



JOIN US FOR TASTY **FREE** SCHOOL LUNCHES FOR EVERY YEAR R CHILD STARTING SCHOOL

Reception & KS1 pupils only.



AT LEAST
75%
OF OUR
MEALS
ARE PREPARED FROM
SCRATCH

COMPLETELY
NUT FREE

FOLLOW OUR
CONVERSATION
@hc3seducation
@hc3s6

FRESH BREAD
PLUS SALAD
MADE DAILY



SCHOOL LUNCHES

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



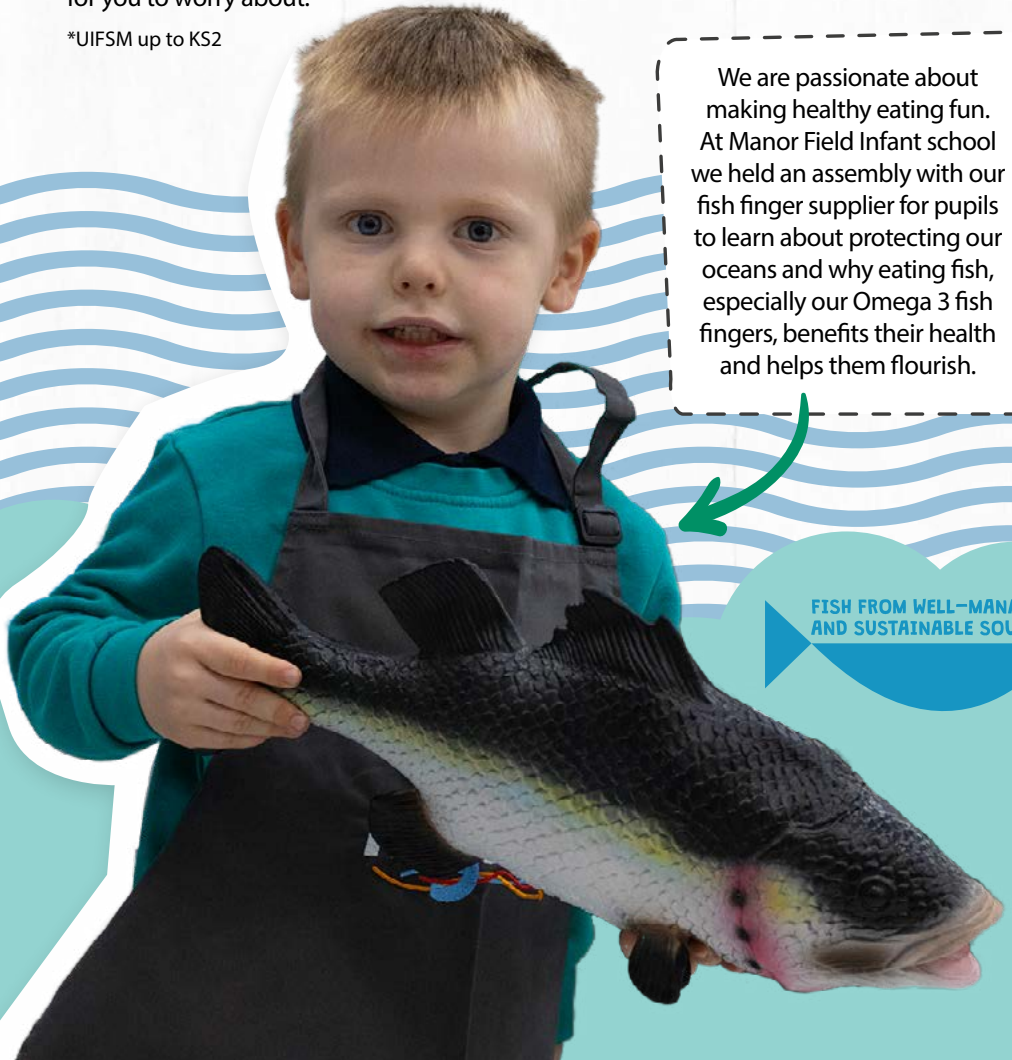
Starting school is the beginning of a whole new chapter in your child's life. It's a time to make friends and have lots of new experiences.

