

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
<b>MAIN MEAL 1</b>	Chicken Curry	<b>Breaded Bean and Vegetable Grill (Ve) in a GF Bun</b>	Roast Chicken ( <b>no Stuffing</b> ) & Gravy	Pork Sausages with Gravy	<b>GF Fish Fillet Fingers</b>
<b>MAIN MEAL 2</b>		<b>GF Beany Seashell Pasta (Ve)</b>		Sweet & Sour Quorn (v)	
<b>SIDE DISH</b>	Brown & White Rice or Hash Brown	Potato Wedges or <b>GF Garlic Bread</b>	Roast Potatoes or <b>GF Pasta</b>	Diced Potatoes Or Brown & White Rice	Potato Wedges or <b>GF Pasta</b>
<b>DESSERT</b>	<b>Alternative Dessert Option</b>	Fresh Fruit Wedges	Fresh Fruit Jelly	<b>Alternative Dessert Option</b>	<b>GF Shortbread</b>
<b>COLD OPTION</b>	<b>GF Tuna Roll</b>		<b>GF Ham Roll</b>		<b>GF Egg Roll</b>
<b>EXTRA OPTION</b>		Jacket Potato topped with Baked Beans	Jacket Potato topped with Beans ( <b>no Cheese</b> )	Jacket Potato topped with Tuna	Jacket Potato topped with Beans ( <b>no Cheese</b> )
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
<b>MAIN MEAL 1</b>	<b>Breaded Bean &amp; Vegetable Grill (Ve)</b>		Roast Beef with Gravy	Beef Burger in a <b>GF Bun</b>	<b>GF Fishcake</b>
<b>MAIN MEAL 2</b>		Mild Mexican Bean Chilli (Ve)	Plant Sausages with Gravy (Ve)	<b>GF Roasted Summer Veg Pasta (Ve)</b>	
<b>SIDE DISH</b>	Diced Potatoes or <b>GF Garlic Bread</b>	Potato Wedges or Brown & White Rice	Roast Potatoes or <b>GF Pasta</b>	<b>GF Pasta</b> or Diced Potatoes	Chips or <b>GF Pasta</b>
<b>DESSERT</b>	<b>Alternative Dessert Option</b>	Fresh Fruit Wedges	Fresh Fruit Jelly	<b>GF Cookie</b>	<b>Alternative Dessert Option</b>
<b>COLD OPTION</b>	<b>GF Egg Roll</b>	<b>GF Ham Roll</b>	<b>GF Tuna Roll</b>		
<b>EXTRA OPTION</b>	Jacket Potato topped with Baked Beans		Jacket Potato topped with Beans ( <b>no Cheese</b> )	Jacket Potato topped with Tuna	Jacket Potato topped with Beans ( <b>no Cheese</b> )
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
<b>MAIN MEAL 1</b>	Chicken & Sweetcorn Meatballs with a Tomato Sauce	<b>GF Beef Bolognese</b>	Roast Pork ( <b>no Stuffing</b> ) & Gravy	<b>Quorn Frankfurter (v) in a GF Roll</b>	<b>GF Fish Fillet Fingers</b>
<b>MAIN MEAL 2</b>	Breaded Bean & Vegetable Grill (Ve)	Mild Sweet Potato & Chickpea Curry (Ve)			
<b>SIDE DISH</b>	<b>GF Pasta</b> or Diced Potatoes	<b>GF Pasta</b> or Brown & White Rice	Roast Potatoes or <b>GF Pasta</b>	Potato Wedges or <b>GF Garlic Bread</b>	Chips or <b>GF Pasta</b>
<b>DESSERT</b>	<b>Alternative Dessert Option</b>	Fresh Fruit Wedges	Fresh Fruit Jelly	<b>Alternative Dessert Option</b>	<b>Alternative Dessert Option</b>
<b>COLD OPTION</b>		<b>GF Ham Roll</b>	<b>GF Tuna Roll</b>		<b>GF Egg Roll</b>
<b>EXTRA OPTION</b>	Jacket Potato topped with Tuna	Jacket Potato topped with Beans ( <b>no Cheese</b> )		Jacket Potato topped with Baked Beans	Jacket Potato topped with Beans ( <b>no Cheese</b> )

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:**

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

**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 DAIRY and/or GLUTEN:**

04193 Everyday Favourites Bechamel Sauce Mix  
38050 Middleton Plain Sponge Mix  
48452 Macphie Toffee Sauce  
52774 Dr Oetker Gluten Free Sponge & Cupcake Mix  
66679 Quorn Sausage Pattie  
13878 Quorn Southern Style Burger  
49723 Knorr Bechamel Sauce  
06427 Everyday Favourites Breaded Minced Cod Fish Fingers  
08126 Everyday Favourites Egg Noodles  
11810 Nestle Harvest Home Crisp Rice  
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  
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

Quorn Fillet, Frankfurters & Pieces are milk free but check the label because some Quorn products contain milk!