



**WORLD FOOD DAY**  
2015

**12-16th October**

# WORLD FOOD WEEK

Today, 58 million children of primary school age are not in school. School meals act as a powerful incentive to attract children to class. This World Food Week we will be raising the awareness about the importance of school meals, whilst providing a menu full of international dishes to celebrate world food culture.

## Food For Life...

HCL holds the Bronze Food for Life accreditation which recognises all the work we do in ensuring that we offer dishes that use local, seasonal, organic and fresh produce whilst at the same time using high welfare meat and sustainable fish. The accreditation also recognises that the majority of our dishes are cooked from scratch and that they do not contain any MSG or undesirable E numbers. Our menus fully meet the Government's new Food Standards. After feedback from parents we also have a continued programme of reviewing our desserts to reduce the portion sizes and their fat and sugar content. In doing this we can invest in increasing the portion sizes and quality of our protein items and support our unlimited salad or vegetables policy.



**BRONZE**

### Important information for PUPILS With a food allergy or intolerance

We are committed to providing a nutritious and safe meal for your child wherever possible, but before doing so we need to ensure that our robust procedures are strictly adhered to. Please allow at least 4 weeks between informing your school of your child's meal requirement and the commencement of the provision of a school meal. Please note that we will require evidence from a medical professional to ensure that we fully understand your child's needs and symptoms.

### Universal Infant Free School Meals

The Government announced that from September 2014 all infant pupils (reception, plus years 1 and 2) will be entitled to a free, nutritious school meal at lunchtime. This new scheme is to help improve healthy eating, and supply children with the energy they need to concentrate in class throughout the day, plus save families money!!

This is great news and means that all infant pupils can enjoy our menus which are freshly prepared by our skilled catering staff, and include lots of fruit, salads and vegetables.

The financial benefit to parents of a free school meal every lunch time (during school term) will **save over £400 a year per eligible child!**

More information is available from your child's school.

## McCain Simply Potato

The McCain Simply Potato range includes Mash, Wedges, Slices, Dice and Roasts, and is prepared in much the same way as you might do at home. Specially selected potatoes are simply washed, peeled, cut, blanched and then quick frozen ready for cooking. With no added preservatives, the range is allergen free, Food for Life compliant and meets School Food Standards, ensuring we support freshly cooked, homemade and nutritious dishes that pupils enjoy.



**Roast Wednesday**  
Every Wednesday it's a roast for dinner

**Fruity Friday!**  
Every Friday fruit is our main dessert

## Take a look at our website...

**Menu Rating** Giving real-time feedback of our menus

**Recruitment** All our latest vacancies in one place. Send an enquiry through the contact form on site or complete the on-line application forms which we will be launching soon!

**Feedback** Tell us what you think, ask us a question or just let us know who you are!

**NEWS AND EVENTS!**

**JOBS AND MORE...!**

[www.hertscatering.co.uk](http://www.hertscatering.co.uk)



## Want to join our Team?

We have vacancies across the County, working part time preparing and serving delicious, nutritious school meals.

You may already have experience in food preparation or you just have an interest in serving attractive and healthier food choices in schools. We have vacancies to suit most people who would like to work for Hertfordshire's number one Education Caterer!

We will provide you with full training and personal development, up to 14 weeks holiday per year (Term time only working - fitting in with your family life), pension plan, on-the-job support and a rewards programme that can save you £100's each year!

Go online to see our latest vacancies and apply for that new job today!

[www.hertscatering.co.uk](http://www.hertscatering.co.uk)

"...fitting in with your family life..."




**HCL**  
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Printed on recycled paper containing a minimum of 75% recycled waste

All information correct at the time of going to print. Nutritional analysis of this menu is available from our website. This menu is available in different languages and sizes, please telephone to request.

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**HCL**  
HERTFORDSHIRE CATERING LIMITED

**Spring/Summer 2015**

# Your Delicious School Lunch Menu

**Featuring Shaun the Sheep pasta choice**



**Pupils' Choice**

 **BRONZE**

**Free School meals for all Infant Pupils**  
See inside for more details



Menu served week commencing:  
20th April, 11th May, 8th June, 29th June, 20th July,  
2nd September, 21st September, 12th October

## Menu One

A selection of tasty vegetables & fresh salads  
are served with each meal every day

MONDAY

Shepherd's Pie  
Southern Style Quorn Burger (V)  
with Diced Potatoes  
Oaty Fruit Crumble  
with Custard

CHILLED OPTION: Cheese Baguette



TUESDAY

Traditional Chicken Pie  
with Potato Wedges  
Jacket Potato  
with Baked Beans (V)  
Golden Rice Krispie  
with Milkshake

CHILLED OPTION: Ham Roll



WEDNESDAY

Roast Beef with Yorkshire Pudding  
Roast Potatoes or Pasta Choice  
Rich Tomato Bolognese (V)  
Wholewheat Spaghetti

Lemon Love Cake with Custard  
CHILLED OPTION: Tuna Baguette



THURSDAY

Sausages with Onion Gravy  
with Creamed Potatoes  
Savoury Flan (V)  
with Potato Wedges

Ginger Sponge  
with Toffee Sauce  
CHILLED OPTION: Chicken Roll



FRIDAY

Fish Fingers with Low Fat Chips or Pasta Choice  
Cheese and Tomato Pizza (V)  
with Low Fat Chips  
or Pasta Choice

Fresh Fruit and Mini  
Chocolate Brownie  
CHILLED OPTION: Egg Baguette



Fruity Friday!

