) soup	✓								✓					✓
Mac n cheese	May Contain	✓		May Contain			✓		✓				May Contain	May Contain
Halal Cheeseburger		✓					✓					✓	✓	✓
Banana Cake		✓		✓			May Contain						✓	May Contain
DISHES														
Thursday	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide

April 2026 WEEK 1 DISHES AND THEIR ALLERGEN CONTENT – LAE Tottenham Page 3

Baked Beef Bolognese with Macaroni Pasta, Served with Garlic Bread	✓	✓	May Contain		✓			May Contain	✓	May Contain	May Contain		✓	✓
Vegetable Jambalaya Rice	✓	✓							✓	May Contain	May Contain	✓	✓	✓
Spring Onion & Potato (Vegan) Soup	✓								✓					✓
Tomato Pasta Baked	✓	✓					✓		May Contain					✓
Halal Chicken Strips Burger	✓	✓		✓			✓		May Contain			✓	May Contain	
Carrots Cake		✓		✓			✓						✓	✓
DISHES														
Friday	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Crispy Halal Chicken Burger	✓	✓					May Contain		✓			✓	✓	✓
Classic Halal Cheeseburger	✓	✓					✓		✓			✓	✓	✓
Golden Cod Fish Burger		✓		May Contain	✓		May Contain		May Contain			✓	✓	✓
The Ultimate Vegan Burger Served with seasoned potato wedges		✓										✓	May Contain	✓
Minestrone (Vegan) Soup	✓	✓												✓
Mac n cheese	May Contain	✓		May Contain			✓		✓				May Contain	May Contain
Chocolate Cake		✓		✓			✓						✓	

April 2026 WEEK 1 DISHES AND THEIR ALLERGEN CONTENT – LAE Tottenham Page 4

DISHES														
Served Every Day	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Halal Five Chicken Wings	May Contain	May Contain			May Contain				May Contain			May Contain	✓	✓
Slice Margherita Pizza		✓					✓							
Halal Pepperoni Pizza	May Contain	✓					✓		✓				✓	
Two Mini Vegetables Samosas		✓											May Contain	
Halal Chicken Wrap	✓	✓		✓			✓		✓			May Contain	May Contain	May Contain
Halal Chicken Baguette	✓	✓		✓			✓		✓			May Contain	May Contain	May Contain
Egg Baguette		✓		✓					✓			May Contain	May Contain	May Contain
Chicken with mixed bean salad	✓	✓		May Contain			✓		✓			May Contain	May Contain	✓
Gluten-Free Grilled Chicken Sandwich Please speak to a member of staff regarding ingredients	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain
DISHES														
Served Every Day	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Mix bean salad	✓			May Contain					✓			May Contain	May Contain	✓
Halal Chicken with Garden Salad	✓	May Contain		✓			✓		✓			May Contain	May Contain	✓

April 2026 WEEK 1 DISHES AND THEIR ALLERGEN CONTENT – LAE Tottenham Page 5

Halal Chicken with Couscous Salad	✓	✓		✓			✓		✓			✓	May Contain	✓	
Chicken with pesto pasta salad	✓	✓					✓							✓	
Pesto Pasta Salad		✓					✓							✓	
Vegan Houmous & Falafel Garden Salad		May Contain							✓			✓	✓	✓	
Vegan Houmous & Falafel Couscous Salad		✓							✓			✓	✓	✓	
Vegan Houmous & Falafel Wrap		May Contain							✓			✓	✓	✓	
Vegan Onion Bhaji with Mango Chutney Wrap		✓							✓			✓		✓	
Garlic Bread		✓					✓					May Contain	May Contain		
Mini Petit Pain or Bread Roll for Soup		✓										May Contain			
Steamed Vegetables, Potato Wedges, Rice	None	None	None	None	None	None	None	None	None	None	None	None	None	None	
Mini Naan Bread		✓													
Couscous		✓													
Review date: 02.04.2026	All meat served in the canteen is Halal unless otherwise stated.			Reviewed by: Emil Sudomir										You can find this template, including more information, at www.food.gov.uk/allergy	

WEEK 2 DISHES AND THEIR ALLERGEN CONTENT – LAE Tottenham Page 1

DISHES														
Monday	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Jollof Rice with Succulent Chicken Leg	✓	✓			✓				✓	May Contain	May Contain		✓	✓
Mixed Bean & Corn Chilli (Vegan) served with Rice	✓	May Contain							✓			✓	✓	✓
Lemon & Herb Lentil (Red Lentils) Vegan Soup	✓													May Contain
Mac n cheese	May Contain	✓		May Contain			✓		✓				May Contain	May Contain
Halal Cheeseburger		✓					✓					✓	✓	✓
Flapjack		✓		May Contain			May Contain			May Contain	May Contain		May Contain	✓
DISHES														
Tuesday	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
The Cheesy Chicken Melt Wrap served with basmati rice (black beans, sweetcorn, grated cheese)	✓			✓			✓		✓				✓	✓

WEEK 2 DISHES AND THEIR ALLERGEN CONTENT – LAE Tottenham Page 2

Aloo Matar served with Rice - Pea & Potato Curry (Vegan)	✓	May Contain							✓					✓
Broccoli & Cheddar (Vegetarian) Soup	✓													✓
Tomato Pasta Baked	✓	✓					✓		May Contain					✓
Halal Chicken Strips Burger	✓	✓		✓			✓		May Contain			✓	May Contain	
Lemon Drizzle Cake		✓		✓			May Contain						✓	✓
DISHES														
Wednesday	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Mild & Creamy Chicken Shawarma Curry with fluffy rice	✓	✓			✓				✓	May Contain	May Contain	✓	✓	✓
Red Lentil & Apricot Dahl with Rice	✓	May Contain							✓					✓
Garden Herb & Root Vegetable (Vegan) Soup	✓													
Mac n cheese	May Contain	✓		May Contain			✓		✓				May Contain	May Contain
Halal Cheeseburger		✓					✓					✓	✓	✓
Banana Cake		✓		✓			May Contain						✓	May Contain
DISHES														

[illegible]

WEEK 2 DISHES AND THEIR ALLERGEN CONTENT – LAE Tottenham Page 6

Mini Naan Bread		✓												
Spice Couscous		✓												
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