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

We are passionate about making healthy eating fun. At Manor Field Infant school we held an assembly with our fish finger supplier for pupils to learn about protecting our oceans and why eating fish, especially our Omega 3 fish fingers, benefits their health and helps them flourish.

FISH FROM WELL-MANAGED
AND SUSTAINABLE SOURCES



OUR FOOD

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.

The current Government UIFSM programme allows children in reception and KS1 to eat school lunch free. If this changes, parents may be charged.

An example of one school's freshly prepared salad February 2023.



Pupils love to choose from the additional salad and freshly prepared bread that we provide withall our school lunches.

"My son is interested in eating healthy foods and looks forward to his school lunches. Using his own words, he says he "ate them all up!"

Year R Parent 2022

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/hc3s/education-catering/primary/free-school-meals

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.

Head to the Food To Flourish page of our website to view our video about what to expect when starting school
www.hants.gov.uk/hc3s



My little boy loves the school meals. He tries things he wouldn't necessarily try at home.

Facebook Parent 2022





Our teams are always going that extra mile to make the school lunch experience special such as our freshly baked shortbread with messages for children to read.



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

FOLLOW OUR CONVERSATION

 @hc3seducation
 @hc3s6

EAT THEM TO DEFEAT THEM

We don't just provide tasty, nutritious school lunches; we work with our schools to help deliver messages about healthy eating.

Pupils having fun and learning about vegetables during the Eat Them To Defeat Them campaign at Rowner Infant School. For more information about this national campaign and how HC3S support it visit: www.hants.gov.uk/educationandlearning/hc3s/education-catering/primary/vegpower



"My son has loved this campaign and has eaten so many new vegetables with enthusiasm - thank you!"

Facebook Parent 2022



10 REASONS

TO CHOOSE SCHOOL LUNCH ARE:

1

We prepare and cook fresh, healthy, flavoursome food

2

We provide one third of your child's daily calorie allowance

3

We offer a choice of salad daily



4

Our bread is made fresh every day

5

We listen to children's feedback about our menus

6

Our teams encourage children to try new tastes

7

Our food is sourced with integrity from ethical suppliers



8

We aim to use seasonal ingredients

9

Theme day lunches are fun and can help your child's learning

10

They are **FREE!***





SUSTAINABILITY IS ALL ABOUT SCHOOL LUNCH

As a responsible school caterer, we aim to have a lasting affect on pupils' health and wellbeing so that they flourish. This also means that we help them learn to take care of their environment. As well as thinking sustainably about sourcing, we also ensure our food is cooked from scratch on-site in our kitchens with our own staff. This means your children will eat freshly cooked meals packed full of goodness, rather than meals made elsewhere and reheated, that causes them to lose valuable nutrients.

JUST SOME OF THE WAYS WE MAKE OUR LUNCHES SUSTAINABLE



Five bean chili

- > You'll find **our non-meat options first on our menus** to encourage children to choose choices that are better for their health and planet.
- > **Eating seasonally** as much as possible means our menus are packed with nutrients that help children's minds and bodies.
- > Our menu variety help pupils to make sustainable choices. You'll see a **daily non-meat choice and many dishes are plant-based or vegan.**
- > **British sourcing** ensures high environmental standards, supports UK producers and growers.

> **We champion schools to support sustainability** so if your child learns life skills at school growing herbs and vegetables, we often use these in our dishes to help pupils understand where food comes from. **We provide teaching resources** from our Food to Flourish classroom to create a healthy eating culture and help children think about how food is grown and arrives on their plate.



> **We banned single-use plastic products** and use larger ones to serve children individually. Our desserts are served in washable reusable crockery so that they can be used over and over.

