

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

MAIN MEAL 1

Chicken Curry

Quorn Burger in a Bun

Roast Chicken with Sage & Onion Stuffing & Gravy

Pork Sausages with Gravy

Battered Fish Fillet

MAIN MEAL 2

All Day Breakfast (Omelette, Grilled Tomato, Beans)

Beany Seashell Pasta

Cheesy Spring Vegetable & Potato Bake

Sweet & Sour Quorn

Cheese & Tomato Pizza

SIDE DISH

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

COLD OPTION

Cheese roll

Cheese spread

Bread Roll with Various Fillings

Ham roll

Egg roll

EXTRA OPTION

Jacket Potato with Various Toppings

DESSERT

Tropical Crumble with Ice Cream 50% Fruit

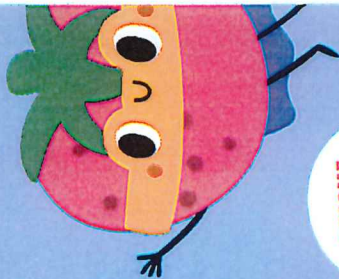
Fresh Fruit Wedges

Fresh Fruit Jelly 50% Fruit

Chocolate Pastry Whirl

Lemon Shortbread

BECOME A SUPER HEALTHY SUPER HERO!



SUPER CHARGE YOUR LUNCH!

WEEK 2

MAIN MEAL 1

Bean & Cheese Slice

Chicken Pie with Gravy

Roast Beef with Gravy

Beef Burger in a Bun

Salmon & Sweet Potato Fishcake

MAIN MEAL 2

Macaroni Cheese

Mild Mexican Bean Chilli

Veggie Sausages with Gravy

Roasted Summer Veg Pasta

Cheese & Tomato Pizza

SIDE DISH

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

COLD OPTION

Cheese roll

Ham roll

Bread Roll with Various Fillings

Cheese spread roll

Egg roll

EXTRA OPTION

Jacket Potato with Various Toppings

DESSERT

Apple Cornflake Crunch 50% Fruit

Fresh Fruit Wedges

Fresh Fruit Jelly 50% Fruit

Jammy Cookie

Chocolate Muffin



WEEK 3

MAIN MEAL 1

Chicken & Sweetcorn Meatballs with a Tomato Sauce

Beef Bolognese

Roast Pork with Sage & Onion Stuffing & Gravy

Quorn Hot Dog

Fish Fillet Fingers

MAIN MEAL 2

Breaded Bean & Vegetable Grill

Mild Sweet Potato & Chickpea Curry

Creamy Quorn & Sweetcorn Pasta Bake

Roasted Veg Lasagne

Cheese & Tomato Pizza

SIDE DISH

Spaghetti or Diced Potatoes

Pasta or Brown & White Rice

Roast Potatoes or Wholemeal Pasta

Potato Wedges or Herby Garlic Bread

Chips or Tricolour Pasta

COLD OPTION

Cheese roll

Ham roll

Bread Roll with Various Fillings

Cheese spread roll

Egg roll

EXTRA OPTION

Jacket Potato with Various Toppings

DESSERT

Strawberry Mousse

Fresh Fruit Wedges

Fresh Fruit Jelly 50% Fruit

Ice Cream with Chocolate Cookie "Water"

Pineapple Pastry Squares 50% Fruit

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



@hclcatering

www.hcl.co.uk

