

Delish!

by **HES Catering**

Would you like to
join our successful
catering team?

Yes! Please visit
our website:

www.haveringcatering.co.uk

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

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.

Look out for our
new plant based
dishes (VE)

Scan QR code
for Nutritional
Information

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 433117

schoolcatering@havering.gov.uk

Junior Menu

£2.45



@Delish_byHES



WEEK 1

24/04/23, 15/05/23, 05/06/23, 26/06/23, 17/07/23

MONDAY

Choose a main meal....

Golden Dippers with Wedges (VE)

Fish Biryani

Margherita Pizza with Wedges (V)

On the side...

Carrots

Green Beans

For dessert...

Fresh Fruit Platter (VE)

TUESDAY

Choose a main meal....

BBQ Chicken with Herby Diced Potatoes (H)

Freshly Baked Baguette with a Choice of Filling

Rustic Italian Meatball Linguine (VE)

On the side...

Broccoli

Corn on the Cob

For dessert...

Fresh Fruit Platter (VE)

WEDNESDAY

Choose a main meal....

Tandoori Chicken with 50/50 Rice (H)

Jacket Potato with Beans(VE), Cheese(V) or Tuna

Mac 'N' Cheese (V)

On the side...

Cauliflower

Peas

For dessert...

Fresh Fruit Platter (VE)

THURSDAY

Choose a main meal....

Roast Turkey

Cheesy Tomato Pasta (V)

Mince & Onion Puff (VE)

On the side...

Broccoli

Cabbage

For dessert...

Fresh Fruit Platter (VE)

FRIDAY

Choose a main meal....

Breaded Fish Fingers with Oven Baked Chips

Jacket Potato with Beans(VE), Cheese(V) or Tuna

Lightly Spiced Rogan Josh with 50/50 Rice (VE)

On the side...

Peas

Baked Beans

For dessert...

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

WEEK 2

01/05/23, 22/05/23, 12/06/23, 03/07/23

MONDAY

Choose a main meal....

Cheesy Tomato Pasta (V)

Jacket Potato with Beans(VE), Cheese(V) or Tuna

Sausage Roll with Potato Dippers (VE)

On the side...

Peas

Baked Beans

For dessert...

Fresh Fruit Platter (VE)

TUESDAY

Choose a main meal....

Creamy Chicken Korma with 50/50 Rice (H)

Freshly Baked Baguette with a Choice of Filling

Crispy Vegetable Fingers with Wedges (VE)

On the side...

Green Beans

Corn on the Cob

For dessert...

Fresh Fruit Platter (VE)

WEDNESDAY

Choose a main meal....

Sticky Chicken with Jollof Rice (H)

Jacket Potato with Beans(VE), Cheese(V) or Tuna

Sweet Potato & Chickpea Tikka Masala with 50/50 Rice (VE)

On the side...

Broccoli

Cauliflower

For dessert...

Fresh Fruit Platter (VE)

THURSDAY

Choose a main meal....

British Pork Sausage Toad in the Hole with Mash & Gravy

Creamy Fish Pie

Toad in the Hole with Mash & Gravy (VE)

On the side...

Cabbage

Carrots

For dessert...

Fresh Fruit Platter (VE)

FRIDAY

Choose a main meal....

Battered Fish Fillet with Oven Baked Chips

Cheesy Tomato Pasta (V)

Mexican Style Fajita with Oven Baked Chips (VE)

On the side...

Sweetcorn

Peas

For dessert...

Fresh Fruit Platter (VE) or Fruit Jelly (VE)

WEEK 3

17/04/23, 08/05/23, 29/05/23, 19/06/23, 10/07/23

MONDAY

Choose a main meal....

Beef Burger in a Bun with Wedges

Cheese & Potato Bake (V)

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

On the side...

Peas

Corn on the Cob

For dessert...

Fresh Fruit Platter (VE)

TUESDAY

Choose a main meal....

Honey Mustard Chicken with Diced Potatoes (H)

Tuna Pasta Bake

Sausage Casserole with Diced Potatoes (VE)

On the side...

Sweetcorn

Green Beans

For dessert...

Fresh Fruit Platter (VE)

WEDNESDAY

Choose a main meal....

Margherita Pizza with Potato Dippers (V)

Jacket Potato with Beans(VE), Cheese(V) or Tuna

Potato Dippers Topped with Cauliflower & Lentil Curry (VE)

On the side...

Baked Beans

Broccoli

For dessert...

Fresh Fruit Platter (VE)

THURSDAY

Choose a main meal....

Spaghetti Bolognese

Freshly Baked Baguette with a Choice of Filling

Sausage Roll with Potato Wedges (VE)

On the side...

Broccoli

Cauliflower

For dessert...

Fresh Fruit Platter (VE)

FRIDAY

Choose a main meal....

Breaded Fish Fingers with Oven Baked Chips

Spanish Style Pieces with 50/50 Rice (VE)

Hot Cheesy Wrap Stack with Oven Baked Chips (V)

On the side...

Peas

Carrots

For dessert...

Cheese & Crackers (V) or Fresh Fruit Platter (VE)

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

Baguette Fillings:
Ham, Cheese (V)
or Tuna Mayo

Unlimited salad
& vegetables!

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