SPECIAL DIET REQUESTS

Hertfordshire Catering Limited (HCL) takes the responsibility of feeding pupils with special dietary needs very seriously whether for medical, religious or cultural reasons.

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 This will ensure that food groups are not being withdrawn from a child's diet without medical supervision and that all parties have a full understanding of a child's condition, symptoms and treatment.

We are currently trialing a new web based on-line application system that will simplify the process for arranging a meal for a child with special dietary needs, which we hope to be fully available in the Summer. Once up and running, we will also be commencing a programme of **capturing medical information for pupils currently being fed where medical evidence is not held.** More information on this will follow via your school.

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 safely enjoy whilst at the same time respecting medical, religious and cultural requests.

NEW - CHEESE & ONION PASTIES - AUTHENTICALLY FROM CORNWALL!

These are a wonderful new product sourced for us by an award winning company which is dedicated to providing healthy, British food for schools, which is why all of their products are produced and manufactured in Britain using quality, British farm assured products.

The pastie is produced in the traditional way with the hand crimping not only being done by the permanent production staff but also by mobile teams of Cornish Hand Crimpers.

These teams are often made up of mothers and daughters whose skills are passed on from generation to generation, who tour the Cornish pasties factories during busy periods and hand crimp thousands of pasties each week. It's a wonderful British craft and one that we're very proud to be supporting.

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 yummy school meal **EVERYDAY 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!

HEALTHY EATING

- HCL continues to work with schools to encourage children to make healthier food choices. This programme includes the delivery of Fruit Workshops in schools which includes tasting sessions and an amazing Smoothie Bike. Pedal power alone works the smoothie machine and then pupils get to taste the fruits of their labour! These workshops will be extended to more schools in the County over the next year.
- We have rearranged many of our service points to emphasise the healthier food options. This includes making a much greater feature of the fruit dessert by using eye catching displays, producing marvellous works of art with fruit, and placing them first in the dessert options.
- We have slowly reduced the sugar content of many of our desserts and custard without the pupils noticing and have adjusted some portion sizes.
- There are **at least 2 hot vegetable options** and several salad options available **each day** and pupils are able to take **unlimited vegetables** or **salad**.
- HCL is fully compliant with the Government's School Food Standards and holds 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. For further information about the food we use in our dishes please visit our website.

SCHOOL CHEF OF THE YEAR (SCOTY)

HCL are hugely proud of Annette Graham, who is our Cook Manager in Roger de Clare Primary School. A shining example of the County-wide talent within the HCL team. Her imaginative and inspirational Farmer's Market themed entry into the East of England School Chef of the Year Awards showcased her flair and capabilities when she scooped the winning title. Her creative, tasty and nutritious menu was inspired by ingredients from her local area.

#FRUITYFRIDAY

Pupils are going Fruity Friday Crazy' with the innovative displays to encourage children to eat more fruit.

A donation is made to Wallace & Gromit's Children's Charity by Pasta King on the sale of each Wallace & Gromit meal. The Charity helps sick and terminally ill children in hospitals and hospices around the UK.

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.

HCL HERTFORDSHIRE CATERING LIMITED

CONTACT US

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PUPILS' CHOICE

HCL HERTFORDSHIRE CATERING LIMITED

SPRING & SUMMER 2016
School Lunch Menu

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

GRAVY AND CUSTARD ARE ALWAYS AVAILABLE SEPARATELY

FRESH FRUIT AND YOGHURT AVAILABLE DAILY

WEEK ONE

SERVED WEEK COMMENCING:
18TH APRIL • 9TH MAY • 6TH JUNE, 27TH JUNE • 18TH JULY
1ST SEPTEMBER, 19TH SEPTEMBER • 10TH OCTOBER

MONDAY

Sausages with Onion Gravy and Creamed Potatoes
OR **Rich Tomato Bolognaise (V) with Pasta Spirals**
DESSERT CHOICE: Oaty Fruit Crumble with Custard, Yoghurt, Fresh Fruit or Cheese & Biscuits
COLD OPTION: **Cheese Baguette** • **Iced Fruit Smoothie**

TUESDAY

Traditional Chicken Pie with Potato Wedges
OR **Vegetarian Noodle Stir Fry (V)**
DESSERT CHOICE: Fresh Fruit Salad with Shortbread Finger, Yoghurt, Fresh Fruit or Cheese and Biscuits
COLD OPTION: **Ham Roll** • **Shortbread Biscuit**

WEDNESDAY

ROAST WEDNESDAY

ORGANIC

Roast Beef and Yorkshire Pudding with Roast Potatoes or Pasta Choice
OR **Roast Quorn Fillet (V) with Roast Potatoes or Pasta Choice**
DESSERT CHOICE: Carrot and Orange Cake with Custard, Yoghurt, Fresh Fruit or Cheese and Biscuits
COLD OPTION: **Chicken Baguette** • **Carrot and Orange Cake**

THURSDAY

Creamy Chicken Curry with Rice
OR **Macaroni Cheese (V) with Wholemeal Crusty Bread**
DESSERT CHOICE: Lemon Biscuit with Milkshake, Yoghurt, Fresh Fruit or Cheese and Biscuits
COLD OPTION: **Tuna Roll** • **Lemon Biscuit**

FRIDAY

FRUITY FRIDAY!

