

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 **SILVER Food for Life**. 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

04/09/23, 18/09/23, 02/10/23, 16/10/23, 06/11/23, 20/11/23, 04/12/23, 18/12/23, 08/01/24, 22/01/24, 05/02/24, 26/02/24, 11/03/24, 25/03/24, 22/04/24, 06/05/24, 20/05/24, 10/06/24, 24/06/24, 08/07/24

MONDAY

Choose a main meal....

Beef Burger in a Bun with Potato Wedges
Jacket Potato with Beans(VE), Cheese(V) or Tuna

Baked Quorn Burger in a Bun with Wedges (V)

On the side...

Corn on the Cob
 Salad Bar
For dessert...
 Lemon Cookie (VE)

TUESDAY

Choose a main meal....

BBQ Chicken with Diced Potatoes
Cheesy Tomato Pasta (V)
 Crispy Vegetable Fingers with Diced Potatoes (VE)

On the side...

Broccoli
 Salad Bar
For dessert...
 Fresh Fruit Platter (VE)

WEDNESDAY

Choose a main meal....

Margherita Pizza with Potato Dippers (V)
Jacket Potato with Beans(VE), Cheese(V) or Tuna
 Potato Dippers Topped with Cauliflower & Lentil Curry (VE)

On the side...

Sweetcorn
 Salad Bar
For dessert...
 Fruit Jelly (VE)

THURSDAY

Choose a main meal....

Roast Turkey
Cheesy Tomato Pasta (V)
 Mince & Onion Puff (VE)

On the side...

Peas & Carrots
 Salad Bar
For dessert...
 Vanilla Ice Cream Tub (V)

FRIDAY

Choose a main meal....

Breaded Fish Fingers with Oven Baked Chips
Jacket Potato with Beans(VE), Cheese(V) or Tuna
 Freshly Baked Baguette with a Choice of Filling

On the side...

Baked Beans
 Salad Bar
For dessert...
 Cherry Muffin (V)

WEEK 2

11/09/23, 25/09/23, 09/10/23, 30/10/23, 13/11/23, 27/11/23, 11/12/23, 01/01/24, 15/01/24, 29/01/24, 12/02/24, 04/03/24, 18/03/24, 15/04/24, 29/04/24, 13/05/24, 03/06/24, 17/06/24, 01/07/24, 15/07/24

MONDAY

Choose a main meal....

Margherita Pizza with Potato Dippers (V)
Jacket Potato with Beans(VE), Cheese(V) or Tuna

Sausage Roll with Potato Dippers (VE)

On the side...

Sweetcorn
 Salad Bar
For dessert...
 Strawberry Iced Fruit Smoothie (VE)

TUESDAY

Choose a main meal....

Keralan Chicken Curry with 50/50 Rice
Cheesy Tomato Pasta (V)
 Golden Dippers with Diced Potatoes (VE)

On the side...

Carrots
 Salad Bar
For dessert...
 Toffee Muffin (V)

WEDNESDAY

Choose a main meal....

Sticky Chicken with Savoury Rice
Jacket Potato with Beans(VE), Cheese(V) or Tuna
 Mac 'N' Cheese (V)

On the side...

Peas
 Salad Bar
For dessert...
 Fruit Jelly (VE)

THURSDAY

Choose a main meal....

British Pork Sausage with Mash & Gravy
Cheesy Tomato Pasta (V)
 Sausage with Mash & Gravy (VE)

On the side...

Broccoli
 Salad Bar
For dessert...
 Fresh Fruit Platter (VE)

FRIDAY

Choose a main meal....

Salmon Fillet Fingers with Oven Baked Chips
Jacket Potato with Beans(VE), Cheese(V) or Tuna
 Freshly Baked Baguette with a Choice of Filling

On the side...

Baked Beans
 Salad Bar
For dessert...
 Vanilla Cookie (VE)



Fruit, yoghurts, cheese and crackers available daily!



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

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



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



Unlimited salad & vegetables!