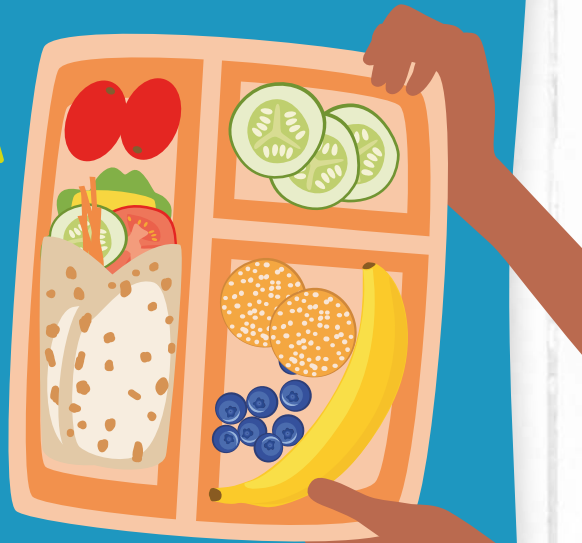
Our meat is raised to high welfare standards



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.
- 2** Be positive about school meals; children may pick up on your anxieties.
- 3** Help teach your child how to use a **knife, fork and spoon** and remember it.
- 4** Practice holding a **lunch tray or plate** so they don't drop it on their first day.
- 5** **Rehearse the school routine** and explain how at school you stay and have lunch with your friends.

Katsu Chicken Curry



I just wanted to say that I think the school meals that are on offer at are really good; lots of choice and my son says they're very nice.

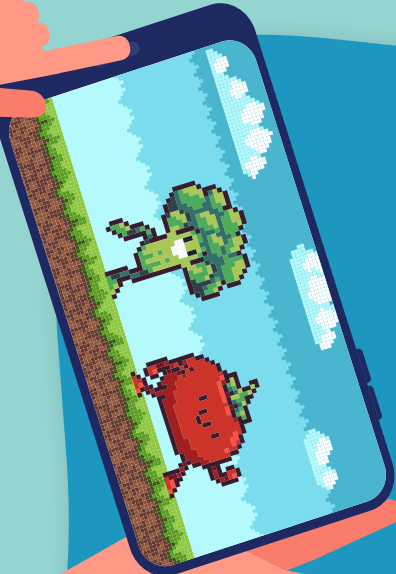
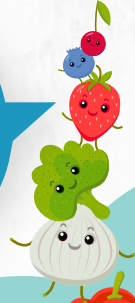
Year R Parent 2022





FOOD CAN BE FUN!

HEALTHY BALANCED MEALS



6 Practice drinking out of a **cup or beaker** without a lid over the summer.

7 **Make food fun.** Try new things, especially healthy fruit and vegetables.

8 **For a fun way to learn,** play computer games and apps that teach children about healthy eating.

9 **Read books** that have pictures of fruit and vegetables in them, or that have a food-related theme and talk about this. Your local library would be happy to help find you a selection.



DOES YOUR CHILD NEED A MEDICAL SPECIAL DIET TO EAT LUNCH AT SCHOOL?

If so, you need to create an account by

16 June 2023

to register your child for a medical special diet.

Once you have created your account, we will be able to review your medical evidence with our NHS dietician in order to devise an adapted menu for your child's school lunch.

Apply by adding this link into your browser:

[www.hants.gov.uk/
educationandlearning/hc3s/
education-catering/specialdiets](http://www.hants.gov.uk/educationandlearning/hc3s/education-catering/specialdiets)



You can then manage your account quickly, safely and conveniently online. It only takes minutes and once you've registered, you can see your child's individual menu and update medical evidence details whenever you need to. We'll also be able to send you updates when your child's new menus are created.



You'll also find our special diet matrix online with a 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.

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.



