

# Feeding Healthy Minds



Choosing Delicious  
School Meals





# We're Passionate About School Meals

At HCL, we provide healthy, delicious meals that children look forward to at lunchtime. Our Nutritionists, Menu Coordinators, School Chefs, and Catering Teams carefully craft balanced dishes using quality ingredients to support children's learning, growth, and wellbeing.

We hope your child enjoys our meals as much as we enjoy creating them.

The HCL Team





# The Benefits of an **HCL** School Lunch

Our 3-week menu cycle is updated twice yearly, with the Summer Menu launching in April and the Winter Menu after October half-term.

## OUR MENU

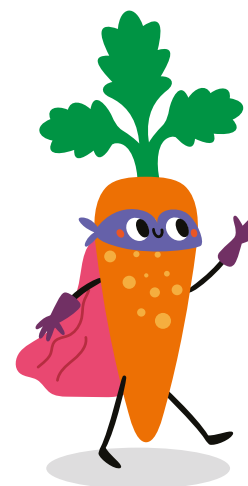
### Key Features of Our Menus

- **Fully compliant** with Government's School Food Standards.
- Developed using quality ingredients from trusted suppliers like **Bidfood**, **McCain**, and **Quorn**.
- Bronze SUGARWISE accredited.
- Bronze Food for Life accredited.



### HCL Menu Standards

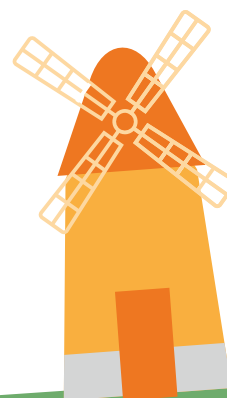
- **No added salt:** flavours enhanced with herbs and spices.
- **Wholegrain** starchy foods served at least twice weekly.
- **Dairy and non-dairy** protein options in vegetarian dishes.
- **Variety** of vegetables and salads served daily.
- **Menus** tailored to allergy, religious, and cultural needs.



# Making the Right Choice for Your Child

**We prioritise responsible, sustainable sourcing and ethical practices to protect the planet and support local communities.**

- British Farm Assured meat and Red Tractor-certified poultry.
- 95% of our vegetables are sourced seasonally.
- MSC-certified fish and Lion Quality Free Range Eggs.
- Free from GM (genetically modified) foods, specified E numbers, colourings, preservatives and additives.
- We source 100% British milk.
- We have partnerships with local butchers and greengrocers.





MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

## WEEK 1

22 APRIL, 12 MAY, 9 JUNE, 30 JUNE, 21 JULY

### MAIN MEAL 1

Chicken Curry

Quorn Burger in a Bun 


Roast Chicken with Sage & Onion Stuffing & Gravy

Pork Sausages with Gravy

Battered Fish Fillet

### MAIN MEAL 2

All Day Breakfast  (Omelette, Grilled Tomato, Beans)

