

# Menu Week One

Served Week Commencing:  
19th April • 9th May • 6th June • 27th June • 18th July • 1st September • 19th September • 10th October

# Pupils' Choice Menu Summer 2022

## Monday

Macaroni Cheese  
with Tomato Bread (V)  
Vegan Chilli (Ve)  
topped Potato Wedges

*Chilled Option:*  
Cheese Sandwich

## Tuesday

Chicken Pie  
with Roasted New Potatoes  
Mild Vegetable Curry (Ve)  
with Rice

*Chilled Option:*  
Chicken Mayo Wrap

## Wednesday

Roast Pork Loin with Stuffing  
Vegan Sausages (Ve) with Gravy  
with Roast Potatoes  
or Wholemeal Pasta

*Chilled Option:*  
Tuna Baguette

## Thursday

Beef Burger in a Bun  
with Diced Potatoes  
BBQ Quorn Fillet (V)  
with Savoury Rice

*Chilled Option:*  
Ham Roll

## Friday

Battered Fish  
Cheese and Tomato Pizza (V)  
with Low Fat Chips  
or Wholemeal Pasta

*Chilled Option:*  
Egg Roll

## Monday

Pork Sausages with Gravy  
and Creamed Potatoes  
Roasted Vegetable Lasagne (V)  
with Garlic Bread

*Chilled Option:*  
Tuna Baguette

## Tuesday

Organic Beef Bolognese  
with Pasta  
Tomato and Cheese Tart (V)  
with Potato Wedges

*Chilled Option:*  
Chicken Mayo Wrap

## Wednesday

Roast Chicken with Stuffing  
Veggie 'Meat-Free Balls' (Ve)  
with Homemade Tomato Sauce  
with Roast Potatoes  
or Wholemeal Pasta

*Chilled Option:*  
Ham Roll

## Thursday

Quorn Pattie in a Bun (V)  
with Potato Wedges  
Mild Mexican Fajita (Ve)  
with Rice

*Chilled Option:*  
Cheese Sandwich

## Friday

Fish Fillet Fingers  
Cheese and Tomato Pizza (V)  
with Low Fat Chips  
or Wholemeal Pasta

*Chilled Option:*  
Egg Roll

## Menu Week Three

Served Week Commencing:  
3rd May • 23rd May • 20th June • 11th July • 12th September • 3rd October

(V) = Vegetarian (Ve) = Vegan

## Monday

Chicken Grill  
with Potato Wedges  
Italian Pasta Bake (Ve)  
with Crusty Bread

*Chilled Option:*  
Tuna Baguette

## Tuesday

Quorn Hot Dog (V)  
with Diced Potatoes  
Roasted Tomato Ragu (Ve)  
with Pasta

*Chilled Option:*  
Cheese Sandwich

## Wednesday

Gammon Roast  
Cheese & Broccoli Bake (V)  
with Roast Potatoes  
or Wholemeal Pasta

*Chilled Option:*  
Chicken Mayo Wrap

## Thursday

Organic Beefy Pasta Bake  
with Mixed Salad  
Savoury Quiche (V)  
with New Potatoes

*Chilled Option:*  
Ham Roll

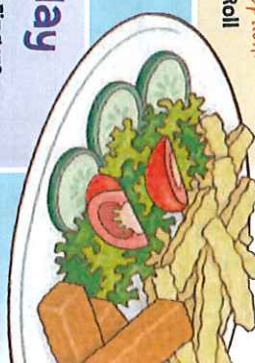
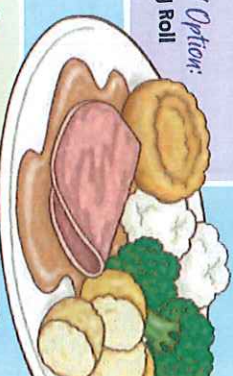
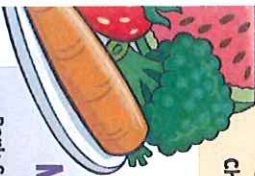
## Friday

Salmon & Sweet Potato Fishcake  
Cheese and Tomato Pizza (V)  
with Potato Wedges  
or Wholemeal Pasta

*Chilled Option:*  
Egg Roll

Freshly baked bread, seasonal vegetables and bowl salads are available daily - Gravy and Custard are always available separately when on the menu - All our milk is organic - fresh from the dairy

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

## Would you like to join our team?

All our vacancies are advertised on our website at [www.hcl.co.uk](http://www.hcl.co.uk), simply click the 'Careers' tab to:

- Complete an on-line application, a quick and easy process
- Check on the status of your application
- Vacancies are posted regularly, so if you don't see something you like please come back and search again

When you find a vacancy you'd like to apply for or if you are logging in for the first time, you will need to create a secure candidate account. From your account, you will be able to update your personal details, apply for multiple vacancies and track the progress of each application. Good luck!



## HCL's Sugarwise Accreditation

HCL is proud to have been awarded the Platinum SUGARWISE accreditation, which means we provide options that are low in "free sugars" and gives assurance to parents and teachers that there are no more than an average of 5.7g of free sugars per portion or 28.5g per week.

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.

Being SUGARWISE certified means that we can promise our menus are able to provide low in "free sugar" options for our schools.

Free sugars are sugars that are added to recipes and food, unlike naturally occurring sugars that we get 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.

*Fresh fruit and a choice of desserts are available daily*



## HCL is proud to hold the Silver Food for Life Catering mark

To qualify for the Silver accreditation, HCL has undergone an annual, rigorous assessment process by the independent Soil Association award team. This process ensures we meet a range of specific, procurement standards including using only free-range eggs, sourcing all meat from UK farms that satisfy UK Animal Welfare Standards, and only serving fish the Marine Conservation Society has confirmed is not endangered.

Reassuringly, we exceed all procedural requirements of the Silver Mark, by freshly preparing and cooking over 92% of the dishes on the menu from unprocessed ingredients:

- We buy 100% British, Organic Milk
- We use Lion Quality Free Range Eggs
- 95% of our seasonal vegetables are British
- British Farm Assured Meat and Poultry (Red Tractor accredited)
- Local Partnerships with fresh meat butchers
- We only use British Potatoes
- All our Fish is MSC Accredited
- We serve Yeo Valley Organic Yoghurt
- We pro-actively reduce sugar throughout the whole of our menus which are Sugarwise accredited
- The ingredients used are completely free from nasty additives, trans fats and GMOS
- We make our own freshly baked bread everyday

Our menus are inclusive of cultural and dietary needs. HCL understands that every child has unique requirements and it's important that everyone is catered for.

We only buy from growers, producers and wholesalers who maintain an effective, safe and reliable supply chain, ensuring traceability and due diligence. By opting to use seasonal ingredients, sourced locally where possible, HCL is lowering carbon emissions and reducing the negative impact of our food on the environment.



Soil Association

## Need to contact HCL?

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

HCL's contact page is the simplest 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 you are 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.



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