



Excellence in Education Catering

# School Lunch Menu

Autumn · Winter 2020 · 2021

## Calling Experienced Catering Professionals...

Here's your chance to become part of our forward focused team, so if you have professional catering experience, then we'd like to meet you!

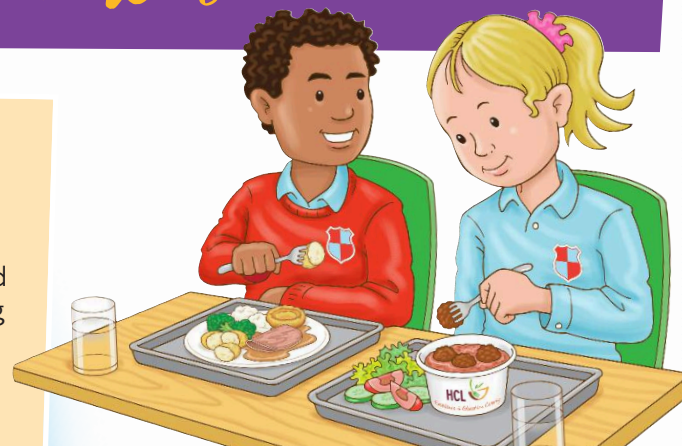
HCL offers great rates of pay, term-time only working with comprehensive training and real career opportunities. Our current vacancies are advertised on our website at [www.hcl.co.uk](http://www.hcl.co.uk), simply click the 'Careers' tab to:

- Complete the quick and easy on-line application process
- Check the status of your application

When you are logging in for the first time, you will need to create a secure candidate account. This account will enable you to add your personal details, find a vacancy you'd like to apply for or apply for multiple vacancies and keep track of the progress of each application/s.

Find out more at:

[www.hcl.co.uk](http://www.hcl.co.uk)



## HCL's Sugarwise Accreditation



Whenever you see the SUGARWISE logo you can be assured the product or service has undergone stringent assessment and any sugar related claims are verified.

Free sugars are sugars that are added to recipes and food, unlike naturally occurring sugars from whole fruit, vegetables and milk. These free sugars need to be limited in our daily diet and are the main contributors to childhood obesity and tooth decay. We are proud to have been awarded the SUGARWISE accreditation, which indicates that HCL provides options that are low in "free sugars" and gives the assurance to parents and teachers that there are no more than 5.7g of free sugars per portion or 28.5g per week.



## HCL's Website gives you the ability to:

### Find your child's school menu

Go to [www.hcl.co.uk](http://www.hcl.co.uk) and type your child's school in the school search box. The predictive text facility will assist you to link to the right school menu page (please ensure you have selected the correct school) and you can view or download your child's menu at any time.

Don't forget to rate/vote for your child's favourite dishes, using our thumb symbols

We use pictures to help children identify items on the menu and you can easily see either the daily option or the menu for the whole week. Our website is fully mobile too – save it to your mobile phone so you can check out what's for lunch at any time.



### Contact HCL

Get in touch with our team; we'd love to hear from you!

HCL's contact page is the easiest way to connect with the HCL team. Our Contact Form is an easy way to provide a direct connection. Whether you're asking about nutritional information, want the recipe for your child's favourite dish or enquiring about a specific issue. We welcome your contact and feedback. Just hit the Contact link on the Homepage [www.hcl.co.uk](http://www.hcl.co.uk), complete the form and we'll get back to you.



HCLcatering



@HCLcatering

### Apply for a Special Menu

Click the link below to land on HCL's Homepage and use the Allergies tab to find out more about HCL's cultural, lifestyle or allergy menus. The application process is a quick, easy and secure way to receive one of HCL's specially designed menus. Once you've created your secure HCL menu account, it's easy to update it with additional information, advise that your child no longer requires a special menu, or they have moved to a new school. [www.hcl.co.uk](http://www.hcl.co.uk).



