

SUPER
CHARGE
YOUR
LUNCH!

MAIN MEAL 1

MAIN MEAL 2

SIDE DISH

EXTRA OPTION

DESSERT

MAIN MEAL 1

MAIN MEAL 2

SIDE DISH

EXTRA OPTION

DESSERT

MAIN MEAL 1

MAIN MEAL 2

SIDE DISH

EXTRA OPTION

DESSERT

MONDAY

TUESDAY













WEDNESDAY

THURSDAY

FRIDAY













WEEK 1

22 APRIL, 12 MAY, 9 JUNE, 30 JUNE, 21 JULY, 3 SEPT, 22 SEPT, 13 OCT

Chicken Curry	Quorn Burger in a Bun 	Roast Chicken with Sage & Onion Stuffing & Gravy	Pork Sausages with Gravy	Battered Fish Fillet
All Day Breakfast  (Omelette, Grilled Tomato, Beans)	Beany Seashell Pasta 	Cheesy Spring Vegetable & Potato Bake 	Sweet & Sour Quorn 	Cheese & Tomato Pizza 
Brown & White Rice or Hash Brown	Potato Wedges or Herby Garlic Bread	Roast Potatoes or Wholemeal Pasta	Diced Potatoes or Brown & White Rice	Potato Wedges or Tricolour Pasta
Jacket Potato with Various Toppings				
Tropical Crumble with Ice Cream 50% Fruit 	Fresh Fruit Wedges 	Fresh Fruit Jelly 50% Fruit 	Chocolate Pastry Whirl  	Lemon Shortbread 














WEEK 2

28 APRIL, 19 MAY, 16 JUNE, 7 JULY, 8 SEPT, 29 SEPT, 20 OCT

Bean & Cheese Slice 	Chicken Pie with Gravy	Roast Beef with Gravy	Beef Burger in a Bun	Salmon & Sweet Potato Fishcake
Macaroni Cheese 	Mild Mexican Bean Chilli 	Veggie Sausages with Gravy 	Roasted Summer Veg Pasta 	Cheese & Tomato Pizza 
Diced Potatoes or Herby Garlic Bread	Potato Wedges or Brown & White Rice	Roast Potatoes or Wholemeal Pasta	Wholemeal Pasta or Diced Potatoes	Chips or Tricolour Pasta
Jacket Potato with Various Toppings				
Apple Cornflake Crunch 50% Fruit  	Fresh Fruit Wedges 	Fresh Fruit Jelly 50% Fruit 	Jammy Cookie 	Chocolate Muffin 

WEEK 3

6 MAY, 2 JUNE, 23 JUNE, 14 JULY, 15 SEPT, 6 OCT



Chicken & Sweetcorn Meatballs with a Tomato Sauce	Beef Bolognese	Roast Pork with Sage & Onion Stuffing & Gravy	Quorn Hot Dog 	Fish Fillet Fingers
Breaded Bean & Vegetable Grill 	Mild Sweet Potato & Chickpea Curry 	Creamy Quorn & Sweetcorn Pasta Bake  	Roasted Veg Lasagne 	Cheese & Tomato Pizza 
Spaghetti or Diced Potatoes	Pasta or Brown & White Rice	Roast Potatoes or Wholemeal Pasta	Potato Wedges or Herby Garlic Bread	Chips or Tricolour Pasta
Jacket Potato with Various Toppings				
Strawberry Mousse 	Fresh Fruit Wedges 	Fresh Fruit Jelly 50% Fruit 	Ice Cream with Chocolate Cookie "Wafer" 	Pineapple Pastry Squares 50% Fruit  

BECOME
A SUPER
HEALTHY
SUPER
HERO!



@hclcatering

www.hcl.co.uk

Vegetables and a variety of salads are served daily.  = Vegetarian  = Vegan.