



Hero Summer-Autumn 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

22 APRIL, 12 MAY, 9 JUNE, 30 JUNE, 21 JULY, 3 SEPT, 22 SEPT, 13 OCT

MAIN MEAL 1

Chicken Curry

Quorn Burger in a Bun

Roast Chicken with Sage & Onion Stuffing & Gravy

Pork Sausages with Gravy

Battered Fish Fillet

MAIN MEAL 2

All Day Breakfast (Omelette, Grilled Tomato, Beans)

Beany Seashell Pasta

Cheesy Spring Vegetable & Potato Bake

Sweet & Sour Quorn

Cheese & Tomato Pizza

SIDE DISH

Brown & White Rice or Hash Brown

Potato Wedges or Herby Garlic Bread

Roast Potatoes or Wholemeal Pasta

Diced Potatoes or Brown & White Rice

Potato Wedges or Tricolour Pasta

COLD OPTION

Bread Roll with Various Fillings

EXTRA OPTION

Jacket Potato with Various Toppings

DESSERT

Tropical Crumble with Ice Cream

Fresh Fruit Wedges

Fresh Fruit Jelly

Chocolate Pastry Whirl

Lemon Shortbread

WEEK 2

28 APRIL, 19 MAY, 16 JUNE, 7 JULY, 8 SEPT, 29 SEPT, 20 OCT

MAIN MEAL 1

Bean & Cheese Slice

Chicken Pie with Gravy

Roast Beef with Gravy

Beef Burger in a Bun

Salmon & Sweet Potato Fishcake

MAIN MEAL 2

Macaroni Cheese

Mild Mexican Bean Chilli

Veggie Sausages with Gravy

Roasted Summer Veg Pasta

Cheese & Tomato Pizza

SIDE DISH

Diced Potatoes or Herby Garlic Bread

Potato Wedges or Brown & White Rice

Roast Potatoes or Wholemeal Pasta

Wholemeal Pasta or Diced Potatoes

Chips or Tricolour Pasta

COLD OPTION

Bread Roll with Various Fillings

EXTRA OPTION

Jacket Potato with Various Toppings

DESSERT

Apple Cornflake Crunch

Fresh Fruit Wedges

Fresh Fruit Jelly

Jammy Cookie

Chocolate Muffin

WEEK 3

6 MAY, 2 JUNE, 23 JUNE, 14 JULY, 15 SEPT, 6 OCT

MAIN MEAL 1

Chicken & Sweetcorn Meatballs with a Tomato Sauce

Beef Bolognese

Roast Pork with Sage & Onion Stuffing & Gravy

Quorn Hot Dog

Fish Fillet Fingers

MAIN MEAL 2

Breaded Bean & Vegetable Grill

Mild Sweet Potato & Chickpea Curry

Creamy Quorn & Sweetcorn Pasta Bake

Roasted Veg Lasagne

Cheese & Tomato Pizza

SIDE DISH

Spaghetti or Diced Potatoes

Pasta or Brown & White Rice

Roast Potatoes or Wholemeal Pasta

Potato Wedges or Herby Garlic Bread

Chips or Tricolour Pasta

COLD OPTION

Bread Roll with Various Fillings

EXTRA OPTION

Jacket Potato with Various Toppings

DESSERT

Strawberry Mousse

Fresh Fruit Wedges

Fresh Fruit Jelly

Ice Cream with Chocolate Cookie "Wafer"

Pineapple Pastry Squares

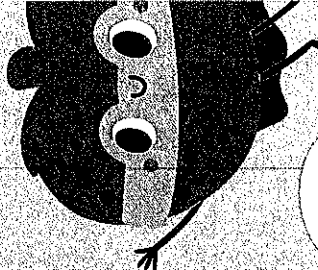
Hero Menu Option 1

Vegetables and a variety of salads are served daily. 🌱 = Vegetarian 🌿 = Vegan.



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