If you have any questions, you can call our team on **023 8062 9388** or email **hc3sfooddevelopment@hants.gov.uk** and one of the team will be happy to help you during office hours.

We hope your child will enjoy having a school lunch with us during their school journey and flourish.

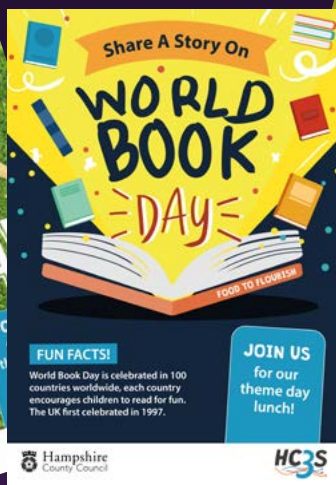
SCHOOL LUNCH



“ My son is in year R and has had school meals everyday since September. He's really enjoyed the variety, the ability to chose his own and sitting together with friends. I am really grateful that this is offered to all children in year R. He's also really enjoyed the themed meals and campaigns - Thank you.

Facebook Parent 2022 ”

POTATOES WERE THE FIRST VEGETABLE GROWN IN SPACE.



Ask your school which theme days they've chosen.

WEEK 1

WEEK STARTING :

April 17

May 8

June 5

June 26

July 17

September 11

October 2

FRESH BREAD



MONDAY

CHOOSE FROM

- ✓ Vg Nacho bean bites with diced potatoes
- Pork sausages with mashed potato and gravy

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Ice-cream or yoghurt with fruit salad

TUESDAY

CHOOSE FROM

- ✓ Vg Sweet potato and lentil curry with a blend of brown and white rice
- Cheeseburger with crinkle cut wedges

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Freshly baked shortbread biscuit

WEDNESDAY

CHOOSE FROM

- ✓ Vg Margherita pizza with diced potatoes
- Ham carbonara with penne pasta

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Trifle

THURSDAY

CHOOSE FROM

- ✓ Vg Quorn chicken pieces in a Yorkshire pudding
- Sliced beef with Yorkshire pudding

ON THE SIDE

Roast potatoes, vegetable of the day and gravy

TO FINISH

Chocolate pudding

FRIDAY

CHOOSE FROM

- ✓ Vg Summer vegetable quiche
- Baked fish fingers

ON THE SIDE

Chips and vegetable of the day or salad

TO FINISH

Banana flapjack



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

WEEK 2

WEEK STARTING :

April 24

May 15

June 12

July 3

August 28

September 18

October 9



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

- Vegetarian Roasted vegetable lasagne
- Pork sausage roll with diced potatoes

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Ice-cream or yoghurt with fruit salad

TUESDAY

CHOOSE FROM

- Vegetarian Vegetable and bean burrito
- Chicken nuggets with crinkle cut wedges

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Freshly baked chocolate cookie

WEDNESDAY

CHOOSE FROM

- Vegetarian Margherita pizza
- Bubble salmon

ON THE SIDE

Diced potatoes and vegetable of the day or salad

TO FINISH

Orange and strawberry jelly

THURSDAY

CHOOSE FROM

- Vegetarian Quorn and leek pastry crown
- Sliced pork with Yorkshire pudding

ON THE SIDE

Roast potatoes, vegetable of the day and gravy

TO FINISH

Lemon drizzle sponge

FRIDAY

CHOOSE FROM

- Vegetarian Somerset cheddar cheese and tomato quesadilla
- Baked battered fish

ON THE SIDE

Vegetable of the day or salad and chips

TO FINISH

Love cake



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

WEEK 3

WEEK STARTING :

May 1

May 22

June 19

July 10

September 4

September 25

October 16



TUESDAY

CHOOSE FROM

- ⑤ Tomato pasta

Chicken Katsu curry with a blend of brown and white rice

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Freshly baked oat and sultana cookie

