



*Excellence in Education Catering*

# *Choosing delicious School Meals*

# FEEDING HEALTHY MINDS





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[www.HCL.co.uk](http://www.HCL.co.uk)

# WELCOME TO HCL

HCL is your child's school lunch provider and we take pride in the meals we serve to pupils. Our school meals are made with nutritional and tasty ingredients, giving your child the much-needed energy to aid learning and development throughout their school day.

HCL is an award-winning specialist education caterer providing high-end services to Schools, Academy's and Colleges. As professionals in nutrition and catering, we make it our priority for parents to trust HCL to provide great menus that have your children's health and well-being in our best interest.

HCL invests heavily in staff training; re-skilling and up-skilling alongside academic courses such as Food Hygiene, Craft Catering and Customer Service which are all offered to ensure continuous improvement. This maintains a stable team of trained, dedicated, motivated and customer orientated personnel to offer the best lunchtime experience for your child.



All children in Reception, Year 1 and Year 2 are automatically entitled to enjoy FREE school meals, even if parents do not receive one of the qualifying benefits or universal credits needed to be eligible for 'Benefit Related' Free School Meals.

However, it is still important that parents register for the 'Benefit Related' Free School Meals subsidy, as every eligible pupil who qualifies under the entitlement criteria enables their school to receive additional government funding (Pupil Premium), which can support whole school activities for everyone.



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## BENEFITS OF SCHOOL LUNCH

It is easy to assume that making your own lunch is always cheaper. Making lunchboxes which pack in the same variety and nutrition as school meals, day after day, is not as inexpensive as you might think. "Healthier" lunchbox favourites like smoothies, yoghurts and cereal bars can sometimes be packed full of sugar.

The time and effort involved in planning, shopping for and preparing a lunchbox, five days a week, really adds up. Choosing school meals for your child takes away some of this hassle and will give you back some much-needed extra hours every week!



### School Food Standards

Our menu complies fully with the Government's School Food Standards, which were introduced in 2015. The standards were created to improve the diets of young people. For further information on the guidelines please visit [www.gov.uk/government/publications/school-food-standards-resources-for-schools](http://www.gov.uk/government/publications/school-food-standards-resources-for-schools). From these guidelines we work to a range of criteria around the types of foods that should be offered, in what portion size and how often they appear in a menu cycle.





## Sugarwise

**SUGAR**  
**WISE**

At HCL we have been leading the way in reducing sugar in our school meals. HCL's primary school menus have the Sugarwise catering mark accredited to them. The Sugarwise catering mark means that the menu provides options that are low in "free sugars". It gives assurance to parents and teachers that recipes on which the logo appears have been independently assessed and are low in free sugars.

HCL is the first catering organisation to have received the Platinum Catering Award. By being certified, HCL is demonstrating its continuing commitment of reducing sugar intake in the children we feed. As part of this accreditation, we ensure that one day out of the week only fruit is served as the dessert. However, fruit and yoghurt are available daily to choose from.

<https://sugarwise.org/>

## Food for Life

We have achieved the Silver Food for Life Award, which is a Soil Association accreditation, for the past 8 years. To achieve this, at least 75% of dishes on the menu are freshly prepared from unprocessed ingredients and a minimum of 5% of our overall spend is on organic ingredients.

We ensure no genetically modified ingredients or undesirable additives or trans fats are used. They certify that our food is healthy, ethical, and uses local seasonal ingredients. We use British Organic minced beef, milk and yogurts.

Additionally, all other meat and poultry products are British Red Tractor certified as a minimum standard, our fish products are MSC approved, and we only use free-range eggs. No salt is used in our cooking and we have reduced sugar significantly. To promote sustainability, our Food Team have adapted our menus to introduce meat free days which include pulses, alternative proteins and vegetables. We also use wholegrain based products where possible, which are all encouraged as part of the accreditation.

<https://www.foodforlife.org.uk/>





# OUR MENUS



Our daily menus offer a choice of food for all pupils, so there's always something to tempt even the most sensitive taste palate! HCL's printed menus contain pictures as well as words, assisting your child to understand what is on the menu every day.



<https://menus.hcl.co.uk/>

We have a useful website where you can type in your child's school name and see the menu on offer for that day, week, or over the whole three-week menu cycle.

Visit [www.hcl.co.uk](http://www.hcl.co.uk) – The website works on mobile phones, tablets as well as home / office computers too! You will always know what your child is being offered for lunch, helping you plan family meals for the evening time.

Contact HCL with any questions you may have or comments you would like to make at [HCL.Info@hcl.co.uk](mailto:HCL.Info@hcl.co.uk)

Throughout the school year, we hold theme days that support your child's school curriculum. We create a fun themed menu for just one day to keep the excitement of pupils eating school lunch.



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# SPECIAL DIET MENU - HOW TO APPLY

If your child has a food allergy or intolerance\* or requires a menu for cultural/ lifestyle reasons, then we have a range of delicious and nutritious menus designed especially for your child's dietary requirements.

\*Whilst we try and accommodate as many special diet menus as possible backed by medical evidence from a registered health professional, we cannot guarantee we can accommodate all medical diet requests.



## What You Will Need:

- Passport Style Photo
- Child's school details
- Medical evidence of your child's special meal requirements\*



\*The medical evidence must be from a registered health professional such as a Dietitian, Hospital Consultant or GP. This is to ensure that food groups are not withdrawn from pupils' diets without medical supervision and to also ensure that there is a full understanding of the special diet menu requirements.



**TO  
APPLY:**

Go to <https://specialmenu.hcl.co.uk/>  
then click 'Apply Now' to start an application.



SCAN ME

**HCL**



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## Diabetics

Pupils who need to monitor their carbohydrate intake, can obtain this information directly from the HCL website under the 'Allergies' tab; there is no need to apply for a Special Diet.

## Nut Allergies

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. Therefore, no special dietary application is required for nut only allergies.

## Cultural/Lifestyle

Pupils requiring either a vegan, beef free, pork free, beef & pork free, pescetarian or a vegetarian menu **excluding** eggs for religious or cultural reasons will need to apply.



## Vegetarians

We offer a daily vegetarian meal option. Therefore there is no need for you to apply for a special diet menu.



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](mailto:HCL.Nutritionist@hcl.co.uk).





# HCL WORKSHOPS



At HCL, we pride ourselves on our customer relations and a prime example of this is the work of our Community Support Team. We hold workshops such as Cookery clubs, Gardening clubs, Healthy Eating Workshops and Assemblies. Our clubs are highly inclusive; we have parents, grandparents, and siblings signing up to join the pupils with the workshops we hold. Please contact your child's school for any workshops you can be involved in. For updates on the work our community support team do, please follow their social media pages by the scan code below.



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# RECRUITMENT OPPORTUNITIES

Join our catering teams, working part time preparing and serving delicious, nutritious school meals. Working for HCL, you may already have experience in food preparation, or you just have an interest in serving attractive and healthier food choices for school pupils in your area – we have vacancies to suit most people who would like to work for HCL, an award-winning specialist caterer.



We will provide you with full training, personal development, part time and term time only working (so you can have the holidays off to fit in with your family life), pension, on the job support and a discounts that can save you £100s each year!



Positions are available in both Primary & Secondary Schools and our recruitment team are waiting to hear from you right now! The work is demanding but just as rewarding, and best of all you can fit it around your life. Join our friendly team and we will give you all the support and encouragement you need to feel right at home.

Find out more and apply for any of our latest vacancies at <https://hcl.co.uk/> or contact us on social media for any queries.



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