

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

If you have any queries in regards to special dietary requirements, please contact

specialdietaryinfo@havering.gov.uk

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

www.haveringcatering.co.uk

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.

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

the **CRUNCH BUNCH**

Look out for our new plant based dishes (VE)

Yay!
We have a 3 choice menu.

Primary Menu

£2.30



@Delish_byHES



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WEEK 1

01/11/2021, 22/11/2021, 13/12/2021, 17/01/2022,
07/02/2022, 07/03/2022, 28/03/2022.

MONDAY

Choose a main meal....

Golden Dippers with Wedges (V)

Mac 'n' Cheese (V)

Spanish Inspired Vegetable Paella (VE)

On the side...

Corn on the Cob

Carrots

For dessert...

Fresh Fruit Platter (VE)

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...

Fresh Fruit Platter (VE)

WEDNESDAY

Choose a main meal....

Roast British Chicken

Salmon & Broccoli Pasta

Cumberland Sausage & Bean Puff Roast (VE)

On the side...

Carrots

Savoy Cabbage

For dessert...

Fresh Fruit Platter (VE)

THURSDAY

Choose a main meal....

Marinated Chicken Tikka with 50/50 Rice

Jacket Potato with a Choice of Toppings

Margherita Pizza with Wedges (V)

On the side...

Broccoli

Sweetcorn

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

Cauliflower

For dessert...

Fresh Fruit Platter or Fruit Jelly (VE)

WEEK 2

08/11/2021, 29/11/2021, 03/01/2022, 24/01/2022, 21/02/2022, 14/03/2022.

MONDAY

Choose a main meal....

Italian Style Lasagne (V)

Cheesy Tomato Pasta (V)

Sausage Roll with Diced Potatoes (VE)

On the side...

Peas

Sweetcorn

For dessert...

Fresh Fruit Platter (VE)

TUESDAY

Choose a main meal....

Creamy Chicken Korma with 50/50 Rice

Jacket Potato with a Choice of Toppings

Crispy Vegetable Fingers with Wedges (VE)

On the side...

Green Beans

Baked Beans

For dessert...

Fresh Fruit Platter (VE)

WEDNESDAY

Choose a main meal....

Traditional Roast Turkey

Creamy Fish Pie

Mince & Onion Puff Roast (VE)

On the side...

Cabbage

Carrots

For dessert...

Fresh Fruit Platter (VE)

THURSDAY

Choose a main meal....

Sticky Chicken with 50/50 Rice

Freshly Baked Baguette with a Choice of Filling

Pasta Bolognaise (VE)

On the side...

Broccoli

Corn on the Cob

For dessert...

Fresh Fruit Platter (VE)

FRIDAY

Choose a main meal....

Omega 3 Fish Fingers with Oven Baked Chips

Jacket Potato with a Choice of Toppings

Baked Enchilada with Mexican Style Rice (VE)

On the side...

Cauliflower

Peas

For dessert...

Fresh Fruit Platter (VE) or Organic Yoghurt (V)

WEEK 3

15/11/2021, 06/12/2021, 10/01/2022, 31/01/2022,
28/02/2022, 21/03/2022.

MONDAY

Choose a main meal....

Organic Beef Burger in a Bun with Wedges

Fish Fillet in Parsley Sauce with New Potatoes

Crispy Country Bake Burger in a Bun with Wedges (VE)

On the side...

Sweetcorn

Green Beans

For dessert...

Fresh Fruit Platter (VE)

TUESDAY

Choose a main meal....

Mild Balti Curry with 50/50 Rice (VE)

Jacket Potato with a Choice of Toppings

Margherita Pizza with Pasta (V)

On the side...

Baked Beans

Peas

For dessert...

Fresh Fruit Platter (VE)

WEDNESDAY

Choose a main meal....

British Pork Sausage Toad in the Hole with Mash & Gravy

Cheesy Tomato Pasta (V)

Toad in the Hole with Mash & Gravy (VE)

On the side...

Carrots

Broccoli

For dessert...

Fresh Fruit Platter (VE)

THURSDAY

Choose a main meal....

Southern Spiced Chicken with Potato Dippers

Freshly Baked Baguette with a Choice of Filling

Cottage Pie (VE)

On the side...

Corn on the Cob

Green Beans

For dessert...

Fresh Fruit Platter (VE)

FRIDAY

Choose a main meal....

Omega 3 Fish Fingers with Oven Baked Chips

Rice, Lentil & Vegetable Dhal (VE)

Hot Cheesy Quesadilla with Oven Baked Chips (V)

On the side...

Peas

Cauliflower

For dessert...

Fresh Fruit Platter or Fruit Jelly (VE)

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

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

Unlimited salad
& vegetables!

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

Fruit, yoghurts,
cheese and crackers
available daily!