

# Delish!

by HES Catering

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

[www.haveringcatering.co.uk](http://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](mailto: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](mailto: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!