

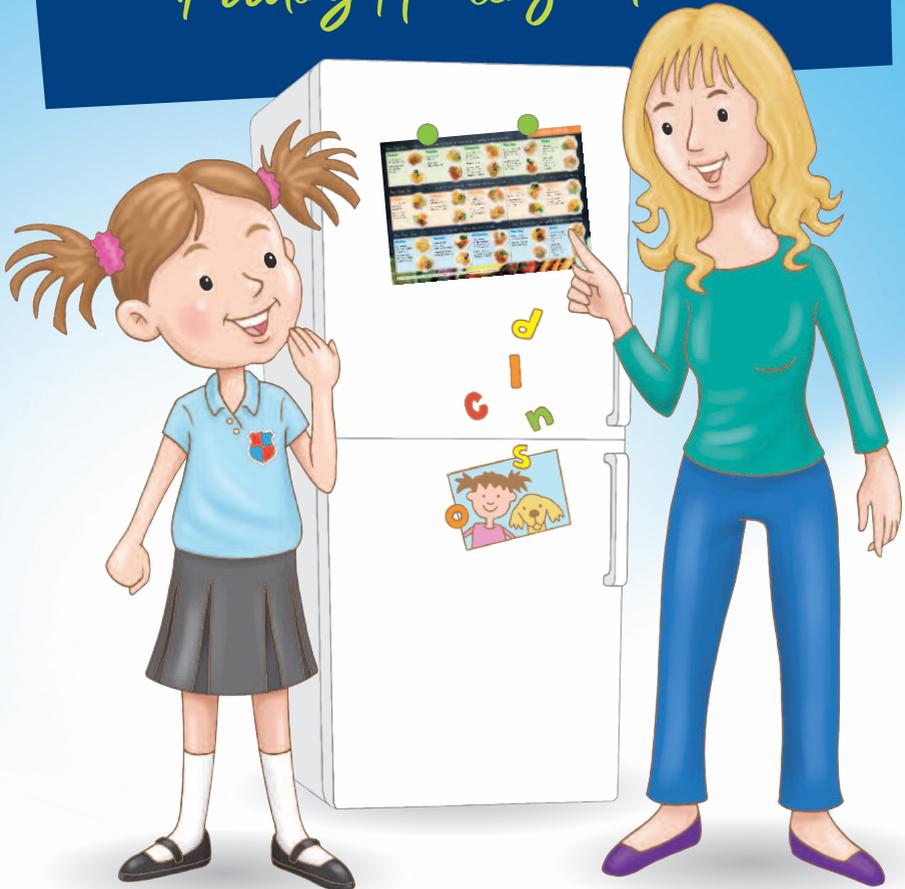
HCL



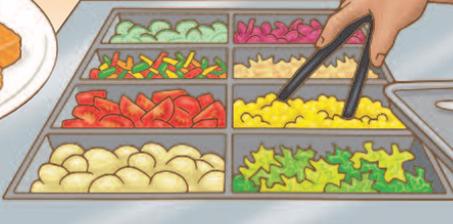
Excellence in Education Catering

Choosing Delicious SCHOOL MEALS

Feeding Healthy Minds



Our printed menus contain pictures as well as words – helping your child to make their menu choices



Welcome!



Excellence in Education Catering

HCL is your child's school lunch provider and we take pride in the meals we serve to your child.

Our school meals are made with tasty ingredients, supporting your child to enjoy lunchtimes at their new school.

Eating the right balance of healthy, tasty food helps all children to learn and develop. That's why making the right decision about what your child eats at school is so important.

Choosing a school meal can help your child to try new foods and to enjoy eating with their new friends. Our school meals meet the Government's food based Standards and contain essential nutrients they need to grow and learn throughout their school life.

At the moment **all children in Reception, Year 1 and Year 2** are **automatically** entitled to enjoy **FREE school meals**, even if parents don't receive one of the qualifying benefits or tax credits needed to qualify for 'Benefit Related' Free School Meals.

However, it's still really important that parents continue and '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) too, which can support whole school activities for everyone.



Good eating habits can last a lifetime!

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's on the menu every day.

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

Visit www.hcl.co.uk – The website works on mobile phones, tablets as well as home / office computers too! So you'll always know what your child is being offered for lunch – helping you plan family meals for the evening time.

Every household also receives a printed three week menu cycle leaflet twice a year, so depending on individual school arrangements, you will be able to select which days during the week work best.

You can contact HCL with any questions you may have or comments you'd like to make. Through our website you can apply for a Special Diet for your child because of an allergy or intolerance they may have.



“We take pride in the care and welfare of your child...”

Pictorial menu posters are displayed in dining rooms at your child's school and some schools will also display the menu pictures in classrooms as well.

We understand how difficult some decisions are when you're small, and that's why we encourage our friendly catering teams to support children and allow the time it may take for them to choose what to eat.

We take pride in the care and welfare of your child and we want them to feel good about eating great tasting, delicious food every day.

Our on-site teams are very special people and are professionally trained in the completion of strict hygiene checks and practices along with utilising catering craft skills, which ensure the school meal your child enjoys each day is the best it possibly can be from HCL.

Making the right choice for your child

We believe that school meals are a great choice for your child. Each school meal is designed to meet strict Government Standards, which makes sure your child is getting a healthy, balanced mix of food and drink, complementing the food they eat at home. These Standards were designed by experts in child nutrition, and mean that your child can get the levels of energy and essential nutrients they need.

School meals also:

- Encourage children to try different foods, as well as enjoy familiar favourites
- Give the opportunity to socialise and eat with friends
- Help your child to think about healthy eating, which will help them make good food choices in the future



“Each school meal is designed to meet strict Government Standards...”



School meals will save you money too!

It's easy to assume that making your own lunch is always cheaper. But making lunchboxes which pack in the same variety and nutrition as school meals, day after day, isn't as inexpensive as you might think.

Though some children prefer the familiarity of a lunch prepared at home, it's not always easy to make a lunchbox which has in the same variety and nutrition, on a daily basis, as a school meal. Even "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!

Applying for a Special Diet

Food Allergies or Intolerances:

HCL has 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 our qualifying criteria, then we have a range of delicious and nutritious menus designed especially for your child's medical requirement.

The HCL on-line account system takes just minutes to create and is really easy to use.

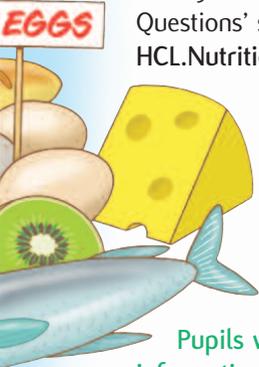
Before you apply, you will need at hand:

- Your child's school details including their class name
- Medical evidence of your child's special meal requirements*
- Electronic Passport style photograph (which you will need to upload on to our system). *Our system is so advanced; you can take an appropriate photograph of your child on your mobile device and instantly upload it!*





To apply, simply go to www.hcl.co.uk and click on the tab at the top of the website 'Allergies'. 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.



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

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 obtain this information directly from the menu section on the HCL website; there is no need to apply for a Special Diet.

If you do not have medical evidence to hand, please request a copy from your child's consultant or alternatively, there is a form that can be downloaded from our website for you to take to your GP to complete, stamp and then sign.

HCL is delighted to provide a delicious range of vegetarian dishes on a daily basis so children requiring a vegetarian menu need not apply.

However, 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 still need to apply via www.hcl.co.uk

***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 medical implications, applications for pupils requiring a special menu for medical reasons can only be made with supporting evidence from a medical professional, such as a Dietitian, Hospital Consultant or GP.**





Excellence in Education Catering

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