



WEEK 1: 3 Nov, 24 Nov, 15 Dec, 5 Jan, 26 Jan, 23 Feb, 16 Mar

**SUPER
CHARGE
YOUR
LUNCH!**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------|--|---|---|--|------------------------------------|
| MAIN MEAL 1 | Beef Burger | Chicken Pie & Gravy | Roast Chicken with Stuffing & Gravy | Quorn Dipper Taco with Sweet Chilli Sauce (Ve) | Fish Fillet Fingers |
| MAIN MEAL 2 | Potato Frittata (v) | Swedish Style Plant-Based Meatballs (New) (v) | Plant-Based Shepherds Pie (Ve) | Mac 'n' Cheese (v) | Margherita Pizza (v) |
| SIDE DISH | Potato Wedges or Pasta | Mashed Potatoes or Pasta | Roast Potatoes or Wholemeal Pasta | Diced Potatoes or Herby Garlic Bread | Chips or Tricolour Pasta |
| JACKET POTATO FIXED | Cheese & Beans (v) | Tuna Mayo | Grated Cheese (v) | Baked Beans (Ve) | Cheese & Beans (v) |
| COLD OPTION FIXED | Tuna Mayo Roll | Cheese Roll (v) | Ham Roll | Cheese Roll (v) | Egg Mayo Roll (v) |
| DESSERT | Apple Strudel & Custard (v) (50% Fruit) | Fresh Fruit Wedges (Ve) | Fresh Fruit Jelly (Ve) (50% Fruit) | Chocolate Orange Jelly Mousse (v) (New) | Gingerbread Biscuit (v) |

HCL_Winter25_Hero_JacketFixed_ColdFixed

**BECOME
A SUPER
HEALTHY
SUPER
HERO!**



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



WEEK 2: 10 Nov, 1 Dec, 12 Jan, 2 Feb, 2 Mar, 23 Mar

**SUPER
CHARGE
YOUR
LUNCH!**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------|---|---------------------------------------|---|-------------------------------------|--------------------------|
| MAIN MEAL 1 | Quorn Hotdog (v) | Pork Sausages & Gravy | Roast Beef & Gravy | Chicken Curry | Fish Fillet Fingers |
| MAIN MEAL 2 | Margherita Wrap (v) | Roasted Butternut Squash Curry (Ve) | Roast Quorn Fillet (Ve) with Stuffing & Gravy | Breaded Bean & Vegetable Grill (Ve) | Margherita Pizza (v) |
| SIDE DISH | Potato Wedges or Pasta | Mashed Potatoes or Brown & White Rice | Roast Potatoes or Wholemeal Pasta | Brown & White Rice or Pasta | Chips or Tricolour Pasta |
| JACKET POTATO FIXED | Baked Beans (Ve) | Grated Cheese (v) | Baked Beans (Ve) | Tuna Mayo | Cheese & Beans (v) |
| COLD OPTION FIXED | Cheese Roll (v) | Salmon Mayo Roll | Cheese Roll (v) | Ham Roll | Egg Mayo Roll (v) |
| DESSERT | Pear & Apple Crumble & Chocolate Custard (50% Fruit) (v) | Fresh Fruit Wedges (Ve) | Fresh Fruit Jelly (50% Fruit) (Ve) | Iced School Sponge (v) | Favourite Cookie (Ve) |

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WEEK 3: 17 Nov, 8 Dec, 19 Jan, 9 Feb, 9 Mar

**SUPER
CHARGE
YOUR
LUNCH!**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------|----------------------------|------------------------------------|-------------------------------------|--------------------------------------|---------------------------|
| MAIN MEAL 1 | Beef Bolognese | Breaded Chicken Katsu Curry | Roast Chicken with Stuffing & Gravy | Quorn Burger (v) | Battered Fish Fillet |
| MAIN MEAL 2 | Plant-Based Grill (Ve) | Cheese Pinwheel (v) | Plant-Based Sausages & Gravy (Ve) | Vegetarian Lasagne (v) | Margherita Pizza (v) |
| SIDE DISH | Spaghetti or Potato Wedges | Brown & White Rice or Pasta | Roast Potatoes or Wholemeal Pasta | Diced Potatoes or Herby Garlic Bread | Chips or Tricolour Pasta |
| JACKET POTATO FIXED | Grated Cheese (v) | Tuna Mayo | Baked Beans (Ve) | Cheese & Beans (v) | Grated Cheese (v) |
| COLD OPTION FIXED | Tuna Mayo Roll | Cheese Roll (v) | Ham Roll | Cheese Roll (v) | Egg Mayo Roll (v) |
| DESSERT | Fresh Fruit Wedges (Ve) | Oaty Fruit Crunch (Ve) (50% Fruit) | Fresh Fruit Jelly (Ve) (50% Fruit) | Apple Sponge & Custard (v) | Chocolate Brick Wall (Ve) |

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