HES catering services

presents

the CRUNCH BUNCH

Veggie Run®

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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

Served at

3 Choice Menu

Yay!
We have **3 choices.**

***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**.

Fresh Fruit, Organic Yoghurts, Cheese and Crackers available daily.

All of our meals are served with **unlimited salad and vegetables**

Try out KS1 Competition Winner Molly's Carrot Cake from Squirrels Heath Infants.

Primary Menu

£2.20

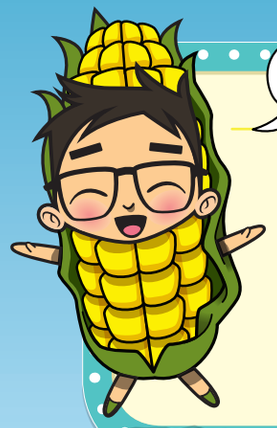
Price frozen for 2018!

Contact

01708 433119

schoolcatering@havering.gov.uk

FOUNDATION · Healthy School · 2018 LACA Awards for Excellence · 2018 LACA Awards for Excellence · Soil Association Organic · everyone ACTIVE Feel better for it · Stubbers Adventure Centre · be food smart change 4 life · Food for Life Silver Served Here Soil Association · HES catering services Feeding the future



WEEK 1

Week Commencing: 29/04/2019, 20/05/2019, 17/06/2019, 08/07/2019, 02/09/2019, 23/09/2019, 14/10/2019

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger in a Bun with Wedges	Spaghetti Bolognaise	Roast Gammon Dinner	Baked Fish in Parsley Sauce with New Potatoes	Fish Fingers with Oven Baked Chips
Cheesy Tomato Pasta Pot	Topped Jacket Potato	Chicken Meatball Pasta Pot	Filled Baguettes	Topped Jacket Potato
Vegetable Burger in a Bun with Wedges	Vegetarian Sausage Roll with Diced Potatoes	Sticky Quorn Sausage Roast	Cheese & Tomato Pizza with New Potatoes	Cauliflower & Broccoli Cheese Bake
Sweetcorn	Broccoli	Cabbage	Sweetcorn	Baked Beans
Peas	Cauliflower	Roast Parsnips	Broccoli	Mixed Vegetables
Oaty Fruit Crunch with Custard	Marble Cake with Custard	Strawberry & Vanilla Mousse	Banana Cake	Autumn Sponge with Custard

WEEK 2

Week Commencing: 06/05/2019, 03/06/2019, 24/06/2019, 15/07/2019, 09/09/2019, 30/09/2019

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Fillet in a Bun with Wedges	Marinated Chicken Tikka with Rice	Roast Beef Dinner	BBQ Chicken with Rice	Salmon Crumb Fillet with Oven Baked Chips
Cheesy Tomato Pasta Pot	Topped Jacket Potato	Cheesy Tomato Pasta Pot	Filled Baguettes	Topped Jacket Potato
Quorn Burger in a Bun with Wedges	Macaroni Cheese	Quorn Mince Puff Roast Dinner	Quorn Sausage Paella	Cheese & Tomato Pizza with Oven Baked Chips
Peas	Broccoli	Carrots	Sweetcorn	Peas
Spaghetti Hoops	Sweetcorn	Cabbage	Cauliflower	Baked Beans
Vanilla Muffin	Pear & Apple Sponge with Custard	Lemon Cookie	Sticky Toffee Pudding with Custard	Strawberry Ice Cream

WEEK 3

Week Commencing: 13/05/2019, 10/06/2019, 01/07/2019, 22/07/2019, 16/09/2019, 07/10/2019

Monday	Tuesday	Wednesday	Thursday	Friday
Pork Sausages with Mash Potato	Sticky Chicken with Rice	Roast Turkey Dinner	Buttermilk Chicken with Wedges	Fish Fingers with Oven Baked Chips
Cheesy Tomato Pasta Pot	Topped Jacket Potato	Quorn Bolognaise Pasta Pot	Filled Baguettes	Topped Jacket Potato
Vegetable Fingers with Mash Potato	Vegetarian Cottage Pie	Cheese & Potato Puff Roast Dinner	Cheese & Tomato Pizza with Wedges	Quorn Keema Curry with Rice
Peas	Broccoli	Cabbage	Sweetcorn	Peas
Baked Beans	Sweetcorn	Carrots	Green Beans	Baked Beans
Frozen Yoghurt	Molly's Cora Carrot Cake	Fruit Jelly	Lemon Drizzle Cake	Cherry Muffin