



5 star excellent meals, such great variety that my little girl raves about them and has not had a lunch box since starting school.

Facebook Parent 2020



A TASTY SCHOOL LUNCH IS **FREE** FOR EVERY NEW YEAR R CHILD STARTING THIS SEPTEMBER

Early Years & KS1 pupils only.

TASTE TESTED
BY KIDS



SCHOOL LUNCHES

They're healthy, fun, seasonal and free!*

Starting school is the beginning of a whole new chapter in your child's life. It's a time to make friends and have lots of new experiences.

School meals are a fantastic opportunity for children to get together and share the experience of trying new foods. Knowing that your child is having a healthy, delicious meal every day, is one less thing for you to worry about.

*UIFSM up to KS2

ABOUT US



As your school's award-winning catering service, we're passionate about providing exceptional school lunches. All our meals are freshly prepared with excellent quality, healthy ingredients. And our weekly menus are carefully created to meet the Government's School Food Plan and offer plenty of variety.

We set high standards for ourselves because we believe that tasty, nutritious food helps children to flourish.

On a low income?

Although all children in KS1 are currently entitled to a free school lunch, visit our website to see if you are eligible to get even more support for your child by checking the criteria.

www.hants.gov.uk/educationandlearning/freeschoolmeals/infants

At time of printing (April 2020), the Government UIFSM programme allows children in KS1 to eat school lunch free. If this changes, parents may be charged.

10 REASONS TO CHOOSE SCHOOL LUNCH ARE JUST A HOP, SKIP AND A JUMP AWAY!



GET PRIMARY SCHOOL READY

We're proud of our friendly, caring teams who are keen to help your child settle in and enjoy their school lunch experience with their friends right from the start.

The fact this all comes for free for my five-year-old is amazing. No way am I packing a soggy sandwich for lunch for him when your menu is on offer. Schools are very fortunate to have you.

Facebook Parent September 2019

Children from Andrews Endowed Primary School Alton

WE POST THE FOLLOWING DAY'S MENU AT 3PM ON FACEBOOK (5PM SUNDAYS)



Here are some **tips** to help your child settle in to the school lunch routine.

- 1 **Look at our menu** with your child and ask them to choose their favourite meals. Be positive about school meals; children may pick up on your anxieties.
- 2 Help teach your child how to use a **knife, fork and spoon** and remember it.
- 3 Practice holding a **lunch tray or plate** so they don't drop it on their first day.
- 4 **Rehearse the school routine** and explain how at school you stay and have lunch with your friends.
- 5 Practice drinking out of a **cup or beaker** without a lid over the summer.
- 6 **Make food fun.** Try new things, especially healthy fruit and vegetables.



I am loving this page! I now show my little man what's on the menu for the next day and to see visuals is great for us too. Well done and keep up the amazing work you all do!

Facebook Parent September 2019



NEED A SPECIAL DIET FOR MEDICAL REASONS?

HERE'S WHAT TO DO.

PLEASE NOTE:

To avoid any disappointment for when your child starts school, we need your medical special diet application (HC300) by 1st July.

1 Print our Medical Special Diet application form from our website www.hants.gov.uk/educationandlearning/hc3s/primaryschools/specialdiets



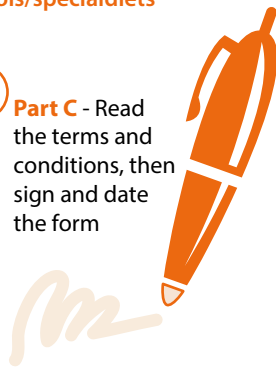
2 Complete **Part A**



3 **Part B** - Ask your doctor or dietitian to complete the medical confirmation and then stamp the form



4 **Part C** - Read the terms and conditions, then sign and date the form



5 Please return the form to your school office. It will be scanned to HC3Sfooddevelopment@hants.gov.uk

Alternatively, you can scan and return the form yourself using the same email address

6 After receiving the form, our Food Development Team will produce a suitable menu for your child. We aim to send this to your child's school after 10 working days



7 Your school will contact you when your child can start to receive their special diet meal



8 For any questions or concerns not addressed on our website, details below, contact our Food Development Team on **0370 779 7723** or hc3sfooddevelopment@hants.gov.uk

NEED MORE INFORMATION?

