



**SUPER CHARGE YOUR LUNCH!**

**WEEK 1:** 3 Nov, 24 Nov, 15 Dec, 5 Jan, 26 Jan, 23 Feb, 16 Mar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL 1</b>	Beef Burger	Chicken Pie & Gravy	Roast Chicken with Stuffing & Gravy	Quorn Dipper Taco with Sweet Chilli Sauce (Ve)	Fish Fillet Fingers
<b>MAIN MEAL 2</b>	Potato Frittata (v)	Swedish Style Plant-Based Meatballs (New) (v)	Plant-Based Shepherds Pie (Ve)	Mac 'n' Cheese (v)	Margherita Pizza (v)
<b>SIDE DISH</b>	Potato Wedges or Pasta	Mashed Potatoes or Pasta	Roast Potatoes or Wholemeal Pasta	Diced Potatoes or Herby Garlic Bread	Chips or Tricolour Pasta
<b>PASTA</b>	Cheesy Pasta (v)	Herby Tomato Pasta with Cheese (v)	Cheesy Pasta (v)	Herby Tomato Pasta with Cheese (v)	Pesto Pasta (v)
<b>COLD OPTION FIXED</b>	Tuna Mayo Roll	Cheese Roll (v)	Ham Roll	Cheese Roll (v)	Egg Mayo Roll (v)
<b>DESSERT</b>	Apple Strudel & Custard (v) (50% Fruit)	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve) (50% Fruit)	Chocolate Orange Jelly Mousse (v) (New)	Gingerbread Biscuit (v)



**BECOME A SUPER HEALTHY SUPER HERO!**

**WEEK 2:** 10 Nov, 1 Dec, 12 Jan, 2 Feb, 2 Mar, 23 Mar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL 1</b>	Quorn Hotdog (v)	Pork Sausages & Gravy	Roast Beef & Gravy	Chicken Curry	Fish Fillet Fingers
<b>MAIN MEAL 2</b>	Margherita Wrap (v)	Roasted Butternut Squash Curry (Ve)	Roast Quorn Fillet (Ve) with Stuffing & Gravy	Breaded Bean & Vegetable Grill (Ve)	Margherita Pizza (v)
<b>SIDE DISH</b>	Potato Wedges or Pasta	Mashed Potatoes or Brown & White Rice	Roast Potatoes or Wholemeal Pasta	Brown & White Rice or Pasta	Chips or Tricolour Pasta
<b>PASTA</b>	Herby Tomato Pasta with Cheese (v)	Cheesy Pasta (v)	Herby Tomato Pasta with Cheese (v)	Cheesy Pasta (v)	Pesto Pasta (v)
<b>COLD OPTION FIXED</b>	Cheese Roll (v)	Salmon Mayo Roll	Cheese Roll (v)	Ham Roll	Egg Mayo Roll (v)
<b>DESSERT</b>	Pear & Apple Crumble & Chocolate Custard (50% Fruit) (v)	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (50% Fruit) (Ve)	Iced School Sponge (v)	Favourite Cookie (Ve)



**WEEK 3:** 17 Nov, 8 Dec, 19 Jan, 9 Feb, 9 Mar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL 1</b>	Beef Bolognese	Breaded Chicken Katsu Curry	Roast Chicken with Stuffing & Gravy	Quorn Burger (v)	Battered Fish Fillet
<b>MAIN MEAL 2</b>	Plant-Based Grill (Ve)	Cheese Pinwheel (v)	Plant-Based Sausages & Gravy (Ve)	Vegetarian Lasagne (v)	Margherita Pizza (v)
<b>SIDE DISH</b>	Spaghetti or Potato Wedges	Brown & White Rice or Pasta	Roast Potatoes or Wholemeal Pasta	Diced Potatoes or Herby Garlic Bread	Chips or Tricolour Pasta
<b>PASTA</b>	Cheesy Pasta (v)	Herby Tomato Pasta with Cheese (v)	Pesto Pasta (v)	Herby Tomato Pasta with Cheese (v)	Cheesy Pasta (v)
<b>COLD OPTION FIXED</b>	Tuna Mayo Roll	Cheese Roll (v)	Ham Roll	Cheese Roll (v)	Egg Mayo Roll (v)
<b>DESSERT</b>	Fresh Fruit Wedges (Ve)	Oaty Fruit Crunch (Ve) (50% Fruit)	Fresh Fruit Jelly (Ve) (50% Fruit)	Apple Sponge & Custard (v)	Chocolate Brick Wall (Ve)

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Vegetables and a variety of salads are served daily. V = Vegetarian Ve = Vegan.

