

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**.

Junior Menu
£2.45

Contact

01708 433117
schoolcatering@havering.gov.uk



@Delish_byHES



WEEK 1

24/04/23, 15/05/23, 12/06/23, 03/07/23

MONDAY

Choose a main meal...
Golden Dippers with Wedges (VE)
Vegetable Biryani (VE)
Margherita Pizza with Wedges (V)

On the side...
 Carrots
 Green Beans

For dessert...
 Vanilla Ice Cream Tub (V)

TUESDAY

Choose a main meal...
BBQ Chicken with Herby Diced Potatoes
Freshly Baked Baguette with a Choice of Filling
Rustic Italian Meatball Linguine (VE)

On the side...
 Broccoli
 Corn on the Cob

For dessert...
 Fruit Jelly (VE)

WEDNESDAY

Choose a main meal...
Tandoori Chicken with 50/50 Rice
Jacket Potato with Beans(VE), Cheese(V) or Tuna
Mac 'N' Cheese (V)

On the side...
 Cauliflower
 Peas

For dessert...
 Sticky Toffee Pudding with Custard (V)

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...
 Marble Cake with Custard (V)

WEEK 2

01/05/23, 22/05/23, 19/06/23, 10/07/23

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...
 Banana Sponge with Custard (V)

TUESDAY

Choose a main meal...
Creamy Chicken Korma with 50/50 Rice
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...
 Strawberry Iced Fruit Smoothie (VE)

WEDNESDAY

Choose a main meal...
Sticky Chicken with Jollof Rice
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...
 Oaty Fruit Crunch with Custard (V)

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...
 Vanilla Cookie (VE)

WEEK 3

17/04/23, 08/05/23, 05/06/23, 26/06/23, 17/07/23

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...
 Peach & Apple Crumble with Custard (V)

TUESDAY

Choose a main meal...
Honey Mustard Chicken with Diced Potatoes
Cheesy Tomato Pasta (V)
Sausage Casserole with Diced Potatoes (VE)

On the side...
 Sweetcorn
 Green Beans

For dessert...
 Raspberry Ripple Arctic Roll (V)

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 Bolognaise
Freshly Baked Baguette with a Choice of Filling
Sausage Roll with Potato Wedges (VE)

On the side...
 Broccoli
 Cauliflower

For dessert...
 Fruit Jelly (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...
 Orange Cookie (VE)



Fruit, yoghurts, cheese and crackers available daily!



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

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



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



Unlimited salad & vegetables!