



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

Reception & KS1 pupils only.



TASTE TESTED  
BY KIDS

AT LEAST  
**75%**  
OF OUR  
MEALS  
ARE PREPARED FROM  
SCRATCH

COMPLETELY  
**NUT FREE**

FOLLOW OUR  
CONVERSATION  
@hc3seducation  
@hc3s6

FRESH BREAD  
PLUS SALAD  
MADE DAILY



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



## 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.



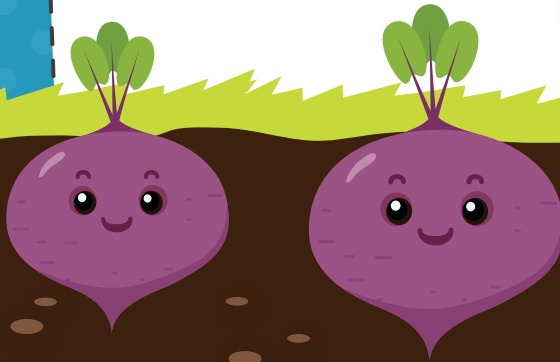
“

Our vegetarian sausages and especially our vegetarian sausage puff is a firm favourite with children at all our schools.

*“My boy is very fussy eater but loves your vegetarian sausages!”*

Facebook Parent 2021

”



## 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)

# 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 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)

*I love the daily updates to keep us informed of what's on tomorrow's menu.*



Facebook Parent 2021

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.

WELCOME  
BACK

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 trying vegetables during the Eat Them To Defeat Them tomato week at Barton Farm Primary Academy. For more information about this national campaign and how HC3S support it visit: [www.hants.gov.uk/educationandlearning/hc3s/vegpower](http://www.hants.gov.uk/educationandlearning/hc3s/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

Our teams encourage children to try new tastes

3

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

4

We listen to children's feedback about our menus

5

Our bread is made fresh every day using locally milled flour

6

We offer a choice of salad daily

7

Our food is sourced with integrity from ethical suppliers

8

We aim to use seasonal ingredients

9

Theme day lunch menus can engage and help with their 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



Vegan spaghetti Bolognese

- > 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.



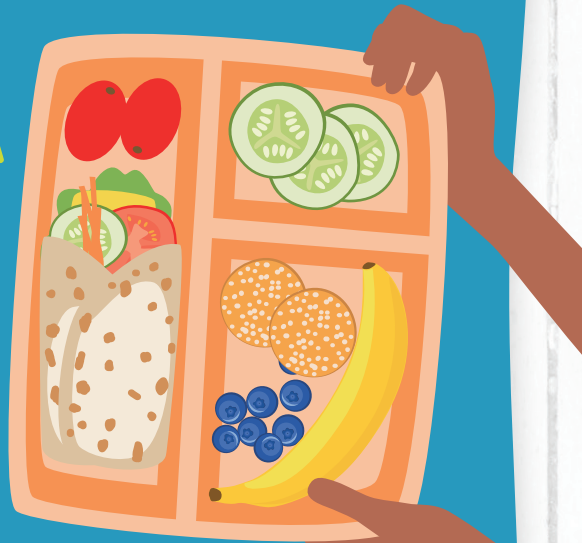
Our meat is raised to high welfare standards



# 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.

Quorn & Vegetable Fajita



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

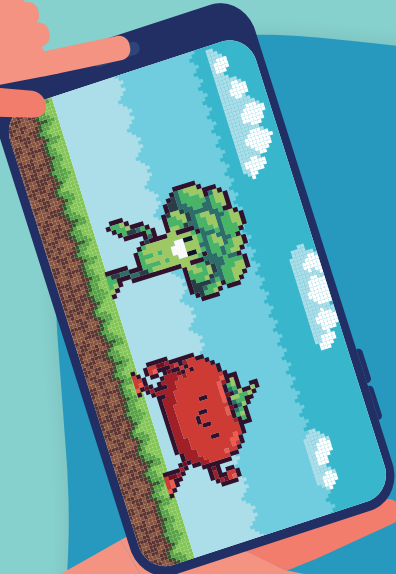
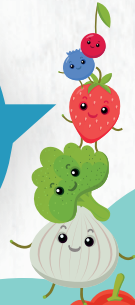
Facebook Parent 2021



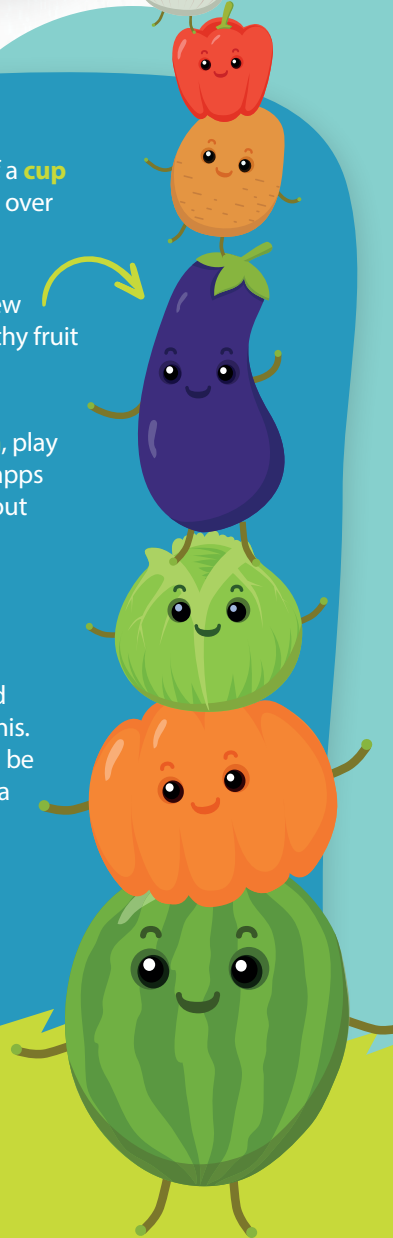


FOOD CAN  
BE FUN!

