



Excellence in Education Catering

School Lunch Menu

Autumn · Winter 2020 · 2021

Our Company is expanding

Here's your chance to become part of our forward focused team

All our vacancies are advertised on our website at www.hcl.co.uk, simply click the 'Careers' tab to:

- Search for jobs by school, location or job role
- 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



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 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, complete the form and we'll get back to you.



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.



Fresh fruit and a choice of desserts are available daily

Discover more at:
www.hcl.co.uk

Menu Week One

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

Pupils' Choice Extra

Monday

Beef Bolognese or Vegetarian Sausages **V** 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 **V**

Jacket Potato with various toppings

Chilled Option:
Ham Flat Bread



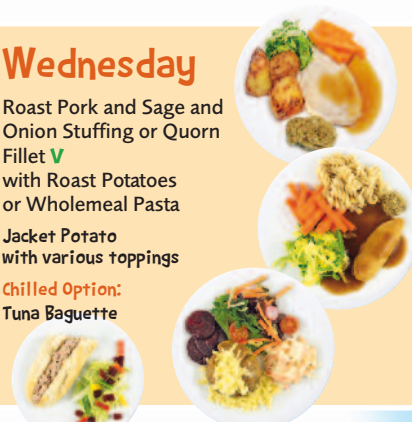
Wednesday

Roast Pork and Sage and Onion Stuffing or Quorn Fillet **V**

with Roast Potatoes or Wholemeal Pasta

Jacket Potato with various toppings

Chilled Option:
Tuna Baguette



Thursday

Beef Burger in a Bun or Vegetarian Roll **V** with Diced Potatoes

Jacket Potato with various toppings

Chilled Option:
Chicken Mayo Wrap



Friday

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

Jacket Potato with various toppings

Chilled Option:
Egg Roll



Gravy and Custard are always available separately when on the menu

Menu Week Two

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

Monday

Chicken and Sweetcorn Meatballs with Savoury Rice

Veggie Mince Fajitas **V**

Jacket Potato with various toppings

Chilled Option:
Cheese Sandwich



Tuesday

Chicken Pie with Diced Potatoes

Cheesy Spring Vegetable Bake **V**

Jacket Potato with various toppings

Chilled Option:
Ham Flat Bread



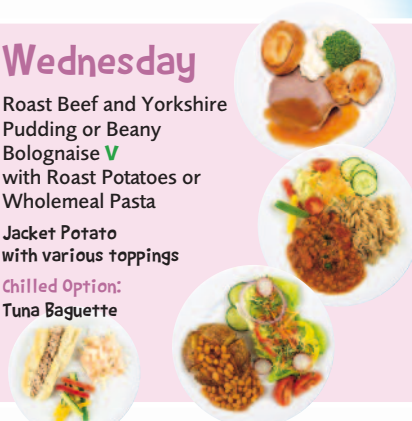
Wednesday

Roast Beef and Yorkshire Pudding or Beany Bolognese **V**

with Roast Potatoes or Wholemeal Pasta

Jacket Potato with various toppings

Chilled Option:
Tuna Baguette



Thursday

Gammon Pasta Carbonara with Mixed Side Salad

Quorn Hot Dog with Pasta **V**

Jacket Potato with various toppings

Chilled Option:
Chicken Mayo Wrap



Friday

Fish Fillet Finger or Cheese and Tomato Pizza **V** with Potato Wedges or Pasta

Jacket Potato with various toppings

Chilled Option:
Egg Roll



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

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 **V**

Jacket Potato with various toppings

Chilled Option:
Cheese Sandwich



Tuesday

Beef Lasagne with Mixed Side Salad

Quorn Pattie in a Bun with Diced Potatoes **V**

Jacket Potato with various toppings

Chilled Option:
Ham Flat Bread



Wednesday

Roast Chicken with Sage and Onion Stuffing with Roast Potatoes or Wholemeal Pasta

Italian Pasta Bake **V**

Jacket Potato with various toppings

Chilled Option:
Tuna Baguette



Thursday

Pork Sausages and Gravy or Sweet Potato Slice **V** with Potato Wedges

Jacket Potato with various toppings

Chilled Option:
Chicken Mayo Wrap



Friday

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

Jacket Potato with various toppings

Chilled Option:
Egg Roll

