



# HCL is delighted to become your new school meals provider at Belmont 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.

Currently all children in Reception & KS1 are automatically entitled to enjoy a FREE school meal, and this coming academic year, KS2 children are also entitled to a FREE school meal due to the Mayor of London's Free School Meal scheme.

We operate a 3-week menu cycle that 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. The menu provided at Belmont School is egg free and all meat is Halal accredited.



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.

## 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.

## 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).

To apply, simply go to **[www.hcl.co.uk](http://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](mailto: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.

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

**Any questions you may have, please contact the School Office.**



Follow us on Social Media too – just search for HCLCatering