

## HCL Camp Menu - Summer 2019

<b>Week One</b> 22 <sup>nd</sup> April, 13 <sup>th</sup> May, 10 <sup>th</sup> June, 1 <sup>st</sup> July, 22 <sup>nd</sup> July, 2 <sup>nd</sup> September, 23 <sup>rd</sup> September, 14 <sup>th</sup> October				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Pasta Bolognaise	Sweet and Sour Chicken Noodles	Roast Chicken with Sage and Onion Stuffing	Chicken Curry	Fish Fingers
Sweet Potato Slice	Quorn Hot Dog	Sage and Onion Quorn Pieces	Beany Pasta Bake	Cheese and Tomato Pizza
Tri Colour Pasta		Roast Potatoes or Wholemeal Pasta	Diced Potato or Wholemeal Bread Wedge	Low Fat Chips or Wholemeal Pasta
Fruity Brownie	Fruit Wedges with Mini Sponge Finger	Lemon Sponge with Custard	Fruit Salad with Mini Shortbread	Favourite Cookie
<b>Week Two</b> 29 <sup>th</sup> April, 20 <sup>th</sup> May, 17 <sup>th</sup> June, 8 <sup>th</sup> July, 9 <sup>th</sup> September, 30 <sup>th</sup> September, 21 <sup>st</sup> October				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Chargrilled Chicken Fillet (57779)	Meaty Lamb Joes	Roast Chicken with Sage and Onion Stuffing	Chicken Curry	Fish Fillet
Sticky Vegetarian Sausages	Quorn Pattie	Vegetarian Lasagne	Sweet Potato Curry	Pizza Whirl
Savoury Rice	Potato Wedges	Roast Potatoes or Wholemeal Pasta	New Potatoes or Rice	Low Fat Chips or Wholemeal Pasta
Fruity Twist Cup Cake	Fruit Salad with Ice Cream	Apple Sponge and Custard	Fruit Wedges with Mini Cookie	Chocolate Brick wall
<b>Week Three</b> 6 <sup>th</sup> May, 3 <sup>rd</sup> June, 24 <sup>th</sup> June, 15 <sup>th</sup> July, 16 <sup>th</sup> September, 7 <sup>th</sup> October				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Fish Goujons	Lamb Flatbread	Roast Chicken with Sage and Onion Stuffing	Ratatouille Chicken	Salmon Pinwheel
Macaroni Cheese	Vegetarian Roll	Tomato Bolognaise	Quorn Hot Dog	Cheese and Tomato Pizza
Potato Wedges or Garlic Bread	Creamed Potatoes	Roast Potatoes or Wholemeal Pasta	Diced Potatoes	Low Fat Chips or Wholemeal Pasta
Banana Muffin	Fruit Salad with Mini Chocolate Sponge	Strawberry Mousse with Mini Shortbread	Fruit Wedges with Mini Cookie	Homemade Digestive Biscuit

**Available daily:**  
**Jacket Potato with Beans or Cheese**  
**Freshly Baked Bread**  
**A selection of Vegetables and Bowl Salads**  
**Fresh Fruit, Yoghurt and Cheese & Biscuits**