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HES catering services  
presents

# 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)

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**.

Contact

01708 433119  
[schoolcatering@havering.gov.uk](mailto:schoolcatering@havering.gov.uk)

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

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

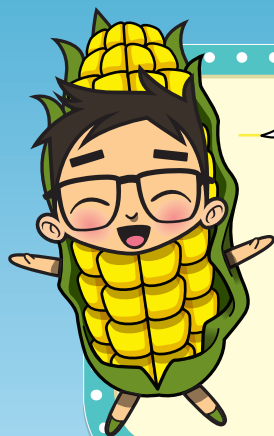
Try out KS1 Competition Winner Molly's Carrot Cake from Squirrels Heath Infants.

Primary Menu

**£2.20**

Price frozen for 2018!





## 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

Fruit, yoghurts,  
cheese and crackers  
available daily!



### Monday

Beef Burger in a Bun with Wedges  
Cheesy Tomato Pasta Pot  
Vegetable Burger in a Bun with Wedges  
Sweetcorn  
Peas  
Oaty Fruit Crunch with Custard

### Tuesday

Spaghetti Bolognese  
Topped Jacket Potato  
Vegetarian Sausage Roll with Diced Potatoes  
Broccoli  
Cauliflower  
Marble Cake with Custard

### Wednesday

Roast Gammon Dinner  
Chicken Meatball Pasta Pot  
Sticky Quorn Sausage Roast  
Cabbage  
Roast Parsnips  
Strawberry & Vanilla Mousse

### Thursday

Baked Fish in Parsley Sauce with New Potatoes  
Filled Baguettes  
Cheese & Tomato Pizza with New Potatoes  
Sweetcorn  
Broccoli  
Banana Cake

### Friday

Fish Fingers with Oven Baked Chips  
Topped Jacket Potato  
Cauliflower & Broccoli Cheese Bake  
Baked Beans  
Mixed Vegetables  
Autumn Sponge with Custard

Week Commencing:

## WEEK 2

06/05/2019, 03/06/2019, 24/06/2019, 15/07/2019, 09/09/2019, 30/09/2019

### Monday

Chicken Fillet in a Bun with Wedges  
Cheesy Tomato Pasta Pot  
Quorn Burger in a Bun with Wedges  
Peas  
Spaghetti Hoops  
Vanilla Muffin

### Tuesday

Marinated Chicken Tikka with Rice  
Topped Jacket Potato  
Macaroni Cheese  
Broccoli  
Sweetcorn  
Pear & Apple Sponge with Custard



### Wednesday

Roast Beef Dinner  
Cheesy Tomato Pasta Pot  
Quorn Mince Puff Roast Dinner  
Carrots  
Cabbage  
Lemon Cookie

### Thursday

BBQ Chicken with Rice  
Filled Baguettes  
Quorn Sausage Paella  
Sweetcorn  
Cauliflower  
Sticky Toffee Pudding with Custard

### Friday

Salmon Crumb Fillet with Oven Baked Chips  
Topped Jacket Potato  
Cheese & Tomato Pizza with Oven Baked Chips  
Peas  
Baked Beans  
Strawberry Ice Cream

Unlimited salad  
& vegetables!

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

## WEEK 3

### Monday

Pork Sausages with Mash Potato  
Cheesy Tomato Pasta Pot  
Vegetable Fingers with Mash Potato  
Peas  
Baked Beans  
Frozen Yoghurt

### Tuesday

Sticky Chicken with Rice  
Topped Jacket Potato  
Vegetarian Cottage Pie  
Broccoli  
Sweetcorn  
Molly's Cora Carrot Cake

### Wednesday

Roast Turkey Dinner  
Quorn Bolognese Pasta Pot  
Cheese & Potato Puff Roast Dinner  
Cabbage  
Carrots  
Fruit Jelly

### Thursday

Buttermilk Chicken with Wedges  
Filled Baguettes  
Cheese & Tomato Pizza with Wedges  
Sweetcorn  
Green Beans  
Lemon Drizzle Cake

### Friday

Fish Fingers with Oven Baked Chips  
Topped Jacket Potato  
Quorn Keema Curry with Rice  
Peas  
Baked Beans  
Cherry Muffin

