HCL

Hero Summer Menu 26

● **WEEK 1:** 13 Apr, 5 May, 1 Jun, 22 Jun, 13 Jul, 1 Sep, 21 Sep, 12 Oct ● **WEEK 2:** 20 Apr, 11 May, 8 Jun, 29 Jun, 20 Jul, 7 Sep, 28 Sep, 19 Oct ● **WEEK 3:** 27 Apr, 18 May, 15 Jun, 6 Jul, 14 Sep, 5 Oct

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EGG FREE	Pork Sausages & Gravy	Beef & Pasta Bake	Roast Chicken with Stuffing & Gravy	Plant-based Burger (Ve)	Fish Fillet Fingers
MAIN MEAL 2 EGG FREE	Lentil Bolognese Pasta Shells (Ve)	Plant-Based Grill (Ve)	Cheese & Tomato Puff Pastry Tart (v)	Butternut & Chickpea Biryani (Ve) (New)	Margherita Pizza (v)
SIDE DISH	Mashed Potatoes	Herby Garlic Bread or Potato Wedges	Roast Potatoes or Wholemeal Pasta	Potato Wedges or Herby Garlic Bread	Chips or Tricolore Pasta
EGG FREE JACKET POTATO VARIOUS	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v)	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo
EGG FREE COLD OPTION VARIOUS	Tuna Mayo Baguette, Chicken Mayo Baguette, Cheese Baguette (v)	Tuna Mayo Baguette, Chicken Mayo Baguette, Ham Baguette, Cheese Baguette (v)	Tuna Mayo Baguette, Chicken Mayo Baguette, Ham Baguette, Cheese Baguette (v)	Cheese Baguette (v)	Tuna Mayo Baguette, Cheese Baguette (v)
EGG FREE DESSERT	Peach & Apple Crumble & Ice Cream (v)	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve)	Lemon Shortbread (Ve)	Marble Cookie (v)

EGG FREE	Quorn Hotdog (v)	Pork Sausages & Gravy	Roast Beef & Gravy	Chicken Curry	Fish Fillet Fingers
MAIN MEAL 2 EGG FREE	Chicken Curry	Plant-Based Meatballs with a Tomato Sauce (Ve)	Roast Beef & Gravy	Chicken Pie & Gravy	Battered Fish
	Plant-Based Sausages & Gravy (Ve)	Mac 'n' Cheese (v)	Quorn Fillet with Stuffing & Gravy (Ve)	Mild Bean Chilli (Ve)	Margherita Pizza (v)
SIDE DISH	Brown & White Rice or Potato Wedges	Pasta or Herby Garlic Bread	Roast Potatoes or Wholemeal Pasta	New Potatoes or Brown & White Rice	Chips or Tricolore Pasta
EGG FREE JACKET POTATO VARIOUS	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v)	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo
EGG FREE COLD OPTION VARIOUS	Tuna Mayo Baguette, Chicken Mayo Baguette, Cheese Baguette (v)	Cheese Baguette (v)	Tuna Mayo Baguette, Chicken Mayo Baguette, Ham Baguette, Cheese Baguette (v)	Tuna Mayo Baguette, Chicken Mayo Baguette, Ham Baguette, Cheese Baguette (v)	Salmon Mayo, Tuna Mayo Baguette, Cheese Baguette (v)
EGG FREE DESSERT	Apple Tart & Ice Cream (v)	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve)	Strawberry Mousse (v)	Chocolate Shortbread (Ve)

EGG FREE	Pulled Paprika Chicken Flatbread (New)	Beef Burger	Roast Chicken with Stuffing & Gravy	Plant-based Sausage Hotdog (Ve)	Fish Fillet Fingers
MAIN MEAL 2 EGG FREE	Breaded Bean & Vegetable Grill (Ve)	BBQ Bean Loaded Hash Browns (Ve)	Italian Pasta Bake (Ve) Eat Curious	Cauliflower Cheese Pasta Bake (v) (New)	Margherita Pizza (v)
SIDE DISH	Brown & White Rice or Pasta	Potato Wedges	Roast Potatoes or Wholemeal Pasta	New Potatoes	Potato Wedges or Tricolore Pasta
EGG FREE JACKET POTATO VARIOUS	Grated Cheese (v), Baked Beans (ve), Beans & Cheese (v), Tuna Mayo, Salmon	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v)	Grated Cheese (v), Baked Beans (Ve), Beans & Cheese (v), Tuna Mayo
EGG FREE COLD OPTION VARIOUS	Tuna Mayo Baguette, Chicken Mayo Baguette, Cheese Baguette (v)	Tuna Mayo Baguette, Chicken Mayo Baguette, Ham Baguette, Cheese Baguette (v)	Tuna Mayo Baguette, Chicken Mayo Baguette, Ham Baguette, Cheese Baguette (v)	Cheese Baguette (v)	Tuna Mayo Baguette, Cheese Baguette (v)
EGG FREE DESSERT	Blueberry Sponge (Ve)	Ice Cream with Chocolate Cookie Crumb (v)	Fresh Fruit Jelly (Ve)	Fresh Fruit Wedges (Ve)	Orange Shortbread (Ve)

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

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