

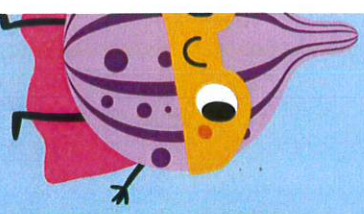
Hero Winter Menu 25-26

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

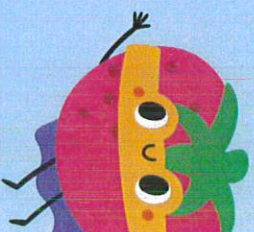
**SUPER
CHARGE
YOUR
LUNCH!**

HCL_Winter25_PorkFree_SausageFree_JacketFixed St Johns (0785)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PORK FREE	Beef Burger	Chicken Pie & Gravy	Roast Chicken with Stuffing & Gravy	Quorn Dipper Taco with Sweet Chilli Sauce (Ve)	Fish Fillet Fingers
MAIN MEAL 2	Potato Frittata (V)	Swedish Style Plant-Based Meatballs (New) (V)	Plant-Based Shepherd's Pie (Ve)	Mac 'n' Cheese (V)	Margherita Pizza (V)
SIDE DISH	Potato Wedges or Pasta	Mashed Potatoes or Pasta	Roast Potatoes or Wholemeal Pasta	Diced Potatoes or Herby Garlic Bread	Chips or Tricolour Pasta
JACKET POTATO FIXED	Cheese & Beans (V)	Tuna Mayo	Grated Cheese (V)	Baked Beans (Ve)	Cheese & Beans (V)
DESSERT	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!**

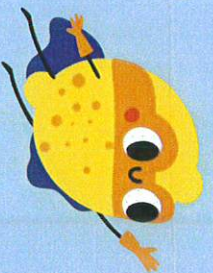


Vegetables and a variety of salads are served daily. V = Vegetarian Ve = Vegan.



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

**SUPER
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PORK FREE	Quorn Burger (V)	Piri Piri Chicken Rice	Roast Beef & Gravy	Chicken Curry	Fish Fillet Fingers
MAIN MEAL 2	Margherita Wrap (V)	Roasted Butternut Squash Curry (Ve)	Roast Quorn Fillet (Ve) with Stuffing & Gravy	Breaded Bean & Vegetable Grill (Ve)	Margherita Pizza (V)
SIDE DISH	Potato Wedges or Pasta	Mashed Potatoes or Brown & White Rice	Roast Potatoes or Wholemeal Pasta	Brown & White Rice or Pasta	Chips or Tricolour Pasta
JACKET POTATO FIXED	Baked Beans (Ve)	Grated Cheese (V)	Baked Beans (Ve)	Tuna Mayo	Cheese & Beans (V)
DESSERT	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)



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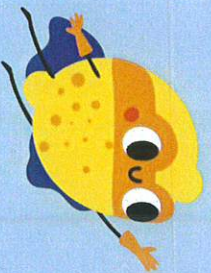


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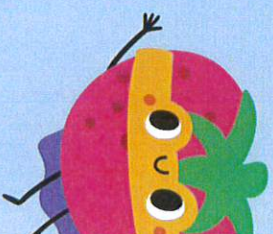
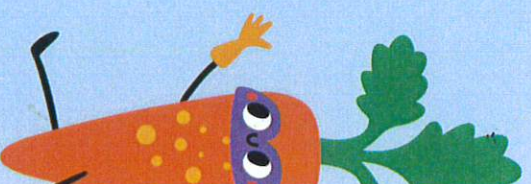


WEEK 3: 17 Nov, 8 Dec, 19 Jan, 9 Feb, 9 Mar

**SUPER
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LUNCH!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PORK FREE	Beef Bolognese	Katsu Chicken Curry	Roast Chicken with Stuffing & Gravy	Quorn Burger (V)	Battered Fish Fillet
MAIN MEAL 2	Plant-Based Grill (Ve)	Cheese Pinwheel (V)	Cheesy Leek & Potato Bake (V)	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 FIXED	Grated Cheese (V)	Tuna Mayo	Baked Beans (Ve)	Cheese & Beans (V)	Grated Cheese (V)
DESSERT	Fresh Fruit Wedges (Ve)	Oaty Fruit Crunch (Ve) (50% Fruit)	Fresh Fruit Jelly (Ve) (50% Fruit)	Apple Sponge & Custard (V)	Chocolate Shortbread Bar (Ve)

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