



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



Hampshire  
County Council

[www.hants.gov.uk/hc3s](http://www.hants.gov.uk/hc3s)

# 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 and sustainably cooked meal every day, is one less thing for you to worry about.

\*UIFSM up to KS2

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



## 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 classics 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 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](http://www.hants.gov.uk/educationandlearning/freeschoolmeals/infants)

At time of printing (April 2021), the Government UIFSM programme allows children in KS1 to eat school lunch free. If this changes, parents may be charged.



# GET PRIMARY SCHOOL READY

Head to the homepage of our website to view our video about what to expect when starting school.  
[www.hants.gov.uk/hc3s](http://www.hants.gov.uk/hc3s)

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.

*I love the daily updates to keep us informed of what's on tomorrow's menu. Also, the really helpful resources you had for the children during lockdown were a godsend too.*

Facebook Parent 2021

FOLLOW OUR CONVERSATION

f @hc3seducation  
t @hc3s6

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

Children from Andrews  
Endowed Primary School Alton

## I love school lunch

SCHOOL LUNCH



#VegPower  
#FoodToFlourish



HC3S  
FOOD TO FLOURISH



# 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.



*We use the Facebook page nearly every day to look at the photos of the choices for the following day* 👍

Facebook Parent 2021

# NEED A SPECIAL DIET FOR MEDICAL REASONS?



Living with allergies comes with its own set of rules so when it comes to food, as education caterers, we want to make this as easy as possible for you as a family. Our staff are trained in food safety and regularly update their skills on allergens.

We never underestimate the dangers of food allergies and intolerances and we know what a big deal this is for you as parents. Trusting someone else to feed your child is a huge responsibility. And that's why we work hard to get it right.

During summer 2021, we are launching an exciting **new medical special diet registration process**, which will mean that you and your child's school will have access to all the details you provide about your child's medical condition so we can devise a safe school lunch menu for them. Easy to use, you will be able to create your own account, upload medical evidence, and see your child's diet in your own online space.



Access to our new registration process will be via our dedicated special diet webpage [www.hants.gov.uk/hc3s/primaryschools/specialdiets](http://www.hants.gov.uk/hc3s/primaryschools/specialdiets)



You'll find our special diet matrix online with list of ingredients for our dishes from our 'classics' menu. As we always offer at least two dishes each day for school lunch, you may find that the alternative dish works and choose not to register your child. In doing so you are taking responsibility for your child's choice. However, we do always strongly recommend full registration for any child with food allergies.

**FOLLOW US ON FACEBOOK AND TWITTER FOR MORE UPDATES ON THIS EXCITING NEW PROJECT**



@hc3seducation



@hc3s6

Currently, we have **46** generic special diet menus and just over **500** individual special diet menus for children across our schools. In total, we are catering for **2,500+** children with food allergies and intolerances.

## NEED MORE INFORMATION?

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](mailto: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](http://www.soilassociation.org) [www.hants.gov.uk/hc3s/ourfood](http://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 **Catey's Food Service Education Caterer** of the year 2019 and the **EDUCATING 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

WEEK STARTING :

September 13

October 4



## TUESDAY

### CHOOSE FROM

- ✓ Free range omelette with diced potatoes
- Chicken curry with a blend of brown and white rice

### ON THE SIDE

Selection of seasonal vegetables

### TO FINISH

Freshly baked biscuit

## MONDAY

### CHOOSE FROM

- ✓ Gnocchi in a tomato, basil and spinach sauce
- Pork sausages, mashed potato and gravy

### ON THE SIDE

Selection of seasonal vegetables

### TO FINISH

Ice cream

## WEDNESDAY

### CHOOSE FROM

- ✓ Margherita pizza
- Handmade fish cake

### ON THE SIDE

Selection of seasonal vegetables and crinkle cut wedges

### TO FINISH

Fruit and yoghurt granola pot

## THURSDAY

### CHOOSE FROM

- ✓ Roasted vegetable puff pastry parcel
- Sliced beef and Yorkshire pudding

### ON THE SIDE

Selection of seasonal vegetables, roast potatoes and gravy

### TO FINISH

Apple sponge

## FRIDAY

### CHOOSE FROM

- ✓ Roasted vegetable lasagne
- Baked fish fingers and chips

### ON THE SIDE

Baked beans or garden peas

### TO FINISH

A choice of cold desserts

Download our  
calendar and other  
menu options here  
[www.hants.gov.uk/hc3s](http://www.hants.gov.uk/hc3s)