We have an allergen matrix on our website covering all the ingredients on the current menu, visit: www.hants.gov.uk/hc3s/primaryschools/specialdiets

Are you apprehensive about your child's medical special diet requirements when they start school? Let us reassure you, contact us for advice.

E-mail: hc3sfooddevelopment@hants.gov.uk or call **0370 779 7723**

OUR AWARDS & ACCREDITATIONS

'FOOD FOR LIFE SERVED HERE AWARD' FOR ALL OUR PRIMARY SCHOOLS



An independent award scheme that recognises caterers that serve "local, fresh and honest food cooked by chefs who really care about quality ingredients."

Children in Food For Life schools are twice as likely to eat their five a day compared to children in matched comparison schools.*

*State of the Nation report 2018 produced by Food For Life

We guarantee that our food meets high sets of standards and values and offers a commitment to good food. To find out more, visit www.soilassociation.org www.hants.gov.uk/hc3s/ourfood

We hold a gold Eat Out Eat Well award for our school meals. The award demonstrates which caterers make it easier for their customers to make healthy choices when eating out.



"HC3S are a shining example of how working with your clients and suppliers can have a positive impact on the health of our young people."
Inspector 2019



We are the **Cateys Food Service Education Caterer** of the year 2019 and the **EDUCATERING Excellence** award's Primary School Team of the year 2019.

ONLY THE GOOD STUFF



The highest award for excellence in school meals, re-awarded to us by the **HYPERACTIVE CHILDREN'S SUPPORT GROUP** shows the importance of a healthy diet which helps schools and caterers avoid the additives that trigger difficult behaviour and poor concentration.

"I enjoy visiting HC3S as I always love to meet a team that works so hard for children's nutrition."
Assessor 2019



WEEK 1



Vegetarian Vegan

TUESDAY

CHOOSE FROM
Chicken curry with brown and white rice

Tomato pasta

ON THE SIDE
Seasonal vegetables and flatbread

TO FINISH
Carrot cake

Download our calendar and other menu options here www.hants.gov.uk/hc3s

THURSDAY

CHOOSE FROM
Roast chicken and Yorkshire pudding

Vegetable Wellington

ON THE SIDE
Seasonal vegetables, roast potatoes, gravy and bread roll

TO FINISH
Apple iced bun

MONDAY

CHOOSE FROM

- Pork sausages with mashed potato and gravy
- Somerset cheese and onion quiche with diced potatoes

ON THE SIDE
Seasonal vegetables and bread roll

TO FINISH
Ice cream, fruit smoothie or iced lolly

WEDNESDAY

CHOOSE FROM
Handmade fish cake

Margherita pizza

ON THE SIDE
Crinkle cut wedges, baked beans or vegetable of the day and garlic bread

TO FINISH
Freshly baked biscuit

FRIDAY

CHOOSE FROM
Baked fish fingers and chips

Gnocchi in a tomato, basil and spinach sauce

ON THE SIDE
Garden peas or sweetcorn and sliced bloomer

TO FINISH
A choice of cold desserts

WEEK 2



Our primary school menus comply with the Government's food and nutritional standards, meeting an average of 530 calories for each meal



