

Monday

Sausages with Gravy and Creamed Potatoes
Beany Pasta Bolognese **V**

Chilled Option:
Tuna Roll



Tuesday

Beefy Pasta Bolognese
Jacket Potato with Cheese **V**

Chilled Option:
Chicken Mayo Wrap



Wednesday

Roast Pork with Sage and Onion Stuffing or Spanish Omelette **V** with Roast Potatoes or Wholemeal Pasta

Chilled Option:
Cheese Roll



Thursday

Chicken Curry with Rice
Quorn Hot Dog with Diced Potatoes **V**

Chilled Option:
Ham Baguette



Friday

Salmon Nibbles or Cheese and Tomato Pizza **V** with low fat Chips or Pasta

Chilled Option:
Egg Roll



Mpawa Week Two

Week Commencing: 1st November, 2nd December, 13th January, 3rd February, 2nd March, 23rd March

Gravy and Custard are always available separately when on the menu

Monday

Chicken Korma Fillet with Savoury Rice
Cheese Pinwheel with Diced Potatoes **V**

Chilled Option:
Tuna Roll



Tuesday

Burger in a Bun or Creamy Vegetable Pie **V** with Potato Wedges

Chilled Option:
Chicken Roll



Wednesday

Roast Chicken with Sage and Onion Stuffing or Veggie Sausages **V** with Roast Potatoes or Wholemeal Pasta

Chilled Option:
Cheese Baguette



Thursday

Beef Lasagne with Side Salad
Quorn Pattie with Potato Wedges **V**

Chilled Option:
Ham Roll



Friday

Fish Fillet or Cheese and Tomato Pizza **V** with low fat Chips or Pasta

Chilled Option:
Egg Baguette



Mpawa Week Three

Week Commencing: 18th November, 9th December, 20th January, 10th February, 9th March, 30th March

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

Monday

Meatballs in Tomato Sauce with Pasta
Vegetable Bake topped with Crispy Potatoes **V**

Chilled Option:
Tuna Roll



Tuesday

Shepherd's Pie
Macaroni Cheese with Garlic Bread **V**

Chilled Option:
Chicken Mayo Wrap



Wednesday

Roast Beef and Yorkshire Pudding with Roast Potatoes or Wholemeal Pasta
Vegetable Curry with Rice **V**

Chilled Option:
Cheese Roll



Thursday

Chicken Pie with Creamed Potatoes
Jacket Potato with Baked Beans **V**

Chilled Option:
Ham Baguette



Friday

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

Chilled Option:
Egg Roll





School Lunch Menu

Autumn 2019 - Spring 2020

Would you like to join our 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 role
 - Complete an on-line application, a quick and easy process
 - Check on the status of your application

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!

Find out more at:

www.hcl.co.uk



HCL's Sugarwise Accreditation



HCL is proud to have been awarded the 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 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



What does HCL's Website offer you?

Need to apply for a Special Menu?

Go to the HCL Homepage www.hcl.co.uk and follow 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, to advise that your child no longer requires a special menu or that they have moved to a new school.

Want to find your child's school menu?

Just go to www.hcl.co.uk and start to type in your child's school in the school search box. (tip: If your child's school starts with St., e.g. St. Mary, leave St. out to get a speedier response). Our super 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 – so save it to your mobile phone so you can check out what's for lunch at any time.



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



Discover more at:
www.hcl.co.uk