Every Friday fruit  
is our main dessert

Examples of our  
Chilled Options

CHILLED OPTION: Chicken



CHILLED OPTION: Cheese



CHILLED OPTION: Tuna



CHILLED OPTION: Egg



Fresh Fruit,  
Jelly and biscuit,  
Yoghurt and  
Cheese and biscuits  
available daily



No salt is used in  
cooking or offered to  
pupils to add  
after cooking.  
Instead we use  
herbs and spices to  
bring children's  
taste buds alive



We only use Marine  
Stewardship  
Council (MSC) fish  
and much of it is  
landed and  
processed on  
British shores



We use fresh  
Organic milk in  
all our dishes  
and offer  
Organic yoghurt  
on a daily basis

Menu served week commencing: 27th April, 18th May, 15th June,  
6th July, 7th September, 28th September, 19th October

## Menu Two

A selection of tasty vegetables & fresh salads  
are served with each meal every day

MONDAY

Beef Burger in a Bun  
with Diced Potatoes  
Cheesy Omelette (V)  
with Diced Potatoes  
Chocolate Brickwall  
with Chocolate Sauce

CHILLED OPTION: Tuna Roll



TUESDAY

Mild Chicken Curry with Rice  
Shaun the Sheep Pasta Bake (V)  
with Crusty Wholemeal Bread  
Strawberry Cheesecake

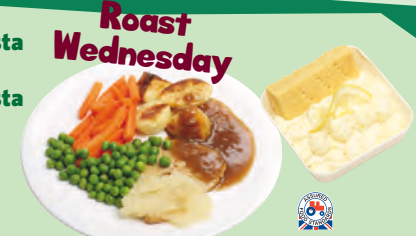
CHILLED OPTION: Cheese Baguette



WEDNESDAY

Roast Pork with Apple Sauce  
with Parliament Potatoes or Pasta  
Quorn Deli Wrap (V)  
with Parliament Potatoes or Pasta  
Lemon Mousse with  
Shortbread Finger

CHILLED OPTION: Chicken Roll



THURSDAY

Spaghetti Bolognese  
Golden Bean Pie (V)  
with Potato Wedges  
Apple Streusel Cake  
with Ice Cream

CHILLED OPTION: Ham Baguette



FRIDAY

Oven Baked Battered Fish  
Fillet with Low Fat Chips or  
Pasta Choice  
Margarita Pizza (V) with Low  
Fat Chips or Pasta Choice  
Fresh Fruit  
and Mini Oat Cookie

CHILLED OPTION: Egg Roll



Freshly  
baked bread  
available at no  
extra charge  
every day

Roast  
Wednesday  
Every Wednesday it's  
a roast for dinner



We only use Free Range  
Eggs purchased from  
East Anglia and are  
Proud holders of the  
Good Egg Award

Menu served week commencing: 5th May, 1st June, 22nd June,  
13th July, 14th September, 5th October

## Menu Three

A selection of tasty vegetables & fresh salads  
are served with each meal every day

MONDAY

Beef Filled Yorkshire Pudding  
with Potato Wedges  
Macaroni Cheese (V)  
with Wholemeal Garlic Bread  
Fruit Muffin with Juice Drink

CHILLED OPTION: Ham Roll



TUESDAY

Barbeque Pork with Noodles  
Rosemary and Red Onion  
Sausage Hot Dog (V)  
with Diced Potatoes  
Cornflake Tart with Custard

CHILLED OPTION: Cheese Baguette

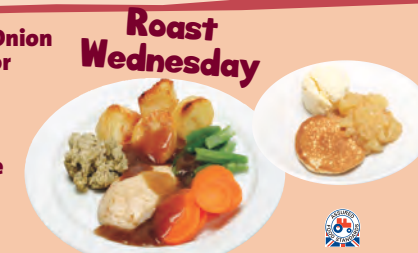


WEDNESDAY

Roast Chicken with Sage and Onion  
Stuffing with Roast Potatoes or  
Pasta Choice

Roast Quorn Fillet with Sage  
and Onion Stuffing (V) with  
Roast Potatoes or Pasta Choice  
Apple and Cinnamon Pancake  
with Ice Cream

CHILLED OPTION: Tuna Roll



THURSDAY

Homestyle Lasagne  
with Side Salad  
Vegetable Grill (V)  
with Diced Potatoes

Banana Flapjack with Custard  
CHILLED OPTION: Chicken Baguette



FRIDAY

Crispy Crumb Salmon  
with Low Fat Chips or Pasta Choice  
Cheese and Tomato Pizza (V)  
with Low Fat Chips or Pasta Choice  
Fresh Fruit and Mini Gingerbread  
Finger

CHILLED OPTION: Egg Roll



Some garnishes and/or menu items pictured are used for illustrative purposes only. Actual items may vary.

our  
menu  
key



BRONZE