MONDAY

CHOOSE FROM

- Pork sausage roll with diced potatoes
- Macaroni cheese with Somerset cheddar

ON THE SIDE
Seasonal vegetables and bread roll

TO FINISH
Ice cream, fruit smoothie or iced lolly

TUESDAY

CHOOSE FROM
Spaghetti beef Bolognese

Vegetable goujons with diced potatoes

ON THE SIDE
Seasonal vegetables and garlic bread

TO FINISH
Chocolate brownie

Download our calendar and other menu options here www.hants.gov.uk/hc3s

THURSDAY

CHOOSE FROM
Roast beef and Yorkshire pudding

Vegetarian toad in the hole

ON THE SIDE
Seasonal vegetables, roast potatoes, gravy and bread roll

TO FINISH
Butterscotch tart

FRIDAY

CHOOSE FROM
Baked battered fish and chips

Sweet potato and lentil curry with brown and white rice

ON THE SIDE
Garden peas and flatbread

TO FINISH
A choice of cold desserts

WEEK 3

Daily selection of alternative desserts; fresh fruit, organic yoghurt, cheese and biscuits or fruit juice



TUESDAY

CHOOSE FROM
Beef lasagne

✔ Oriental fried rice

ON THE SIDE
Seasonal vegetables and garlic bread

TO FINISH
Banana loaf

THURSDAY

CHOOSE FROM
Roast gammon and Yorkshire pudding

✔ Vegetarian sausages and Yorkshire pudding

ON THE SIDE
Seasonal vegetables, roast potatoes, gravy and bread roll

TO FINISH
Fruity summer sponge

MONDAY

CHOOSE FROM
Chicken goujons

✔ Free range omelette

ON THE SIDE
Crinkle cut wedges, baked beans or vegetable of the day and bread roll

TO FINISH
Ice cream, fruit smoothie or iced lolly

WEDNESDAY

CHOOSE FROM
Tuna and sweetcorn pasta bake

✔ Margherita pizza and diced potatoes

ON THE SIDE
Seasonal vegetables and focaccia

TO FINISH
Freshly baked biscuit

FRIDAY

CHOOSE FROM
Baked fish fingers and chips

✔ Somerset cheese and tomato Quesadilla and chips

ON THE SIDE
Garden peas or sweetcorn and sliced bloomer

TO FINISH
A choice of cold desserts

DOWNLOAD OUR CALENDAR
AND OTHER MENU OPTIONS HERE
www.hants.gov.uk/hc3s



All menu items are subject to change in the event of unforeseen circumstances or national emergency.

OUR GUIDE FOR FUSSY EATERS

It's not always easy to get your child to eat their greens... or mushrooms for that matter. How often do we hear, 'they're a fussy eater' so you send them to school with a packed lunch? When your child comes home with an empty lunch box, you breathe a sigh of relief. But many children give away their food, swap or dump it in our waste bins. So you don't always have the whole picture.

Here's our top 3 tips:

1 AVOID REWARDING WITH FOOD

Now we're not suggesting you bribe your child to eat their meal, but offering a great-tasting dessert if they eat their veg will not help either of you in the long run. And not pushing them to finish a whole meal can take the pressure off. Encourage eating a little more of that dish next time. Try stickers, games or earning days out. Anything that doesn't make them turn to sugary foods as a treat.



2 BE YOUR CHILD'S HERO

You can be the best role model for your child. They look up to you. So lead by example, and eat a wide variety of vegetables. Make sure vegetables are the norm for the dinner table and try sharing with positive comments.

3 KEEP TRYING

As children grow, so do their taste palettes. Don't assume they don't like a certain food because they've only tried it a couple of times. Apparently, it takes 15-20 times to really know so offer small amounts with encouragement and they may decide it's not so bad after all.

GIVE IT A TRY, IT MIGHT BE YOUR NEW FAVOURITE FOOD...

The menus have a great variety of choice for all kids, even fussy ones like my eldest!

Facebook Parent 2019



HAVE FUN WITH ZAC, OUR FINGER PUPPET

Meet Zac, our friendly school lunch mascot.

1. Cut out Zac and the plates of food along the dotted lines.
2. Bend the tabs around two of your fingers and fasten with sticky tape.
3. Wiggle your fingers - Which main meal and pudding would you choose?

