

Havering Catering

Services

3 CHOICE MENU

30th October - 29th March 2018

Available daily:

Fresh Fruit, Organic Yoghurts,
Cheese & Crackers

All meals served with
unlimited salad and
vegetables

Week 1

MONDAY

**Lamb & Mint Grills with Potato Wedges
Fish & Tomato Bake with 50/50 Pasta**

Macaroni Cheese
Sweetcorn & Peas

Raspberry Ripple Ice Cream Tub

TUESDAY

**Pasta Bolognaise & Garlic Bread
Topped Jacket Potato**

Vegetarian Bolognaise & Garlic Bread
Roasted Vegetables & Baked Beans

Toffee Sponge with Custard

WEDNESDAY

BBQ Chicken & Rice

Cod in a Parsley Sauce & New Potatoes
Broccoli & Cauliflower Cheese Bake with
New Potatoes

Broccoli & Sweetcorn
Lemon Drizzle Cake

THURSDAY

Roast Pork Dinner

Chicken & Vegetable Cobbler
Vegetarian Sausage Roll with Roast
Potatoes

Green Cabbage & Organic Carrots

Angel Delight

FRIDAY

**Birds Eye Fish Fingers & Oven Baked
Chips**

Cheese & Potato Melt
Sweet Potato & Butterbean Koroma with
Rice

Peas & Cauliflower
Banana Cake

Week 2

MONDAY

**Pork Sausages with Mash Potato
Tuna & Sweetcorn Pasta Bake**

Red Onion & Rosemary Sausage with
Mash Potato

Baked Beans & Peas

Pancakes with Strawberry Sauce

TUESDAY

**Pepperoni Pizza & Pasta
Caribbean Cod with Rice**

Cheese & Tomato Pizza with Pasta

Sweetcorn & Green Beans

Oaty Fruit Crunch with Custard

WEDNESDAY

**Beef & Mac Cheese Bake
Jerk Chicken with Rice & Peas**

Vegetarian Sausage Roll with Diced
Potatoes

Broccoli & Organic Carrots

Orange Cake

THURSDAY

Roast Chicken Dinner

Quorn Stroganoff with Rice
Vegetable Fingers with Roast Potatoes

Green Cabbage & Sweetcorn
Lime & Courgette Muffin

FRIDAY

**Battered Fish Fillet with Oven Baked
Chips**

Topped Jacket Potato
Bean Chilli with Rice
Baked Beans & Cauliflower

Marble Cake with Custard

Week 3

MONDAY

**Beef Burger with Potato Wedges
Pea & Bacon Pasta**

Vegetable Burger with Potato Wedges
Spaghetti Rings & Mixed Vegetables

Lead Fruit Smoothie

TUESDAY

**Cottage Pie
Sticky Chicken with Potato Wedges**

Vegetarian Cottage Pie
Broccoli & Organic Carrots

Apple & Pear Sponge with Custard

WEDNESDAY

Beef Burrito Boat

Chicken Meatballs with Pasta
Vegetable Burrito Boat
Sweetcorn & Swede and Carrot Mix

Ripple Sponge & Custard

THURSDAY

Roast Turkey Dinner

Fish Pie
Sticky Quorn Sausages with Roast
Potatoes

Roasted Parsnips & Peas

Carrot Cake

FRIDAY

Salmon Fish Fingers & Oven Baked Chips
Mixed Bean Jambalaya

**Cheese & Tomato Pizza with Oven Baked
Chips**
Baked Beans & Sweetcorn and Pepper Mix

Fruit Jelly

W/C: 30/10/2017, 20/11/2017, 11/12/2017,

08/01/2018, 29/01/2018, 26/02/2018,
19/03/2018

W/C: 06/11/2017, 27/11/2017, 18/12/2017,

15/01/2018, 05/02/2018, 05/03/2018,
26/03/2018

W/C: 13/11/2017, 04/12/2017, 01/01/2018,

22/01/2018, 19/02/2018, 12/03/2018