

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 (H)
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...
 Seasonal Fresh Fruit (VE)

TUESDAY

Choose a main meal....
BBQ Chicken with Diced Potatoes (H)
Cheesy Tomato Pasta (V)
Crispy Vegetable Fingers with Diced Potatoes (VE)

On the side...
 Broccoli
 Salad Bar
For dessert...
 Seasonal Fresh Fruit (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...
 Seasonal Fresh Fruit (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...
 Seasonal Fresh Fruit (VE)

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...
 Fruit Jelly (VE) or Seasonal Fresh Fruit (VE)

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...
 Seasonal Fresh Fruit (VE)

TUESDAY

Choose a main meal....
Keralan Chicken Curry with 50/50 Rice (H)
Cheesy Tomato Pasta (V)
Golden Dippers with Diced Potatoes (VE)

On the side...
 Carrots
 Salad Bar
For dessert...
 Seasonal Fresh Fruit (VE)

WEDNESDAY

Choose a main meal....
Sticky Chicken with Savoury Rice (H)
Jacket Potato with Beans(VE), Cheese(V) or Tuna
Mac 'N' Cheese (V)

On the side...
 Peas
 Salad Bar
For dessert...
 Seasonal Fresh Fruit (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...
 Seasonal Fresh Fruit (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...
 Cheese & Crackers (V) or Seasonal Fresh Fruit (VE)



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
 (H) Suitable for Halal



Unlimited salad & vegetables!