THURSDAY

CHOOSE FROM

- ⑤ Vegetable wellington

Roast chicken with Yorkshire pudding

ON THE SIDE

Roast potatoes, vegetable of the day and gravy

TO FINISH

Victoria sponge

MONDAY

CHOOSE FROM

- ⑤ Five bean chilli with a blend of brown and white rice

Chicken meatball sub with BBQ sauce and diced potatoes

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Ice-cream or yoghurt with fruit salad

WEDNESDAY

CHOOSE FROM

- ⑤ Margherita pizza

Fishcake

ON THE SIDE

Crinkle cut wedges and vegetable of the day or salad

TO FINISH

Orange jelly topped with chocolate whip

FRIDAY

CHOOSE FROM

- ⑤ Macaroni cheese with Somerset cheddar

Fish fingers and chips

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Chocolate brownie

DOWNLOAD OUR CALENDAR AND PICTURE MENU RESOURCES HERE
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...



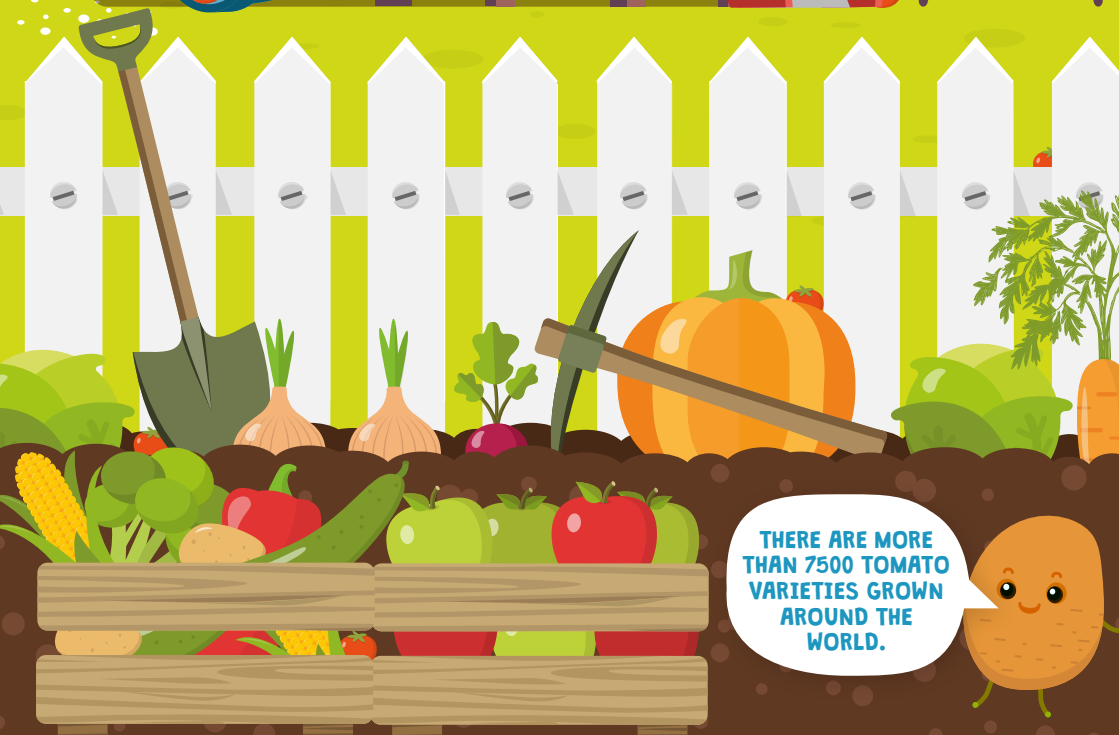
Find ways to liven up your veg and family friendly recipes online.

www.hants.gov.uk/educationandlearning/hc3s/about-us/recipes



HUNT THE TOMATOES!

HOW MANY CAN YOU FIND?



THERE ARE MORE THAN 7500 TOMATO VARIETIES GROWN AROUND THE WORLD.

