

SPECIAL DIET REQUESTS

HCL takes the responsibility of feeding pupils with special medical dietary needs very seriously.

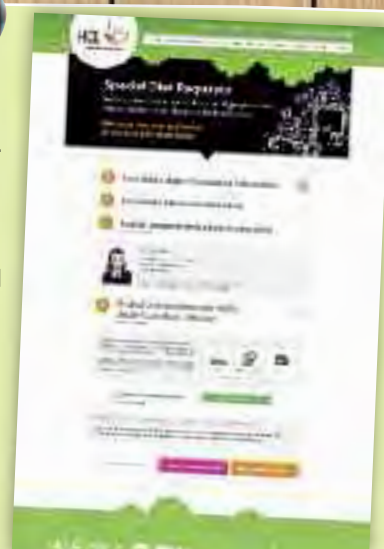
To reinforce our current stringent processes, all future applications for children requesting a special menu for medical reasons will require evidence from a medical professional.

This will ensure that food groups are not being withdrawn from a child's diet without medical supervision and that all parties have a full understanding of a child's condition, symptoms and treatment.

Following successful trials we will be introducing a phased roll out of our new web based on-line application system for all pupils requiring a special menu. More information on this will follow via your school in the next few months.

In all instances new requests for special menus should be directed to your school who will then refer you to one of our Contract Managers or to the website, as appropriate.

At all times our focus is on safely feeding children healthy, tasty meals that they can enjoy.



WANT TO JOIN OUR TEAM?

www.hertscatering.co.uk

Go online to see our latest vacancies and apply today!

We have vacancies across the county, working part time preparing and serving delicious, nutritious school meals. We will provide you with full training and personal development and up to 14 weeks holiday per year (Term time only working)

FREE SCHOOL MEALS

For **ALL** children in Reception Class and Years 1 and 2 in all schools! Every eligible child can take advantage of having a delicious school meal **EVERY DAY** completely **FREE** of charge - **saving over £400 per year PER CHILD!** There has never been a better time to take advantage of the Government's initiative for **Universal Infant Free School Meals** – claim yours **TODAY** and without delay – save money and time, simply register with your child's school as soon as possible so your child can start enjoying a tasty, hot **FREE** meal every lunchtime!

FOOD FOR LIFE

HCL is fully compliant with the Government's School Food Standards and holds the **Bronze Food for Life** accreditation. This recognises our achievement in using fresh, local, seasonal, and organic produce. At the same time it highlights our commitment to sourcing high welfare meat and sustainable fish. Our catering teams cook fresh, tasty meals from scratch and we lead the way in healthy school meals. The Silver Food for Life accreditation requires the use of even more locally sourced produce and an advanced level of animal welfare. HCL has made changes to its menus to meet the silver standard and is currently awaiting an audit. For further information about the food we use in our dishes please visit our website.



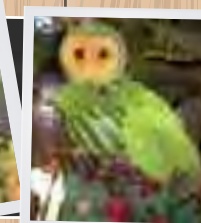
SCOTY MEATLOAF / NEW RECIPE

The SCOTY Meatloaf is a fantastic new recipe created by our own **Annette Newman**, Cook Manager of Roger de Clare Primary School. This tasty, traditional dish represented the East of England in the School Chef of the Year competition, impressing judges and pupils alike. We are now proud to serve this delicious and healthy recipe to pupils across Hertfordshire.



#FRUITYFRIDAY

HCL's fantastic catering teams continue to produce amazing and imaginative Fruity Friday creations, which encourage pupils to happily eat more fruit.



THEME DAYS

HCL offers a range of Theme Days in schools which add excitement and interest to school lunchtimes. Special menus are devised and are hugely popular with children – keep an eye out for information about our special Theme Days direct from your child's school.

Specials events which might take place in your child's school are:
HARVEST FESTIVAL • GUY FAWKES • GOURMET BURGER DAY
CHINESE NEW YEAR • WORLD BOOK DAY



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

This menu is available in different languages and sizes, please telephone to request.

Whilst we make every effort to provide the advertised menu, this is subject to local variations and unforeseen circumstances such as weather, failed deliveries or other situations where HCL have no control. We apologise in advance if this happens.

