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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

Served at
Parklands Junior Schools

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 433119
schoolcatering@havering.gov.uk

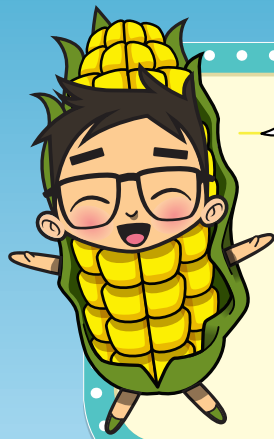
Fresh Fruit, Organic Yoghurts, Cheese and Crackers available daily.

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
£2.25





WEEK 1

Week Commencing: 28/10/2019, 18/11/19, 09/12/2018, 13/01/2020, 03/02/2020, 02/03/2020, 23/03/2020,

Fruit, yoghurts, cheese and crackers available daily!



Monday	Tuesday	Wednesday	Thursday	Friday
Pork Sausages with Mash Potato	Sticky Chicken with Rice	Roast Turkey Dinner	Cottage Pie	Battered Fish with Oven Baked Chips
Ravioli Pasta (VE)	Topped Jacket Potato	Cheesy Tomato Pasta	Filled Baguette	Topped Jacket Potato
Vegetable Fingers with Mash Potato	Sweet Potato Korma with Rice	Quorn Mince Puff	Cheese & Tomato Pizza with Pasta	Macaroni Cheese
Peas	Broccoli	Cabbage	Sweetcorn	Peas
Baked Beans	Sweetcorn	Carrots	Green Beans	Cauliflower
Raspberry Ripple Ice Cream Tub	Marble Cake with Custard	Fresh Fruit Platter	Fruit Waffle	Pear & Apple Sponge with Custard

Week Commencing:

WEEK 2

04/11/2019, 25/11/2019, 16/12/2019, 20/01/2020, 10/02/2020, 09/03/2020, 30/03/2020



Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger in a Bun with Potato Curlys	Pasta Bolognese Bake	Roast Chicken Dinner	Herb Crusted Fish Fillet with Diced Potato	Fish Fingers with Oven Baked Chips
Cheesy Tomato Pasta	Topped Jacket Potato	Tomato & Basil Pasta	Filled Baguette	Topped Jacket Potato
Quorn Burger in a Bun with Potato Curlys	Cheesy Bean Puff with Diced Potato	Roast Quorn Sausages	Cheese & Tomato Pizza with Pasta	Cauliflower & Broccoli Cheese Bake
Sweetcorn	Broccoli	Cabbage	Sweetcorn	Baked Beans
Peas	Cauliflower	Roast Parsnips	Carrots	Broccoli
Raspberry Ripple Ice Cream Tub	Fruit Jelly	Fresh Fruit Platter	Banoffee Sponge with Custard	Amsterdam Cake with Custard

Unlimited salad & vegetables!

Week Commencing: 11/11/2019, 02/12/2019, 06/01/2020, 27/01/2020, 24/02/2020, 16/03/2020

WEEK 3



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Fillet in a Bun with 1/2 Jacket Potato	Beef Macaroni Cheese	Roast Gammon Dinner	BBQ Chicken with Savoury Rice	Salmon Crumb Fillet with Oven Baked Chips
Ravioli Pasta (VE)	Topped Jacket Potato	Cheesy Tomato Pasta	Filled Baguette	Topped Jacket Potato
Vegetable Burger in a Bun with 1/2 Jacket Potato	Vegetarian Sausage Roll with Diced Potato	Roast Quorn Fillet Dinner	Vegetable Biryani	Cheese & Tomato Pizza with Oven Baked Chips
Sweetcorn	Broccoli	Carrots	Sweetcorn	Peas
Green Beans	Cauliflower	Brussel Sprouts	Cauliflower	Baked Beans
Vanilla Sponge with Custard	Apple Sponge	Fresh Fruit Platter	Clementine Sponge with Custard	Raspberry Ripple Ice Cream Tub