

Name: _____

WEEK 1 – 21/04/25, 12/05/25, 09/06/25, 30/06/25, 21/07/25, 01/09/25, 22/09/25, 13/10/25					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Chicken Curry	Breaded Bean and Vegetable Grill (Ve) in a GF Bun	Roast Chicken (no Stuffing) & Gravy	Pork Sausages with Gravy	GF Fish Fillet Fingers
MAIN MEAL 2	All Day Breakfast (v) (Omelette, Grilled Tomato, Beans)	GF Beany Seashell Pasta (Ve)		Sweet & Sour Quorn (v)	GF Ciabatta Pizza (v)
SIDE DISH	Brown & White Rice or Hash Brown	Potato Wedges or GF Garlic Bread	Roast Potatoes or GF Pasta	Diced Potatoes Or Brown & White Rice	Potato Wedges or GF Pasta
DESSERT	Alternative Dessert Option	Fresh Fruit Wedges	Fresh Fruit Jelly	Alternative Dessert Option	GF Shortbread
COLD OPTION	GF Tuna Roll	GF Cheese Spread Roll	GF Ham Roll	GF Cheese Roll	GF Egg Roll
EXTRA OPTION	Jacket Potato with Various Toppings*	Jacket Potato with Various Toppings*	Jacket Potato with Various Toppings*	Jacket Potato with Various Toppings*	Jacket Potato with Various Toppings*
WEEK 2 – 28/04/25, 19/05/25, 16/06/25, 07/07/25, 08/09/25, 29/09/25, 20/10/25					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Breaded Bean & Vegetable Grill (Ve)		Roast Beef with Gravy	Beef Burger in a GF Bun	GF Fishcake
MAIN MEAL 2		Mild Mexican Bean Chilli (Ve)	Plant Sausages with Gravy (Ve)	GF Roasted Summer Veg Pasta (Ve)	GF Ciabatta Pizza (v)
SIDE DISH	Diced Potatoes or GF Garlic Bread	Potato Wedges or Brown & White Rice	Roast Potatoes or GF Pasta	GF Pasta or Diced Potatoes	Chips or GF Pasta
DESSERT	Alternative Dessert Option	Fresh Fruit Wedges	Fresh Fruit Jelly	GF Cookie	GF Chocolate Sponge
COLD OPTION	GF Egg Roll	GF Ham Roll	GF Tuna Roll	GF Cheese Spread Roll	GF Cheese Roll
EXTRA OPTION	Jacket Potato with Various Toppings*	Jacket Potato with Various Toppings*	Jacket Potato with Various Toppings*	Jacket Potato with Various Toppings*	Jacket Potato with Various Toppings*
WEEK 3 – 05/05/25, 02/06/25, 23/06/25, 14/07/25, 15/09/25, 06/10/25					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Chicken & Sweetcorn Meatballs with a Tomato Sauce	GF Beef Bolognese	Roast Pork (no Stuffing) & Gravy	Quorn Frankfurter (v) in a GF Roll	GF Fish Fillet Fingers
MAIN MEAL 2	Breaded Bean & Vegetable Grill (Ve)	Mild Sweet Potato & Chickpea Curry (Ve)			GF Ciabatta Pizza (v)
SIDE DISH	GF Pasta or Diced Potatoes	GF Pasta or Brown & White Rice	Roast Potatoes or GF Pasta	Potato Wedges or GF Garlic Bread	Chips or GF Pasta
DESSERT	Strawberry Mousse	Fresh Fruit Wedges	Fresh Fruit Jelly	Ice Cream with GF Cookie	Alternative Dessert Option
COLD OPTION	GF Cheese Roll	GF Ham Roll	GF Tuna Roll	GF Cheese Spread Roll	GF Egg Roll
EXTRA OPTION	Jacket Potato with Various Toppings*	Jacket Potato with Various Toppings*	Jacket Potato with Various Toppings*	Jacket Potato with Various Toppings*	Jacket Potato with Various Toppings*

HCL WILL TAKE EVERY POSSIBLE PRECAUTION TO ENSURE THAT THE MENU WILL BE SERVED AS SHOWN. ALL APPROPRIATE PROCESSES WILL BE MANAGED, BUT PLEASE NOTE THAT NO GUARANTEES CAN BE GIVEN.

A selection of bowl salads and side vegetables available daily (**offerings vary from school to school**);

- **No Vinegar containing salad dressings!**

Alternative Dessert Options:

Yoghurt, Plain Jelly, Fresh Fruit, Fruit Salad, Gluten Free Cookie, Gluten Free Sponge or Gluten Free Shortbread Biscuit.

***Various Toppings that can be offered (please check with your school):** Baked Beans, Cheese, Tuna or Tuna Mayo.

PLEASE NOTE: OUR STANDARD ALLERGY MENU INCLUDES THE MAIN MEAL 1, MAIN MEAL 2, SIDE DISH AND DESSERT SECTIONS OF THE MENU. IF YOUR CHILD'S SCHOOL DOES SERVE A COLD OR EXTRA OPTION, PLEASE SEE THE ADDITIONS IN THE HIGHLIGHTED SECTION OF THIS MENU. IF YOU ARE UNAWARE WHICH MENU YOUR CHILD'S SCHOOL FOLLOWS, PLEASE CONTACT THE SCHOOL DIRECTLY.

Notes for Catering/Cook Managers:

THE INGREDIENTS LIST OF ANY PRODUCT THAT ARRIVES IN SCHOOL AS A SUBSTITUTE FOR THE ORIGINAL SHOULD BE THOROUGHLY CHECKED. IF THE COOK/CATERING MANAGER IS IN ANY WAY UNSURE WHETHER IT IS SUITABLE THEY SHOULD NOT USE WITHOUT CHECKING WITH HEAD OFFICE.

No flour can be used to thicken! Replace with cornflour!

Ingredients containing GLUTEN:

04193 Everyday Favourites Bechamel Sauce Mix
49723 Knorr Bechamel Sauce
06427 Everyday Favourites Breaded Minced Cod Fish Fingers
08126 Everyday Favourites Egg Noodles
11810 Nestle Harvest Home Crisp Rice
13878 Quorn Southern Style Burger
17309 Sage and Onion Stuffing Mix
18823 Amoy Light Soy Sauce
23452 MSC Salmon and Sweet Potato Fishcake
25213 Everyday Favourites Vegetable Sausages
42228 Mornflake Superfast Oats
45224 Birds Eye Vegetable Finger
50015 Quorn Vegan Sausage
52855 Young's MSC Breaded Omega 3 Pollock Fillet Fish Fingers
61121 Kellogg's Rice Krispies Cereal Bag Pack
61214 Pier 7 MSC Battered Pollock Fillets
66679 Quorn Sausage Pattie
74705 Quorn Vegan Nuggets
87474 Aunt Bessie's Baked Yorkshire Puddings
56614 Laila Red Split Lentils
95007 Garden Gourmet Vegan Meatball
25595 Dr. Oetker Professional Bicarbonate of Soda