

Look out for Shaun the Sheep!

Our new Shaun the Sheep Pasta is a great tasting food that's nutritionally compliant with Government standards and fun too! Each child receives a fun character sticker with their meal, and a donation from each meal goes towards Wallace & Gromit's Children's Charity, helping a good cause!

We are proud to support Wallace & Gromit's Children's Charity which helps critically ill children in hospitals and hospices across the UK. To find out more about the great work the charity is involved in, visit the website: www.wallaceandgromitcharity.org



Food For Life...

HCL is proud to announce that we have been awarded 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.

Our menus are nutritionally analysed to ensure that they meet the current Government Standards and provide pupils with at least a third of their daily nutritional requirements.

The Government has introduced new Food Standards to come into effect as of January 2015. We will be ahead of the game as our new November 2014 menus will be fully compliant.



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.



Gourmet Burger Day!

Look out for our healthy & delicious Gourmet Burger Day coming soon.

At participating schools only, look out for additional information in 2015!



Roast Wednesday

Every Wednesday it's a roast for dinner



Fruity Friday!

Every Friday fruit is our main dessert

check out 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



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





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.

Pupils' Choice



HCL

HERTFORDSHIRE CATERING LIMITED

Free School meals for all Infant Pupils see inside for more details

Autumn/Winter 2014/2015

Your Yummy School Lunch Menu

Featuring our Brand new



Shaun the Sheep

Pasta choice

Menu served week commencing: 3rd November, 24th November, 15th December, 5th January, 26th January, 23rd February, 16th March

Menu One

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

MONDAY

Sausages with Gravy and Creamed Potatoes
Shaun the Sheep Pasta Bake (V) NEW with Garlic Bread
Banana Flapjack with Fruit Juice Drink
CHILLED OPTION: Cheese Roll



TUESDAY

Bolognaise with Wholewheat Spaghetti
Cheese Flan (V) with Diced Potatoes
Syrup Sponge with Custard
CHILLED OPTION: Chicken Baguette



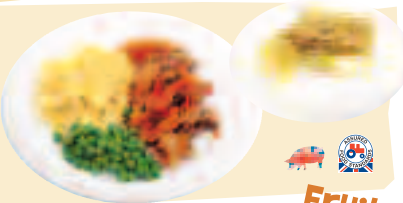
WEDNESDAY

Roast Chicken with Sage and Onion Stuffing, Roast Potatoes or Pasta Choice
Quorn Oriental Wrap (V) with Roast Potatoes or Pasta Choice
Chocolate Rice Krispie Cake with Chocolate Custard
CHILLED OPTION: Ham Baguette



THURSDAY

Sweet and Sour Pork with Noodles NEW
Jacket Potato with Baked Beans (V)
Apple Crumble with Custard
CHILLED OPTION: Tuna Roll



FRIDAY

Oven Baked Battered Fish Fillet Low Fat Chips or Pasta Choice
Cheese and Tomato Pizza (V) with Low Fat Chips or Pasta Choice
Mini Gingerbread with Fresh Fruit
CHILLED OPTION: Egg Roll



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 & organic yoghurt is always available as an alternative dessert option every day.

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: 10th November, 1st December, 12th January, 2nd February, 2nd March, 23rd March

Menu Two

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

MONDAY

Ranch Style Turkey with Diced Potatoes NEW
Macaroni Cheese (V) with Garlic Bread
Sticky Chocolate Muffin with Milkshake
CHILLED OPTION: Tuna Baguette



TUESDAY

Lasagne with Herby Bread
Vegetable Grill (V) Potato Wedges
Lemon and Parsnip Sponge with Lemon Sauce NEW
CHILLED OPTION: Cheese Roll



WEDNESDAY

Roast Pork with Apple Sauce
Roast Potatoes or Pasta Choice
Golden Bean Pie (V) with Roast Potatoes or Pasta Choice
Oatie Apricot Layer with Custard or Frozen Yoghurt
CHILLED OPTION: Chicken Baguette



THURSDAY

Mild Chicken Curry with Rice
Quorn Burger (V) with Diced Potatoes NEW
Hot Mixed Berry Compote, Scotch Pancake with Ice Cream NEW
CHILLED OPTION: Ham Roll



FRIDAY

Crispy Crumb Salmon Fillet with Low Fat Chips or Pasta Choice NEW
Cheese and Tomato Pizza (V) with Low Fat Chips or Pasta Choice
Mini Sponge Finger with Fresh Fruit
CHILLED OPTION: Egg Baguette



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: 17th November, 8th December, 19th January, 9th February, 9th March, 30th March

Menu Three

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

MONDAY

Shepherd's Pie with Creamed Potatoes
Sticky Quorn Sausages (V) with Creamed Potatoes
Fruity Muffin with Milkshake
CHILLED OPTION: Tuna Roll



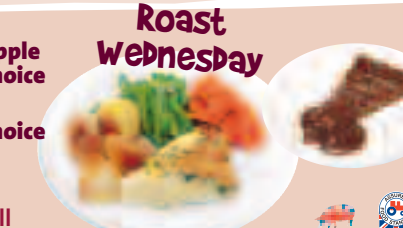
TUESDAY

Beef Filled Yorkshire Pudding with Diced Potatoes NEW
Spinach & Ricotta Cannelloni Verdi (V) with Crusty Bread
Yorkshire Jam Cake with Custard
CHILLED OPTION: Chicken Baguette



WEDNESDAY

Roast Gammon and Pineapple
Roast Potatoes or Pasta Choice
Spanish Omelette (V) Roast Potatoes or Pasta Choice
Chocolate Brickwall with Chocolate Sauce
CHILLED OPTION: Cheese Roll



THURSDAY

Traditional Chicken Pie with Potato Wedges
Lentil Korma (V) with Rice NEW
Banoffee Ice Cream NEW
CHILLED OPTION: Ham Baguette



FRIDAY

Fish Fillet Fingers with Low Fat Chips or Pasta Choice
Favourite Pizza (V) with Low Fat Chips or Pasta Choice
Mini Shortbread Biscuit with Fresh Fruit
CHILLED OPTION: Egg Roll



our menu key

MSC Approved
(V) Vegetarian

McCain Product
UK Chicken

Red Tractor Assured
UK Pork

UK Beef
Quality Meat Scotland

food for life CATERING
BRONZE

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