Fish Fingers with Low Fat Chips or Pasta Choice
OR **Cheese and Tomato Pizza (V) with Low Fat Chips or Pasta Choice**
DESSERT CHOICE: Fresh Fruit and Mini Chocolate Brownie, Yoghurt, Fresh Fruit or Cheese and Biscuits
COLD OPTION: **Egg Baguette** • **Chocolate Brownie**

WEEK TWO

SERVED WEEK COMMENCING
25TH APRIL • 16TH MAY • 13TH JUNE • 4TH JULY, 25TH JULY
5TH SEPTEMBER, 26TH SEPTEMBER • 17TH OCTOBER

MONDAY

Sticky Chicken with Rice
OR **Jacket Potato with Baked Beans (V)**
DESSERT CHOICE: Chocolate Brickwall with Chocolate Sauce, Yoghurt, Fresh Fruit or Cheese and Biscuits
COLD OPTION: **Cheese Roll** • **Chocolate Brickwall**

TUESDAY

Salmon Fish Fingers with Diced Potatoes
OR **Wallace and Gromit BBQ Pasta (V) with Wholemeal Garlic Bread**
DESSERT CHOICE: Fresh Fruit and Ice Cream, Yoghurt, Fresh Fruit or Cheese and Biscuits
COLD OPTION: **Chicken Baguette** • **Ice Cream Tub**

WEDNESDAY

ROAST WEDNESDAY

Roast Pork and Apple Sauce with Parliament Potatoes or Pasta
OR **Cheese and Onion Pasty (V) with Parliament Potatoes or Pasta**
DESSERT CHOICE: Strawberry Mousse, Yoghurt, Fresh Fruit or Cheese and Biscuits
COLD OPTION: **Tuna Roll** • **Shortbread Biscuit**

THURSDAY

ORGANIC

Spaghetti Bolognaise
OR **Quorn Deli Wrap (V) with Potato Wedges**
DESSERT CHOICE: Frozen Yoghurt with Fruit, Yoghurt, Fresh Fruit or Cheese and Biscuits
COLD OPTION: **Ham Baguette** • **Frozen Yoghurt**

FRIDAY

FRUITY FRIDAY!

All Day Breakfast Muffin (V) with Low Fat Chips or Pasta Choice
OR **Margarita Pizza (V) with Low Fat Chips or Pasta Choice**
DESSERT CHOICE: Fresh Fruit and Mini Oat Cookie, Yoghurt, Fresh Fruit or Cheese and Biscuits
COLD OPTION: **Egg Roll** • **Oat Cookie**

WEEK THREE

SERVED WEEK COMMENCING:
3RD MAY, 23RD MAY • 20TH JUNE • 11TH JULY
12TH SEPTEMBER • 3RD OCTOBER

MONDAY

Pork Strip Filled Yorkshire Pudding with Potato Wedges
OR **Sweet Potato and Cheese Slice (V) with Potato Wedges**
DESSERT CHOICE: Fruit Yoghurt Muffin with Fruit Juice, Yoghurt, Fresh Fruit or Cheese and Biscuits
COLD OPTION: **Tuna Roll** • **Fruit Yoghurt Muffin**

TUESDAY

Beef Burger in a Bun with Diced Potatoes
OR **Jacket Potato with Vegetarian Chilli (V)**
DESSERT CHOICE: Banana Loaf with Custard, Yoghurt, Fresh Fruit or Cheese and Biscuits
COLD OPTION: **Cheese Baguette** • **Banana Loaf**

WEDNESDAY

ROAST WEDNESDAY

Roast Chicken with Sage and Onion Stuffing with Roast Potatoes or Wholemeal Pasta Choice
OR **Mild Quorn Curry (V) with Rice**
DESSERT CHOICE: Fruit/ Pancake with Ice Cream, Yoghurt, Fresh Fruit or Cheese and Biscuits
COLD OPTION: **Ham Roll** • **Shortbread Biscuit**

THURSDAY

Homestyle Lasagne with Side Salad
OR **Vegetarian Sausage Hot Dog (V) with Diced Potatoes**
DESSERT CHOICE: Fruit Trifle, Yoghurt, Fresh Fruit or Cheese and Biscuits
COLD OPTION: **Chicken Baguette** • **Iced Fruit Smoothie**

FRIDAY

FRUITY 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: Fresh Fruit and Mini Gingerbread Finger, Yoghurt, Fresh Fruit or Cheese and Biscuits
COLD OPTION: **Egg Roll** • **Gingerbread**

EXAMPLES OF OUR COLD OPTIONS:

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

MSC Approved · McCain Product · Red Tractor Assured · (V) Vegetarian · Quality Meat Scotland · Organic Beef

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.