FEEDING HEALTHY MINDS

HCL
NOURISH • EDUCATE • INSPIRE

Choosing Delicious School Meals

Hi, We're HCL, Your Schools Lunch Provider

We're passionate about food and believe in providing a balance of healthy and delicious meals for children to enjoy at lunchtime. We have a team of Nutritionists, Chefs and Menu Coordinators who work hard to ensure lunchtimes are tasty and nutritious.

Each dish we create includes quality ingredients that contribute to providing a balanced diet and promote good health. Having a healthy, nutritious, and tasty meal at lunchtime gives children the 'fuel' they need to learn and grow.

We're proud to accommodate diverse dietary preferences, from allergy managed menus such as gluten-free and egg-free, and cultural options.

Join us at our next Parent Taster

If you're interested in chatting to our team, and trying some of the meals we offer, speak to your school to find out when the next event will take place.

Our mission goes beyond delivering meals; we're dedicated to creating exceptional dining experiences to pupils that cater to the diverse needs of all our schools.

We'd love to hear your feedback and answer any questions you may have at the event.

Throughout the year, in addition to our 3-weekly menus, we offer theme days to support your child's school curriculum and to tantalise their tastebuds with culinary cuisines from around the world. We also regularly run parent and pupil taster session; please speak to your school to find out when the next event will be held.

We hope your child enjoys our school meals just as much as we enjoy making them.

From the HCL Team

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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**.

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 **MSC certified**, meaning that you can trust that our fish has been sourced sustainably by the Marine Stewardship Council (MSC). Visit **msc.org** for more information.

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.

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.

View a Sample Menu

SCAN ME

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.

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.

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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 **specialmenu.hcl.co.uk** or scan the QR Code.

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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)

HCL operates a strict No Nut Policy – which means our meals 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.

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**.

82% of meals are scratch cooked

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.

All pupils in Reception, Year 1 and Year 2 in state-funded schools in England are eligible for a Universal Infant Free School Meal (UIFSM). You do not need to apply for UIFSM for your child.

Your child may also be eligible for free school meals if you receive certain benefits. Visit the government's website using this QR code for more information.

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

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:

- 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.
- We work with our suppliers to replace any negative environmental impacts with positive ones. Meeting these requirements is mandatory for all our suppliers.
- Raising awareness and educating our school communities through community support sustainability workshops, including lessons on reducing waste to landfill.

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 through our website using this QR code.

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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 using this QR code.

SCAN ME

> 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*

> My child is really enjoying his school lunches, and the HCL menu offers some of his favourite meals. I feel like I have one less thing to worry about, knowing that he is having a healthy and 'yummy' lunch every day!
>
> *Primary school parent*
> *Knebworth*

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