CONTACT US



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www.hertscatering.co.uk



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HCL



AUTUMN 2016 & SPRING 2017

SCHOOL LUNCH MENU

PUPILS' CHOICE



MENU CYCLE WEEK ONE

SERVED WEEK COMMENCING:
31ST OCTOBER • 21ST NOVEMBER • 12TH DECEMBER
5TH JANUARY • 23RD JANUARY • 20TH FEBRUARY • 13TH MARCH

MONDAY

Sausages with Onion Gravy and Potato Wedges
OR Wallace and Gromit BBQ Pasta (V) with Garlic Bread

DESSERT CHOICE: Fresh Fruit Salad with Shortbread Biscuit,
Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Cheese Roll

TUESDAY

Beef Bolognese with Wholemeal Spaghetti
OR Cheese and Onion Pasty (V) with Diced Potatoes

DESSERT CHOICE: Apple Crumble with Custard,
Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Chicken Baguette

WEDNESDAY

Roast Chicken with Sage and Onion Stuffing and Roast
Potatoes or Pasta Choice
OR Roast Quorn Fillet (V) with Roast Potatoes or Pasta Choice

DESSERT CHOICE: Chocolate and Mandarin Sponge with Chocolate
Sauce, Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Ham Baguette

THURSDAY

Shepherd's Pie with Creamed Potatoes
OR Yorkshire Pudding Ratatouille (V) with Creamed Potatoes

DESSERT CHOICE: Iced Fruit Smoothie,
Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Tuna Roll

FRIDAY

Oven Baked Battered Fish Fillet with Low Fat Chips or
Pasta Choice OR Cheese and Tomato Pizza (V) with Low
Fat Chips or Pasta Choice

DESSERT CHOICE: Mini Gingerbread and Fresh Fruit,
Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Free Range Egg Roll

MENU CYCLE WEEK TWO

SERVED WEEK COMMENCING
7TH NOVEMBER • 28TH NOVEMBER • 19TH DECEMBER
9TH JANUARY • 30TH JANUARY • 27TH FEBRUARY • 20TH MARCH

MONDAY

Chicken Pasta Bake with Crusty Bread
OR Jacket Potato with Rich Tomato Bolognese (V)

DESSERT CHOICE: Banana Loaf with Custard,
Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Cheese Baguette

TUESDAY

Burger in a Bun with Potato Wedges
OR Vegetable Burger in a Bun (V) with Potato Wedges

DESSERT CHOICE: Frozen Yoghurt with Fruit,
Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Chicken Baguette

WEDNESDAY

ROAST
WEDNESDAY

Roast Pork with Apple Sauce and Roast Potatoes
or Pasta Choice
OR Quorn Deli Wrap (V) with Roast Potatoes
or Pasta Choice

DESSERT CHOICE: Scotch Pancake with Fruit and Ice Cream,
Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Tuna Baguette

THURSDAY

SCOTY Meatloaf with Creamed Potatoes
OR Macaroni Cheese (V) with Wholemeal Garlic Bread

DESSERT CHOICE: Sticky Chocolate Muffin with Fruit Juice,
Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Ham Roll

FRIDAY

FRUITY
FRIDAY!

Breaded Salmon with Low Fat Chips or Pasta Choice
OR Cheese and Tomato Pizza (V) with Low Fat Chips or
Pasta Choice

DESSERT CHOICE: Mini Oat Cookie with Fresh Fruit,
Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Free Range Egg Roll

MENU CYCLE WEEK THREE

SERVED WEEK COMMENCING:
14TH NOVEMBER • 5TH DECEMBER • 16TH JANUARY
6TH FEBRUARY • 6TH MARCH • 27TH MARCH

MONDAY

Sticky Chicken with Potato Wedges
OR Cheesy Pin Wheels (V) with Potato Wedges

DESSERT CHOICE: Fruity Muffin with Milkshake,
Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Tuna Roll

TUESDAY

Lasagne with Side Salad
OR Quorn Hot Dog (V) with Diced Potatoes

DESSERT CHOICE: Raspberry Mousse,
Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Chicken Baguette

WEDNESDAY

ROAST
WEDNESDAY

Roast Gammon with Roast Potatoes or Pasta Choice
OR Mild Chilli Burritos (V) with Roast Potatoes or
Pasta Choice

DESSERT CHOICE: Banoffee Ice Cream,
Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Cheese Roll

THURSDAY

ORGANIC

Traditional Chicken Pie with Creamed Potatoes
OR Jacket Potato with Baked Beans (V)

DESSERT CHOICE: Oatie Apricot Layer with Custard,
Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Ham Baguette

FRIDAY

FRUITY
FRIDAY!

Fish Fingers with Low Fat Chips or Wholemeal Pasta
Choice
OR Favourite Pizza (V) with Low Fat Chips
or Pasta Choice

DESSERT CHOICE: Mini Sponge Finger and Fresh Fruit,
Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Free Range Egg Roll

EXAMPLES OF OUR COLD OPTIONS:

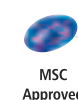


GRAVY AND CUSTARD ARE ALWAYS AVAILABLE SEPARATELY WHEN ON THE MENU

ALL OUR COLD OPTIONS INCLUDE UNLIMITED SALAD ITEMS
OR VEGETABLES AND A CHOICE OF DESSERTS

FRESHLY BAKED BREAD AVAILABLE DAILY PLUS A SELECTION OF VEGETABLES AND BOWL SALADS

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



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