Fresh fruit and a choice of desserts are available daily

Discover more at:  
[www.hcl.co.uk](http://www.hcl.co.uk)



## Menu Week One

Week Commencing: 2nd Nov, 23rd Nov, 14th Dec, 4th Jan, 25th Jan, 22nd Feb, 15th March

### Monday

Lamb Bolognaise  
or Vegetarian Sausages  
✓ with Potato Wedges

Jacket Potato  
with various toppings

**Chilled Option:**  
Cheese Sandwich

### Tuesday

Italiano Chicken Fillet  
with Savoury Rice

Macaroni Cheese with  
Wholemeal Herby Bread ✓

Jacket Potato  
with various toppings

**Chilled Option:**  
Tuna Flat Bread

### Wednesday

Roast Chicken with Sage  
and Onion Stuffing  
or Quorn Fillet ✓  
with Roast Potatoes  
or Wholemeal Pasta

Jacket Potato  
with various toppings

**Chilled Option:**  
Tuna Baguette

### Thursday

Chicken Fillet in a Bun  
or Vegetarian Roll ✓  
with Diced Potatoes

Jacket Potato  
with various toppings

**Chilled Option:**  
Chicken Mayo Wrap

### Friday

Salmon Fish Fingers or  
Cheese and Tomato Pizza ✓  
with Low Fat Chips or Pasta

Jacket Potato  
with various toppings

**Chilled Option:**  
Egg Roll

## Menu Week Two

Week Commencing: 9th Nov, 30th Nov, 11th Jan, 1st Feb, 1st March, 22nd March

### Monday

Mexican Lamb  
with Savoury Rice  
Veggie Mince Fajitas ✓

Jacket Potato  
with various toppings

**Chilled Option:**  
Cheese Sandwich

### Tuesday

Chicken Pie  
with Diced Potatoes  
Cheesy Spring  
Vegetable Bake ✓

Jacket Potato  
with various toppings

**Chilled Option:**  
Tuna Flat Bread

### Wednesday

Roast Chicken with Sage  
and Onion Stuffing  
or Beany Bolognaise ✓  
with Roast Potatoes or  
Wholemeal Pasta

Jacket Potato  
with various toppings

**Chilled Option:**  
Tuna Baguette

### Thursday

Chicken Pasta Bake with  
Mixed Side Salad  
Quorn Hot Dog  
with Pasta ✓

Jacket Potato  
with various toppings

**Chilled Option:**  
Chicken Mayo Wrap

### Friday

Fish Fillet Fingers or  
Cheese and Tomato Pizza ✓  
with Potato Wedges or Pasta

Jacket Potato  
with various toppings

**Chilled Option:**  
Egg Roll

## Menu Week Three

Week Commencing: 16th Nov, 7th Dec, 18th Jan, 8th Feb, 8th March

### Monday

Mild Chicken Curry  
with Brown and White Rice  
Vegetarian "Meat" Balls  
with Savoury Rice ✓

Jacket Potato  
with various toppings

**Chilled Option:**  
Cheese Sandwich

### Tuesday

Lamb Lasagne  
with Mixed Side Salad  
Quorn Pattie in a Bun  
with Diced Potatoes ✓

Jacket Potato  
with various toppings

**Chilled Option:**  
Tuna Flat Bread

### Wednesday

Roast Chicken with  
Sage and Onion Stuffing  
with Roast Potatoes  
or Wholemeal Pasta  
Italian Pasta Bake ✓

Jacket Potato  
with various toppings

**Chilled Option:**  
Tuna Baguette

### Thursday

Lamb Burrito  
or Sweet Potato Slice ✓  
with Potato Wedges

Jacket Potato  
with various toppings

**Chilled Option:**  
Chicken Mayo Wrap

### Friday

Battered Fish Fillet or  
Cheese and Tomato Pizza ✓  
with Low Fat Chips or Pasta

Jacket Potato  
with various toppings

**Chilled Option:**  
Egg Roll

Freshly baked wholemeal bread, seasonal vegetables  
and bowl salads are available daily