

**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](mailto:schoolcatering@havering.gov.uk)

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

[specialdietaryinfo@havering.gov.uk](mailto:specialdietaryinfo@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](http://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](mailto:schoolcatering@havering.gov.uk)

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...**  
 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...**  
 Apple Crumble with Custard

WEDNESDAY

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

**On the side...**  
 Carrots  
 Savoy Cabbage

**For dessert...**  
 Fruit Jelly (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...**  
 Marble Cake with Custard

# 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...**  
 Sticky Banana Pudding (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...**  
 Orange Cookie (VE)

WEDNESDAY

**Choose a main meal...**  
 Traditional Roast Turkey  
 Creamy Fish Pie  
 Mince & Onion Puff Roast (VE)

**On the side...**  
 Savoy Cabbage  
 Carrots

**For dessert...**  
 Fruit Jelly (VE)

THURSDAY

**Choose a main meal...**  
 Sticky Chicken with 50/50 Rice  
 Freshly Baked Baguette with a Choice of Filling  
 Pasta Bolognese (VE)

**On the side...**  
 Broccoli  
 Corn on the Cob

**For dessert...**  
 Fresh Fruit Platter (VE)

FRIDAY

**Choose a main meal...**  
 Battered Fish Fillet 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...**  
 Red Velvet Sponge

# 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  
 Sweet Chilli Chicken Pasta  
 Crispy Country Bake Burger in a Bun with Wedges (VE)

**On the side...**  
 Sweetcorn  
 Green Beans

**For dessert...**  
 Raspberry Ripple Artichoke Roll

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...**  
 Carrot Cake Muffin (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...**  
 Fruit Jelly (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...**  
 Autumn Sponge with Custard



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!