

**Hero****Winter Menu 25-26****WEEK 3:** 17 Nov, 8 Dec, 19 Jan, 9 Feb, 9 Mar**SUPER
CHARGE
YOUR
LUNCH!**

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

HCL_Winter25_Hero_JacketVarious_ColdFixed

**BECOME
A SUPER
HEALTHY
SUPER
HERO!**

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



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