

Delish!

by HES Catering

Would you like to join our successful catering team?
Yes! Please visit our website:

www.haveringcatering.co.uk

We are always happy to share our recipes for you to try at home, if you would like us to send you a copy of a recipe please contact schoolcatering@havering.gov.uk

All primary food being served is **Food for Life** accredited. This means it is Locally, Organic and sustainably sourced, Higher Animal Welfare and Freedom Food.

Look out for our new plant based dishes (VE)

Scan QR code for Nutritional Information

MAYOR'S MEALS
FREE School Meals for All Key Stage 1 and Key Stage 2 pupils

Contact
01708 433117
schoolcatering@havering.gov.uk



@Delish_byHES



WEEK 1

26/02/24, 18/03/24, 22/04/24, 13/05/24, 10/06/24,
01/07/24, 22/07/24, 16/09/24, 07/10/24

MONDAY

Choose a main meal...
Sausage Roll with Potato Dippers (VE)
Broccoli and Sweetcorn Pasta Bake (V)
Margherita Pizza with Potato Dippers (V)

On the side...
Salad Bar
Peas & Carrots

For dessert...
Vanilla Ice Cream Tub (V)

TUESDAY

Choose a main meal...
BBQ Chicken with Herby Diced Potatoes (H)
Freshly Filled Baguette served with Mixed Salad
Sweet Potato & Chickpea Tikka Masala with Rice (VE)

On the side...
Salad Bar
Sweetcorn

For dessert...
Jam Sponge & Custard (V)

WEDNESDAY

Choose a main meal...
Crispy Chicken in a Bun with Potato Wedges
Jacket Potato with Beans (VE), Cheese (V) or Tuna Mayo
Mac 'N' Cheese (V)

On the side...
Salad Bar
Baked Beans

For dessert...
Fruit Jelly (VE)

THURSDAY

Choose a main meal...
Roast British Gammon
Cheesy Tomato Pasta (V)
Sausage & Bean Puff (VE)

On the side...
Salad Bar
Broccoli & Cauliflower

For dessert...
Fresh Fruit Platter (VE)

FRIDAY

Choose a main meal...
Breaded Fish Fingers with Oven Baked Chips
Jacket Potato with Beans (VE), Cheese (V) or Tuna Mayo
Lightly Spiced Rogan Josh with Oven Baked Chips (VE)

On the side...
Salad Bar
Peas

For dessert...
Banana Muffin (V)

WEEK 2

04/03/24, 25/05/24, 29/04/24, 20/05/24, 17/06/24,
08/07/24, 02/09/24, 23/09/24, 14/10/24

MONDAY

Choose a main meal...
Vegetable Lasagne with Potato Wedges (V)
Jacket Potato with Beans (VE), Cheese (V) or Tuna Mayo
Crispy Vegetable Fingers with Potato Wedges (VE)

On the side...
Salad Bar
Baked Beans

For dessert...
Lemon Drizzle Sponge (V)

TUESDAY

Choose a main meal...
Marinated Chicken Tikka with 50/50 Rice (H)
Freshly Filled Baguette served with Mixed Salad
Meatballs in a Rustic Tomato Sauce with 50/50 Rice (VE)

On the side...
Salad Bar
Broccoli

For dessert...
Iced Fruit Smoothie (VE)

WEDNESDAY

Choose a main meal...
Spaghetti Bolognese
Jacket Potato with Beans (VE), Cheese (V) or Tuna Mayo
Spice Moroccan Tortilla Pocket with Potato Dippers (VE)

On the side...
Salad Bar
Sweetcorn

For dessert...
Fresh Fruit Platter (VE)

THURSDAY

Choose a main meal...
British Pork Sausage with Mash & Onion Gravy
Cheesy Tomato Pasta (V)
Quorn Sausage with Mash & Onion Gravy (VE)

On the side...
Salad Bar
Carrots & Green Beans

For dessert...
Fruit Jelly (VE)

FRIDAY

Choose a main meal...
Battered Fish Fillet with Oven Baked Chips
Hot Cheesy Wrap Stack with Oven Baked Chips (V)
Loaded Chips topped with a Vegetable Keralan Curry (VE)

On the side...
Salad Bar
Peas

For dessert...
Orange & Cocoa Cookie (VE)

WEEK 3

11/03/24, 15/04/24, 06/05/24, 03/06/24, 24/06/24,
15/07/24, 09/09/24, 30/09/24, 21/10/24

MONDAY

Choose a main meal...
Beef Burger in a Bun with Wedges
Cheesy Tomato Pasta (V)
Crispy Country Bake Burger in a Bun with Wedges (VE)

On the side...
Salad Bar
Peas

For dessert...
Mandarin Sponge with Custard (V)

TUESDAY

Choose a main meal...
Keralan Chicken Curry with 50/50 Rice (H)
Freshly Filled Baguette served with Mixed Salad
Sausage Roll with Potato Dippers (VE)

On the side...
Salad Bar
Broccoli

For dessert...
Fruit Jelly (VE)

WEDNESDAY

Choose a main meal...
Margherita Pizza with Pasta (V)
Jacket Potato with Beans (VE), Cheese (V) or Tuna Mayo
Vegetable, Rice and lentil Dhal (VE)

On the side...
Salad Bar
Baked Beans

For dessert...
Fresh Fruit Platter (VE)

THURSDAY

Choose a main meal...
Roast British Turkey
Salmon & Spinach Pasta
Mince & Onion Puff (VE)

On the side...
Salad Bar
Carrots & Cauliflower

For dessert...
Strawberry & Vanilla Mousse (V)

FRIDAY

Choose a main meal...
Breaded Fish Fingers with Oven Baked Chips
Jacket Potato with Beans (VE), Cheese (V) or Tuna Mayo
Mexican Style Fajita with Oven Baked Chips (VE)

On the side...
Salad Bar
Peas & Sweetcorn

For dessert...
Vanilla Cookie (VE)



Fruit, yoghurts, cheese and crackers available daily!



Jacket Potato Toppings:
Baked Beans (VE),
Cheese (V) or Tuna Mayo.

Baguette Fillings:
Ham, Cheese (V)
or Tuna Mayo



(V) Suitable for Vegetarians
(VE) Suitable for Vegans
(H) Suitable for Halal



Unlimited salad & vegetables!