Welcome to HCL

HCL is delighted to become the new school meals provider at Leighton Middle School

Our school meals are made with tasty ingredients, supporting your child to enjoy lunchtimes at 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 provided by HCL can help your child to try new foods and enjoy eating with their 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.

HCL in partnership with Live register will introduce a new cashless till system, please look out for communication from the school on how to sign up in the coming weeks

When developing our menus and recipes, HCL takes enormous care in producing tasty dishes children will enjoy, ensuring we include ingredients that contribute to providing a balanced diet and promote good health.

We operate a 3-week menu cycle which exceeds the criteria for the Food for Life Silver Award and includes a daily meat or fish alternative using Red Tractor Farm Assured Meat or equivalent, and MSC Certified sustainably sourced fish. This ensures that all the meat within our recipes can be traced right back to the farm and either meets or indeed, exceeds UK animal welfare standards.

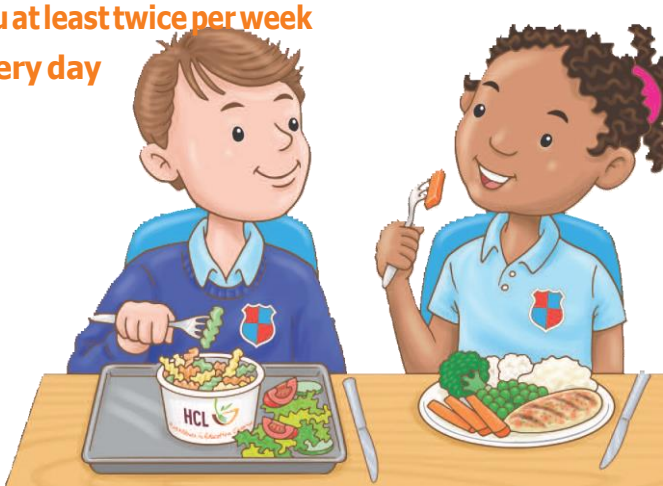
HCL is proud that its primary school menus have the **SUGARWISE** mark accredited to them. The **SUGARWISE** catering mark means that our menu provides options that are low in "free sugars" and gives assurance to parents that products on which the logo appears, have been independently assessed and are low in free sugars.

Of course, with a choice of delicious meal options daily, vegetarian or vegan meals are always offered and some schools may also offer a chilled lunch or a jacket potato with filling option too. Some schools have our specific Halal menu or offer a Halal alternative where there is a significant uptake of this option. More information on the type of menu your child's school is serving can be found on our printed menu leaflets (or school e mail) or on our website – simply type in the name of your child's school and the menu being served will be displayed for you.

The HCL Menu Guarantee:

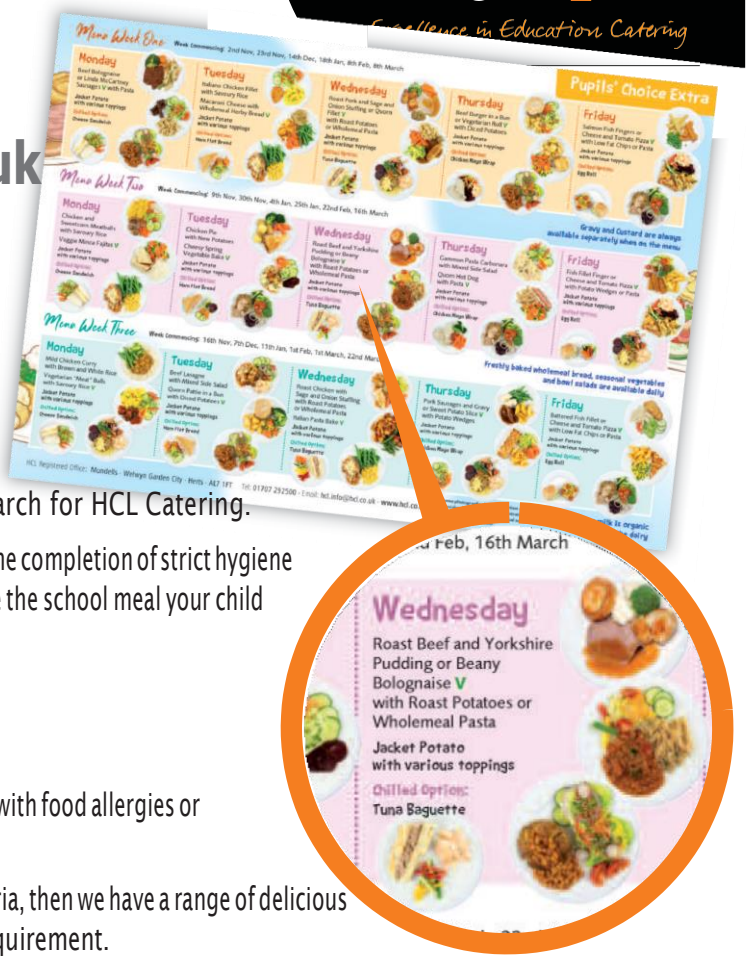
- **No salt is used in cooking or offered to pupils to add after service**
- **Herbs and spices are used to add flavour and develop growing appetites**
- **Where chips appear on the menu, gluten free 'Signature' oven chips, which are produced from British potatoes and are used as standard**
- **Wholegrain varieties of starchy foods are included on the menu at least twice per week**
- **Unlimited bread, freshly baked in our kitchens is available every day**
- **Our menus are SUGARWISE accredited**
- **Pastry is limited to once per week**
- **Non-Dairy protein choices are included in vegetarian dishes**

Unlimited vegetables, salads and freshly baked bread is available for every pupil, every day.



HCL's menus are all fully pictorial and are displayed on our fully interactive website (www.HCL.co.uk)

www.hcl.co.uk



Menus are created on a three-week cycle and are changed twice per year – The Spring / Summer Menu is launched following the Easter School Holidays and the Autumn / Winter Menu is offered following the half term break in October. On the HCL website, parents can see daily, weekly or whole menu cycles for their child's school and our Nutritional Helpline or Contact Forms are easy for parents to contact us. Follow us on Facebook and Twitter too – Just search for HCL Catering.

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.

Applying for a Special Diet

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 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.

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

From The HCL Team

HCLcatering **@HCLcatering** **www.hcl.co.uk**