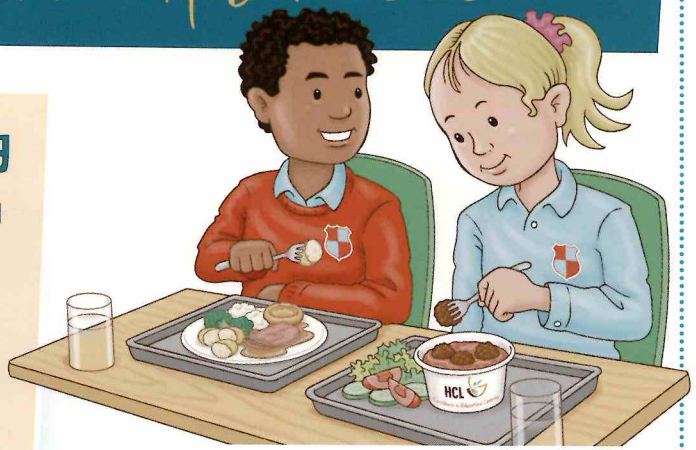
HCL
Excellence in Education Catering

School Lunch Menu

Summer - Autumn 2020



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.



HCL's Sugarwise Accreditation

SUGAR WISE

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.



Fresh fruit and a choice of desserts are available daily

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.

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**.



Menu Week One

Week Commencing: SAMPLE MENU SAMPLE MENU

Pupils' Choice Extra

Monday
Beef Bolognaise
or Linda McCartney
Sausages V with Pasta
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

Menu Week Two

Week Commencing: 27th April, 18th May, 15th June, 6th July, 7th September, 28th September, 19th October

Gravy and Custard are always available separately when on the menu

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 New Potatoes
Cheesy Spring
Vegetable Bake V
Jacket Potato
with various toppings
Chilled Option:
Ham Flat Bread

Wednesday
Roast Beef and Yorkshire
Pudding or Beany
Bolognaise 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

Menu Week Three

Week Commencing: 4th May, 1st June, 22nd June, 13th July, 14th September, 5th October

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

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

HCL Registered Office: Mundells · Welwyn Garden City · Herts · AL7 1FT Tel: 01707 292500 · Email: hcl.info@hcl.co.uk · **www.hcl.co.uk**

Some photographs depicting portion sizes and / or garnishes have been used for illustration purposes only. All meal prices are set by individual schools and are subject to local variations.

All our milk is organic - fresh from the dairy