HCL

Hero Summer 26

SUPER CHARGE YOUR LUNCH!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1				**13 APR, 5 MAY, 1 JUN, 22 JUN, 13 JUL, 1 SEP, 21 SEP, 12 OCT**	
MAIN MEAL 1	Pork Sausages & Gravy	Beef Lasagne	Roast Chicken with Stuffing & Gravy	Quorn Burger (v)	Fish Fillet Fingers
MAIN MEAL 2	Lentil Bolognese Pasta Shells (Ve)	Plant-Based Grill (Ve)	Cheese & Tomato Puff Pastry Tart (v)	Butternut & Chickpea Biryani (Ve) (New)	Margherita Pizza (v)
SIDE DISH	Mashed Potatoes	Herby Garlic Bread or Potato Wedges	Roast Potatoes or Wholemeal Pasta	Potato Wedges or Herby Garlic Bread	Chips or Tricolour Pasta
DESSERT	Peach & Apple Crumble & Ice Cream (v)	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve)	Raspberry & Lemon Square (v) (New)	Marble Cookie (v)
WEEK 2				**20 APR, 11 MAY, 8 JUN, 29 JUN, 20 JUL, 7 SEP, 28 SEP, 19 OCT**	
MAIN MEAL 1	Chicken Curry	Plant-Based Meatballs with a Tomato Sauce (Ve)	Roast Beef with Yorkshire Pudding & Gravy	Chicken Pie & Gravy	Battered Fish
MAIN MEAL 2	Plant-Based Sausages & Gravy (Ve)	Mac ‘n’ Cheese (v)	Quorn Fillet with Stuffing & Gravy (Ve)	Mild Bean Chilli (Ve)	Margherita Pizza (v)
SIDE DISH	Brown & White Rice or Potato Wedges	Pasta or Herby Garlic Bread	Roast Potatoes or Wholemeal Pasta	New Potatoes or Brown & White Rice	Chips or Tricolour Pasta
DESSERT	Apple Tart & Ice Cream (v)	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve)	Strawberry Mousse (v)	Chocolate Muffin (v)
WEEK 3				**27 APR, 18 MAY, 15 JUN, 6 JUL, 14 SEP, 5 OCT**	
MAIN MEAL 1	Pulled Paprika Chicken Flatbread (New)	Beef Burger	Roast Chicken with Stuffing & Gravy	Quorn Hotdog (v)	Fish Fillet Fingers
MAIN MEAL 2	Breaded Bean & Vegetable Grill (Ve)	BBQ Bean Loaded Hash Browns (Ve)	Roasted Summer Veg Quiche (v)	Cauliflower Cheese Pasta Bake (v) (New)	Margherita Pizza (v)
SIDE DISH	Brown & White Rice or Pasta	Potato Wedges	Roast Potatoes or Wholemeal Pasta	New Potatoes	Potato Wedges or Tricolour Pasta
DESSERT	Pancake with Blueberries (v)	Ice Cream with Chocolate Cookie Crumb (v)	Fresh Fruit Jelly (Ve)	Fresh Fruit Wedges (Ve)	Orange Shortbread (Ve)

BECOME A SUPER HEALTHY SUPER HERO!

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

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