Beany Seashell Pasta 

Cheesy Spring Vegetable & Potato Bake 

Sweet & Sour Quorn 

Cheese & Tomato Pizza 

### SIDE DISH

Brown & White Rice or Hash Brown

Potato Wedges or Herby Garlic Bread

Roast Potatoes or Wholemeal Pasta

Diced Potatoes or Brown & White Rice

Potato Wedges or Tricolour Pasta


### COLD OPTION

Bread Roll with Various Fillings

### EXTRA OPTION



Jacket Potato with Various Toppings

### DESSERT

Tropical Crumble with Ice Cream 50% Fruit 

Fresh Fruit Wedges 

Fresh Fruit Jelly 50% Fruit 


Chocolate Pastry Whirl  

Lemon Shortbread 

## WEEK 2

28 APRIL, 19 MAY, 16 JUNE, 7 JULY

### MAIN MEAL 1

Bean & Cheese Slice 

Chicken Pie with Gravy

Roast Beef with Gravy


Beef Burger in a Bun


Salmon & Sweet Potato Fishcake


### MAIN MEAL 2

Macaroni Cheese 

Mild Mexican Bean Chilli 

Veggie Sausages with Gravy 

Roasted Summer Veg Pasta 

Cheese & Tomato Pizza 

### SIDE DISH

Diced Potatoes or Herby Garlic Bread

Potato Wedges or Brown & White Rice

Roast Potatoes or Wholemeal Pasta

Wholemeal Pasta or Diced Potatoes

Chips or Tricolour Pasta


### COLD OPTION

Bread Roll with Various Fillings

### EXTRA OPTION

Jacket Potato with Various Toppings

### DESSERT

Apple Cornflake Crunch 50% Fruit  

Fresh Fruit Wedges 

Fresh Fruit Jelly 50% Fruit 

Jammy Cookie 

Chocolate Muffin 

## WEEK 3


6 MAY, 2 JUNE, 23 JUNE, 14 JULY

### MAIN MEAL 1

Chicken & Sweetcorn Meatballs with a Tomato Sauce


Beef Bolognese

Roast Pork with Sage & Onion Stuffing & Gravy

Quorn Hot Dog 

Fish Fillet Fingers

### MAIN MEAL 2

Breaded Bean & Vegetable Grill 

Mild Sweet Potato & Chickpea Curry 

Creamy Quorn & Sweetcorn Pasta Bake  

Roasted Veg Lasagne 

Cheese & Tomato Pizza 

### SIDE DISH

Spaghetti or Diced Potatoes

Pasta or Brown & White Rice

Roast Potatoes or Wholemeal Pasta

Potato Wedges or Herby Garlic Bread

Chips or Tricolour Pasta

### COLD OPTION

Bread Roll with Various Fillings


### EXTRA OPTION


Jacket Potato with Various Toppings


### DESSERT

Strawberry Mousse 

Fresh Fruit Wedges 

Fresh Fruit Jelly 50% Fruit 

Ice Cream with Chocolate Cookie "Wafer" 

Pineapple Pastry Squares 50% Fruit  

We know that good nutrition is vital for academic success and overall well-being. That's why we make school meals more nutritious, enjoyable, and inspiring, by focusing on the best quality ingredients and elevating creativity in the kitchen.

**David Stanley**  
HCL Executive Chef



- HCL operates a strict No Nut Policy, ensuring all meals are free from nuts and nut traces.
- Pupils monitoring carbohydrate intake can access this information directly on our website —no need to apply for a Special Diet.

### Here's What You'll Need to Register

- Your child's school details, including class name.
- Medical evidence of their dietary requirements.
- A passport-style electronic photograph to upload to our system.

Once your account is set up, you can easily update the school and HCL with any changes to your child's dietary needs. You'll also automatically receive new menus twice a year.

For further support, visit the FAQs on our Special Diets website or email [HCL.Nutritionist@hcl.co.uk](mailto:HCL.Nutritionist@hcl.co.uk).



## Does Your Child Have Dietary Requirements?

We provide safe, nutritious meals for pupils with food allergies or intolerances. If your child meets the criteria, we offer tailored menus to suit their needs. Set up their profile in minutes via our Allergy Management System at [specialmenu.hcl.co.uk](https://specialmenu.hcl.co.uk).





# How to Order or Register for School Meals

Your school will be able to advise you on which system is in place in your child's canteen:

- To order meals through Citrus, visit: <https://www.hcl.co.uk/order-school-meals>
- To order meals through SchoolGrid, visit: [schoolgrid.co.uk](https://schoolgrid.co.uk)
- To order meals through Cypad, contact your school directly.



## HOW TO ORDER

# Does Your Child Qualify for Free School Meals?

- Reception, Year 1, and Year 2 pupils in state-funded schools in England qualify for Universal Infant Free School Meals (UIFSM) —no application needed.
- Older pupils may qualify if their families receive certain benefits. Visit the government's website for details.
- In London, all primary school children in state-funded schools are eligible for free school meals.
- Opting for Free School Meals could save you up to £500 per child per year\*.

\*[london.gov.uk](https://www.london.gov.uk)



## Join Our Team!

Looking for a new role? HCL offers term-time, family-friendly hours, competitive pay, career progression, and benefits like life assurance and a pension. Apply now via our website.

### OUR PEOPLE AND YOU

## Parent Testimonials

“

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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**Nourish**  
**Educate**  
**Inspire**



**@hclcatering**

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