# WEEK 2

## WEEK STARTING :

August 30

September 20

October 11



*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

- ✓ Tomato pasta
- Pork sausage roll with diced potatoes

### ON THE SIDE

Selection of seasonal vegetables

### TO FINISH

Ice cream

## TUESDAY

### CHOOSE FROM

- ✓ Vegetable burger with homemade potato wedges
- Spaghetti beef Bolognese

### ON THE SIDE

Selection of seasonal vegetables

### TO FINISH

Freshly baked biscuit

## WEDNESDAY

### CHOOSE FROM

- ✓ Margherita pizza
- Bubble salmon

### ON THE SIDE

Selection of seasonal vegetables and crinkle cut wedges

### TO FINISH

Fruity frozen yoghurt

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## THURSDAY

### CHOOSE FROM

- ✓ Vegetarian sausages and Yorkshire pudding
- Roast chicken and Yorkshire pudding

### ON THE SIDE

Selection of seasonal vegetables, roast potatoes and gravy

### TO FINISH

Banana muffin

## FRIDAY

### CHOOSE FROM

- ✓ Somerset cheddar cheese and tomato Quesadilla
- Baked battered fish

### ON THE SIDE

Baked beans or garden peas and chips

### TO FINISH

A choice of cold desserts

# WEEK 3

## WEEK STARTING :

September 6

September 27

October 18

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



## TUESDAY

### CHOOSE FROM

- ✓ Summer vegetable quiche
- Beef burger in a homemade roll

### ON THE SIDE

Selection of seasonal vegetables and crinkle cut wedges

### TO FINISH

Freshly baked biscuit

## THURSDAY

### CHOOSE FROM

- ✓ Quorn fillet
- Toad in the hole

### ON THE SIDE

Selection of seasonal vegetables, roast potatoes and gravy

### TO FINISH

Chocolate brownie

## MONDAY

### CHOOSE FROM

- ✓ Macaroni cheese with Somerset cheddar
- Chicken marinated in a BBQ sauce served with a blend of brown and white rice

### ON THE SIDE

Selection of seasonal vegetables

### TO FINISH

Ice cream

## WEDNESDAY

### CHOOSE FROM

- ✓ Margherita pizza with diced potatoes
- Tuna and sweetcorn pasta bake

### ON THE SIDE

Selection of seasonal vegetables

### TO FINISH

Apple iced bun

## FRIDAY

### CHOOSE FROM

- ✓ Sweet potato and lentil curry with a blend of brown and white rice
- Baked fish fingers and chips

### ON THE SIDE

Baked beans or garden peas

### TO FINISH

A choice of cold desserts



DOWNLOAD OUR CALENDAR  
AND OTHER MENU OPTIONS HERE  
[www.hants.gov.uk/hc3s](http://www.hants.gov.uk/hc3s)



# 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...

Find more top tips for fussy eaters and about how to liven up your veg on our website.

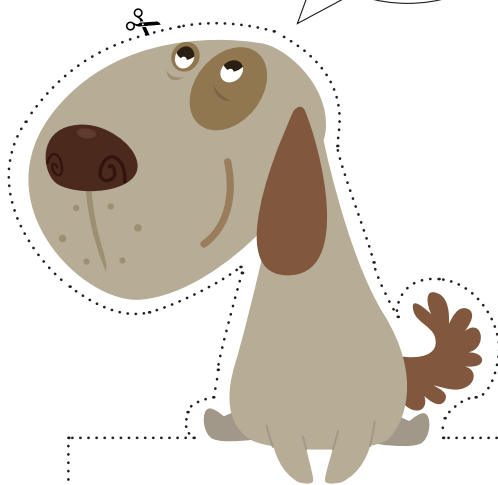
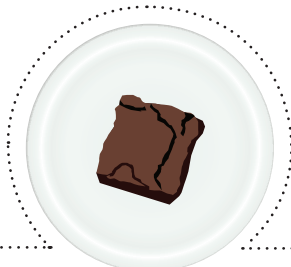
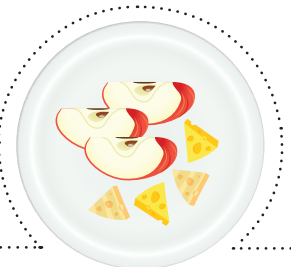
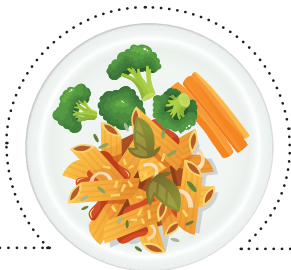
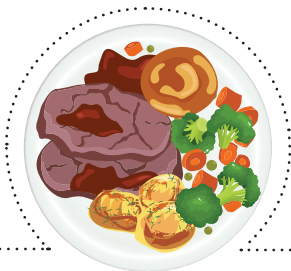
[www.hants.gov.uk/educationandlearning/hc3s/ourfood/recipes](http://www.hants.gov.uk/educationandlearning/hc3s/ourfood/recipes)



# 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?



HI! MY NAME IS  
ZAC. I LOVE  
HEALTHY FOOD!