

SUMMER 2022 HAF MENU
&
INDICATIVE HAF MEAL TIMETABLE



MEAT MEALS

SPICY SHEPHERD'S PIE



Ingredients

1 ½ Maris Piper Potatoes (diced)

1¾ tsp Turmeric

75g Lamb Mince

50g Onions, peeled and diced

50g Carrots, peeled and diced

(1/2 tsp) Garam Masala

(1/2 tsp) Very mild Chilli Powder

(¾tsp) Ground Cumin

2g (1 tsp) Black Pepper

50g Red Lentils 500ml Water

10g Fresh Tomato (Reduced down)

25g Peas, fresh or frozen

15g Corn Flour

25g Reduced-fat mild Cheddar Cheese

Dash of Soy Sauce

TUNA STUFFED JACKET POTATO

Ingredients

1 x Maris Piper Potato

50g Grated Cheese (Reduced-fat mild cheddar)

½ Tomato (Fresh) & 55g Sweetcorn

1/3 Cucumber & ½ Tin Tuna

Pinch of Salt, Pepper & Mixed Herbs

CHICKEN & BUTTERNUT SQUASH CURRY



Ingredients

(1tbsp) Vegetable Oil
65g Butternut Squash, Peeled and Diced
65g Onion Peeled and Chopped
3tsp Curry Powder
2 Cloves Garlic, Peeled and Crushed
300ml Water
75g Brown Rice
25g Coriander, Chopped
65g Red Peppers, Deseeded and Diced
100g Boneless Chicken Thigh, Diced
65g Canned Chopped Tomatoes
65g Red Lentils

BEEF CHOW MEIN



Ingredients

15ml (1tbsp) Vegetable Oil
150g Beef Strips
65g Onion Peeled and Chopped
50g Carrots, peeled
30g Green Peppers, deseeded and sliced
150g Egg Noodles
100g Beansprouts
200ml Plum Sauce

STICKY CHICKEN WITH A SIDE SALAD



Ingredients

100g Tomato Puree

60ml Sesame oil

50ml Soy Sauce

(1 tbsp) honey

300g Boneless Chicken

Lettuce Leaves

4 Cherry Tomatoes

2 inches of Cucumber

2 rings of Red Pepper

SPAGHETTI BOLOGNESE WITH GARLIC BREAD AND A SIDE SALAD



65g Lean Beef Mince

65g Onion Peeled and Chopped

30g Green Peppers, deseeded and sliced

1tbsp Tomato Puree

50g Canned Chopped Tomatoes

50g Carrots, peeled and diced

2g (1 tsp) Black Pepper

1 Slice of Garlic Bread

Lettuce Leaves

4 Cherry Tomatoes

2 inches of Cucumber

GREEK MEATBALLS IN A SWEET PEPPER SAUCE WITH PITTA BREAD



100g Beef Meatballs

15ml Vegetable Oil

65g Onion Peeled and Chopped

30g Green Peppers, deseeded and sliced

50g Canned Chopped Tomatoes

1tbsp Tomato Puree

30g Fresh Basil

200ml Water

1 Pitta Bread (Wholemeal)



VEGETARIAN

THAI VEGETABLE CURRY



Ingredients

75g Brown Rice

15ml Sunflower Oil

65g Onion Peeled and Chopped

10g Garlic Puree

65g Sweet Potatoes, Peeled and Diced

65g Butternut Squash, Peeled and Diced

65g Red Peppers, Deseeded and Diced

65g Courgette, Sliced

65g Aubergine, Sliced

65g Thai Green Curry Paste

800ml Reduced Fat Coconut Milk

65g Green Beans, Trimmed

250g Tofu

SWEET POTATO & BUTTERNUT SQUASH SOUP

Ingredients

(3tbsp) Olive Oil

65g Onion Peeled and Chopped

250g Sweet Potatoes, Peeled and Diced

250g Butternut Squash, Peeled and Diced

1.5L Water

10g Dried Rosemary

4g Black Pepper

PITTA BREAD WITH HOUMOUS AND A SIDE SALAD

Ingredients

(2tbsp) Houmous

1 Pitta Bread (Wholemeal)

Lettuce Leaves

4 Cherry Tomatoes

2 inches of Cucumber

2 rings of Red Pepper



FIVE BEAN CHILLI WITH RICE

Ingredients

(1tbsp) Vegetable Oil

80g Quorn Mince

50g Red Pepper (chopped)

½ Cloves Garlic (chopped)

100g Five Bean Salad, drained

25g White Onions (sliced)

75g Chopped Fresh Tomatoes

10g Mild Chilli Powder

75g Long Grain White & Brown Rice mix

COLD MEALS

PREMIUM RANGE SANDWICHES

TUNA SWEETCORN SANDWICH
ITALIAN JOB
CHICKEN TIKKA
EGG MAYO CRESS
CHICKEN SWEETCORN
TUNA CRUNCH
EGG MAYO & TOMATO
HUMMUS & FALAFEL BAGUETTE
TUNA CLUB

TORTILLA WRAPS

CHICKEN TIKKA
TUNA SWEETCORN
SWEET CHILLI CHICKEN
SOUTHERN FRIED CHICKEN

PITTA POCKETS

ONION BHAJI AND MANGO CHUTNEY
CHANA MASALA
CHICKEN SWEETCORN
CHICKEN MAYONNISE
HOMOUS FALAFEL PITTA

SALADS

CAJUN LAYERED SALAD
NAUGHTY BUT NICOISE
HOUMOUS FALAFEL SALAD
BUTTER SQUASH NUT SALAD

BAGUETTES

HAM AND CHEESE
CHICKEN SALAD
TUNA SALAD
CHICKEN SWEETCORN(H)
CHICKEN CLUB
NEW YORK CLUB
CHICKEN CHORIZO
HUMMUS & FALAFEL BAGUETTE
TUNA CLUB

FRESH WHOLE FRUITS

(ONE OF EACH PROVIDED WITH EVERY MEAL)




Banana

Gala Apple

Easy Peel Mandarin

BEVERAGE

500ml Water

KEY	
	HOT FOOD
	HALAL FOOD
	MILD SPICE LEVEL