

Choosing School Meals Feeding Healthy Minds



The Benefits of a School Lunch

As your child's school lunch provider, we aim to make lunchtime an enjoyable experience for pupils, that's why our team of food developers and nutritionists work hard to create meals that are both tasty and nutritious.

Our menus offer a wide variety of healthy main meal choices. We are fully compliant with the **Government's Food Based Standards**, our main menu is **Bronze Food for Life accredited**, and our desserts are **SUGARWISE platinum accredited**.



There are many benefits to having a cooked school lunch, including:

- Nutritious meals full of energy-fuelling ingredients, lead to a better learning environment.
- At least one portion of fruit and vegetables in every serving.
- Confidence that all meals meet nutritional standards.
- Convenient for Parents and Carers.

Sourcing local, fresh, and quality ingredients is important to us, which is why we work in partnership with leading suppliers including **Bidfood, McCain, Quorn, Tilda, Young's, Heinz and ProVeg.**



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www.hcl.co.uk

HCL Registered Office: Mundells,
Welwyn Garden City, Hertfordshire,
AL7 1FT | T: 01707 938625



Making The Right Choice For Your Child

Sourcing food responsibly and sustainably ensures that we can produce ethical food that nurtures people and the planet. We're proud to support British Farmers, as such, most of our food comes from local suppliers.

Our meat is **British Farm Assured** and either meets or exceeds UK animal welfare standards, and our poultry is **Red Tractor** accredited, meaning our food is safe, reliable, and fully traceable right back to the farm. Our fish is sustainably sourced and **MSC certified**.

We take pride in accommodating **diverse dietary preferences**, offering choices such as gluten-free, religious and cultural options. Our inclusive approach ensures that every student enjoys a meal that suits their needs.



We're proud to...

- Use Lion Quality Free Range Eggs.
- Use seasonal British vegetables.
- Only use British potatoes.
- Freshly baked bread served daily.
- A variety of seasonal vegetables and salads served daily.
- Make sure that we avoid using GM (genetically modified) foods and specified E Numbers, colourings, preservatives, additives, and allergens.

The HCL Menu Guarantee:

- No salt is used in cooking or offered to pupils to add after service.
- Herbs and spices are used to add flavour and develop growing appetites.
- Wholegrain varieties of starchy foods are included on the menu at least twice per week.
- A mix of dairy and non-dairy protein choices are offered in vegetarian dishes.



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Does Your Child Qualify For A Free School Meal?

We believe that every child should have access to healthy, nourishing meals that give them the foundations to grow, learn and achieve their potential.

Did you know...

Choosing free school meals for your child instead of a packed lunch can save you up to £1000 over a 2-year period.

Contact your school to find out how you can apply for Universal Infant Free School Meals (UIFSM).

Your child may also be eligible for free school meals if you receive certain benefits. Visit the government's website for more information: www.gov.uk/apply-free-school-meals.

Free school meals will be provided to all children attending primary school (reception – Year 6) within the borough of London for the 2024-2025 school year.

What to expect from our menus...

We offer a 3-week menu cycle which is changed twice a year. Our Summer/Autumn Menu is launched after the Easter School holidays, and our Winter/Spring Menu is launched after the October half-term break. Our menus have been developed to offer a choice of delicious meal options each day, including vegetarian and vegan meals. Sugarwise platinum accredited desserts are available daily

82% of meals are scratch cooked

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MAIN MEAL OPTION 1	Pork Sausages with Gravy	Herb Crusted Chicken with Spaghetti Marinara	Roast Beef with Gravy	Favourite Quorn Hot Dog
MAIN MEAL OPTION 2	Cheese & Tomato Quiche	Mid Sweet Potato & Chickpea Curry	Mince Slice	Cherry Spring Vegetable Bake
SIDE DISH	Pasta or Potato Wedges	Brown & White Rice	Roast Potatoes or Wholesome Pasta	Diced Potatoes or Garlic Bread
EXTRA OPTION	Jacket Potato (Various Toppings)	Jacket Potato (Various Toppings)	Jacket Potato (Various Toppings)	Jacket Potato (Various Toppings)

Seasonal vegetables and a variety of salads are served daily. Vegetarian Vegan

We are proud to use the following food brands:

We are accredited by:

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How To Order Or Register For School Meals...

To find out how your school currently orders your child's daily lunchtime meal with HCL you can either visit our website (www.hcl.co.uk/order-school-meals) or speak to your school.

Does Your Child Have Any Dietary Preferences?

We have a rigorous process in place to provide a safe meal service to pupils with food allergies or intolerances, which we supply on behalf of your child's school.

If your child has a food allergy or intolerance and meets the qualifying criteria, then we have a range of delicious and nutritious menus designed especially for your child's medical requirement.

Our online **Allergy Management System** is easy to use and takes just a few minutes to set up your child's profile. Visit our website www.hcl.co.uk to get started.

HCL operates a strict No Nut Policy - which means all our Primary Schools do not have nuts or nut traces in any of the ingredients we use.

Pupils who need to monitor their carbohydrate intake, can view this information directly from our website; there is no need to apply for a Special Diet.

Here's what you'll need:

- Your child's school details including class name
- Medical evidence of your child's medical requirements
- Electronic passport style photograph (which you will need to upload on to our system)

Once you have created your account you will be able to easily update the school and HCL with any changes to your child's dietary needs in the future. You will also automatically receive new menus when they change (twice yearly).

If you need any further support, please see the 'Frequently Asked Questions' section of our Special Diets website or alternatively you can email HCL.Nutritionist@hcl.co.uk.



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How We Help Our Communities And The Planet...

We take our responsibility to protect our planet and people very seriously. As part of this, we're committed to achieving net zero emissions by 2030.

We're also taking additional steps to reduce our environmental impact by:

- Raising awareness and educating our school communities through community support sustainability workshops, including lessons on reducing waste to landfill.
- We've removed single use plastic from our catering services in our schools.
- We support schools with gardening initiatives; helping pupils and teachers learn the importance of growing their own vegetables, as well as providing compost bins where possible.
- We work with our suppliers to replace any negative environmental impacts with positive ones. Meeting these requirements is mandatory for all our suppliers.



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Want To Join Us?



If you're looking for a career change or new role, then why not consider a career at HCL?

We're recruiting for passionate individuals to join our kitchen teams. We believe it's important for our employees to enjoy their place of work. That's why we offer good work life balance and a positive and supportive work environment.

Our kitchen roles offer term-time, family friendly hours, a competitive salary, career progression and other benefits including life assurance and a pension scheme.

If you're interested in joining our team, then please visit our website --to view our current vacancies and apply today!

hcl.co.uk/join-our-team ▶

We value your feedback...

We want to make sure everyone feels valued and can add value. It's important to us to work in partnership with our pupils and parents to gain valuable feedback about your experience with us. Please share your thoughts with us by completing this **quick and easy survey**.

“

My son is very happy with the choices provided at school, and he normally eats everything offered to him! He likes choosing from a menu each day

Primary school parent
Stevenage

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