

Delish!
by HES Catering

We are always happy to share our recipes for you to try at home, if you would like us to send you a copy of a recipe please contact schoolcatering@havering.gov.uk

the CRUNCH BUNCH

All primary food being served is **SILVER Food for Life**. This means it is Locally, **Organic** and Sustainably sourced, Higher **Animal Welfare** and Freedom Food.

Would you like to join our successful catering team?
Yes! Please visit our website:

www.haveringcatering.co.uk

Look out for our new plant based dishes (VE)

Yay!
We have a 3 choice menu.

Yay! Free School Meals for all Key Stage 1 pupils.
If you are entitled to free school meals please contact Student and Pupil Finance on: **01708 433929**.

Contact
01708 431561
schoolcatering@havering.gov.uk

Primary Menu
£2.37



@Delish_byHES



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WEEK 1

18/04/2022, 09/05/2022, 06/06/2022, 27/06/2022,
18/07/2022, 12/09/2022, 03/10/2022.

MONDAY

Choose a main meal...
Golden Nuggets with Wedges (VE)
Cheesy Leek Pasta (V)
Margherita Pizza with Wedges (V)

On the side...
Mixed Salad
Carrots

For dessert...
Vanilla Ice Cream Tub

TUESDAY

Choose a main meal...
BBQ Chicken with 50/50 Rice
Jacket Potato with a Choice of Toppings
Rustic Italian Meatball Linguine (VE)

On the side...
Broccoli
Baked Beans

For dessert...
Peach Melba Sponge with Custard

WEDNESDAY

Choose a main meal...
Roast British Gammon
Cheesy Tomato Pasta (V)
Cumberland Sausage & Bean Puff Roast (VE)

On the side...
Carrots
Spring Greens

For dessert...
Fruit Jelly (VE)

THURSDAY

Choose a main meal...
Tandoori Chicken with 50/50 Rice
Jacket Potato with a Choice of Toppings
Mac 'n' Cheese (V)

On the side...
Broccoli
Cauliflower

For dessert...
Fresh Fruit Platter (VE)

FRIDAY

Choose a main meal...
Omega 3 Fish Fingers with Oven Baked Chips
Freshly Baked Baguette with a Choice of Filling
Lightly Spiced Rogan Josh with 50/50 Rice (VE)

On the side...
Peas
Sweetcorn

For dessert...
Marble Cake with Custard

WEEK 2

25/04/2022, 16/05/2022, 13/06/2022, 04/07/2022,
29/08/2022, 19/09/2022, 10/10/2022.

MONDAY

Choose a main meal...
Italian Style Lasagne (V)
Jacket Potato with a Choice of Toppings
Sausage Roll with Diced Potatoes (VE)

On the side...
Peas
Baked Beans

For dessert...
Coconut & Mango Muffin (VE)

TUESDAY

Choose a main meal...
Creamy Chicken Korma with 50/50 Rice
Fresh Baked Baguette with a Choice of Filling
Crispy Vegetable Fingers with Wedges (VE)

On the side...
Broccoli
Sweetcorn

For dessert...
Orange Cookie (VE)

WEDNESDAY

Choose a main meal...
British Pork Sausage Toad in the Hole with Mash & Gravy
Salmon & Broccoli Pasta
Toad in the Hole with Mash & Gravy (VE)

On the side...
White Cabbage
Carrots

For dessert...
Strawberry Iced Fruit Smoothie (VE)

THURSDAY

Choose a main meal...
Lemon & Herb Chicken with Potato Dippers
Jacket Potato with a Choice of Topping
Spaghetti Bolognese (VE)

On the side...
Mixed Salad
Corn on the Cob

For dessert...
Fresh Fruit Platter (VE)

FRIDAY

Choose a main meal...
Battered Fish Fillet with Oven Baked Chips
Cheesy Tomato Pasta (V)
Baked Enchilada with Mexican Style Rice (VE)

On the side...
Coleslaw
Peas

For dessert...
Red Velvet Sponge with Custard

WEEK 3

02/05/2022, 23/05/2022, 20/06/2022, 11/07/2022,
05/09/2022, 26/09/2022, 17/10/2022

MONDAY

Choose a main meal...
Organic Beef Burger in a Bun with Potato Wedges
Cold Tuna Pasta Salad
Crispy Country Bake Burger in a Bun with Wedges (VE)

On the side...
Sweetcorn
Cauliflower

For dessert...
Raspberry Ripple Arctic Roll

TUESDAY

Choose a main meal...
Mexican Fajita with cold Pasta Salad (VE)
Jacket Potato with a Choice of Toppings
Margherita Pizza with cold Pasta Salad (V)

On the side...
Baked Beans
Mixed Salad

For dessert...
Lemon Drizzle Cake (VE)

WEDNESDAY

Choose a main meal...
Roast British Beef
Cheesy Tomato Pasta (V)
Mince & Onion Puff (VE)

On the side...
Carrots
Spring Greens

For dessert...
Fresh Fruit Platter (VE)

THURSDAY

Choose a main meal...
Honey Mustard Chicken with 50/50 Rice.
Freshly Baked Baguette with a Choice of Filling
Sweet Potato & Chickpea Tikka Masala with 50/50 Rice (VE)

On the side...
Corn on the Cob
Broccoli

For dessert...
Fruit Jelly (VE)

FRIDAY

Choose a main meal...
Omega 3 Fish Fingers with Oven Baked Chips
Spanish Style Pieces with 50/50 Rice (VE)
Hot Cheesy Quesadilla with Oven Baked Chips (V)

On the side...
Peas
Coleslaw

For dessert...
Lime & Courgette Zesty Sponge.



Fruit, yoghurts, cheese and crackers available daily!



Jacket Potato Toppings: Baked Beans (VE), Cheese (V) & Tuna Mayo.

Baguette Fillings: Ham, Cheese (V) & Tuna Mayo.



(V) Suitable for Vegetarians
(VE) Suitable for Vegans



Unlimited salad & vegetables!