



- **WEEK 1:** 3 Nov, 24 Nov, 15 Dec, 5 Jan, 26 Jan, 23 Feb, 16 Mar
- **WEEK 2:** 10 Nov, 1 Dec, 12 Jan, 2 Feb, 2 Mar, 23 Mar
- **WEEK 3:** 17 Nov, 8 Dec, 19 Jan, 9 Feb, 9 Mar

**SUPER
CHARGE
YOUR
LUNCH!**

**BECOME
A SUPER
HEALTHY
SUPER
HERO!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 2	Beany Pasta (Ve)	Swedish Style Plant-Based Meatballs (New) (v)	Plant-Based Shepherds 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 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 HALAL	Tuna Mayo* Roll	Cheese Roll (v)	Tuna Mayo* Roll	Cheese Roll (v)	Cheese Roll (v)
DESSERT	Apple Strudel & Custard (v) (50% Fruit)	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve) (50% Fruit)	Chocolate Orange Jelly Mousse (v) (New)	Ginger Cookie (ve)

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 VARIOUS	Baked Beans (Ve) Grated Cheese (v) Cheese & Beans (v)	Baked Beans (Ve) Grated Cheese (v) Cheese & Beans (v) Salmon 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)
COLD OPTION FIXED HALAL	Cheese Roll (v)	Salmon Mayo* Roll	Cheese Roll (v)	Cheese Roll (v)	Tuna Mayo* Roll (v)
DESSERT	Pear & Apple Crumble & Chocolate Custard (50% Fruit) (v)	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (50% Fruit) (Ve)	EF Iced School Sponge (v)	Favourite Cookie (Ve)

MAIN MEAL 2	Plant-Based Grill (Ve)	EF Cheese Pinwheel (v)	Plant-Based Sausages & Gravy (Ve)	EF Vegetarian Pasta Bake (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 HALAL	Tuna Mayo* Roll	Cheese Roll (v)	Tuna Mayo* Roll	Cheese Roll (v)	Tuna Mayo* Roll
DESSERT	Fresh Fruit Wedges (Ve)	Oaty Fruit Crunch (Ve) (50% Fruit)	Fresh Fruit Jelly (Ve) (50% Fruit)	EF Apple Sponge & Custard (v)	Chocolate Brick Wall (Ve)





Hero

Winter Menu 25-26

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

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HCL_Winter25_HalalPorkBeefFree_EggFree_JacketVarious_ColdFixed Belmont (0944)



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



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Hero

Winter Menu 25-26

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

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