# 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

**20 June 2022**

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](mailto: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.

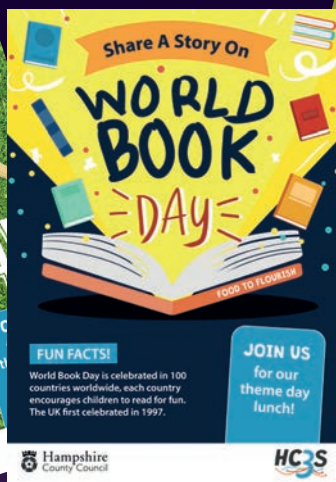
**SCHOOL LUNCH**



“ 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.



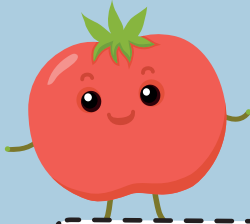
Ask your school which theme days they've chosen.

# WEEK 1

WEEK STARTING :

September 13

October 4



## TUESDAY

CHOOSE FROM

- ✓ Tomato pasta
- BBQ chicken fillet with diced potatoes

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Freshly baked gingerbread

## MONDAY

CHOOSE FROM

- ✓ Summer vegetable quiche with new potatoes
- Pork sausages with mashed potato and gravy

ON THE SIDE

Vegetable of the day or salad

TO FINISH

Ice cream served with a selection of fruit

## WEDNESDAY

CHOOSE FROM

- ✓ Margherita pizza
- Bubble salmon

ON THE SIDE

Crinkle cut wedges and vegetable of the day or salad

TO FINISH

Victoria sponge

## THURSDAY

CHOOSE FROM

- ✓ Vegetarian sausage puff
- Roast chicken with stuffing

ON THE SIDE

Roast potatoes, vegetable of the day and gravy

TO FINISH

Chocolate brownie

## FRIDAY

CHOOSE FROM

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

ON THE SIDE

Chips and vegetable of the day or salad

TO FINISH

A choice of 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 

## TUESDAY

### CHOOSE FROM

-  Quorn and vegetable Fajita
- Chicken nuggets

### ON THE SIDE

Crinkle cut wedges and vegetable of the day or salad


### TO FINISH

Freshly baked shortbread

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

## THURSDAY

### CHOOSE FROM

-  Quorn and leek pastry crown
- Sliced beef and Yorkshire pudding

### ON THE SIDE


Roast potatoes, vegetable of the day and gravy

### TO FINISH

Apple sponge

## MONDAY

### CHOOSE FROM

-  Vegan Bolognese
- Pork sausage roll with mashed potato

### ON THE SIDE


Vegetable of the day or salad

### TO FINISH

Ice cream served with a selection of fruit

## WEDNESDAY

### CHOOSE FROM

-  Margherita pizza with diced potatoes
- Chicken curry with a blend of brown and white rice

### ON THE SIDE

Vegetable of the day or salad

### TO FINISH

Banana flapjack

## FRIDAY

### CHOOSE FROM

-  Vegetable lasagne
- Baked battered fish and chips

### ON THE SIDE

Vegetable of the day or salad

### TO FINISH

A choice of desserts

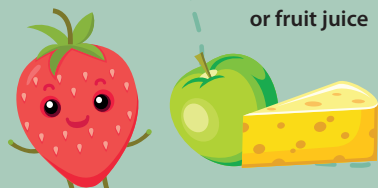
# WEEK 3

## 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

- Vegetable goujon and diced potatoes
- Spaghetti with turkey meatballs

### ON THE SIDE

Vegetable of the day or salad

### TO FINISH

Freshly baked oaty biscuit

## THURSDAY

### CHOOSE FROM

- Vegetarian sausages and Yorkshire pudding
- Sliced pork and Yorkshire pudding

### ON THE SIDE

Roast potatoes, vegetable of the day and gravy

### TO FINISH

Iced carrot cake



## MONDAY

### CHOOSE FROM

- Macaroni cheese with Somerset cheddar
- Burger in a bap with homemade potato wedges

### ON THE SIDE

Vegetable of the day or salad

### TO FINISH

Ice cream served with a selection of fruit

## WEDNESDAY

### CHOOSE FROM

- Margherita pizza with crinkle cut wedges
- Fruity Caribbean chicken fillet with coconut rice

### ON THE SIDE

Vegetable of the day or salad

### TO FINISH

Eton mess

## FRIDAY

### CHOOSE FROM

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

### ON THE SIDE

Vegetable of the day or salad

### TO FINISH

A choice of 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...**

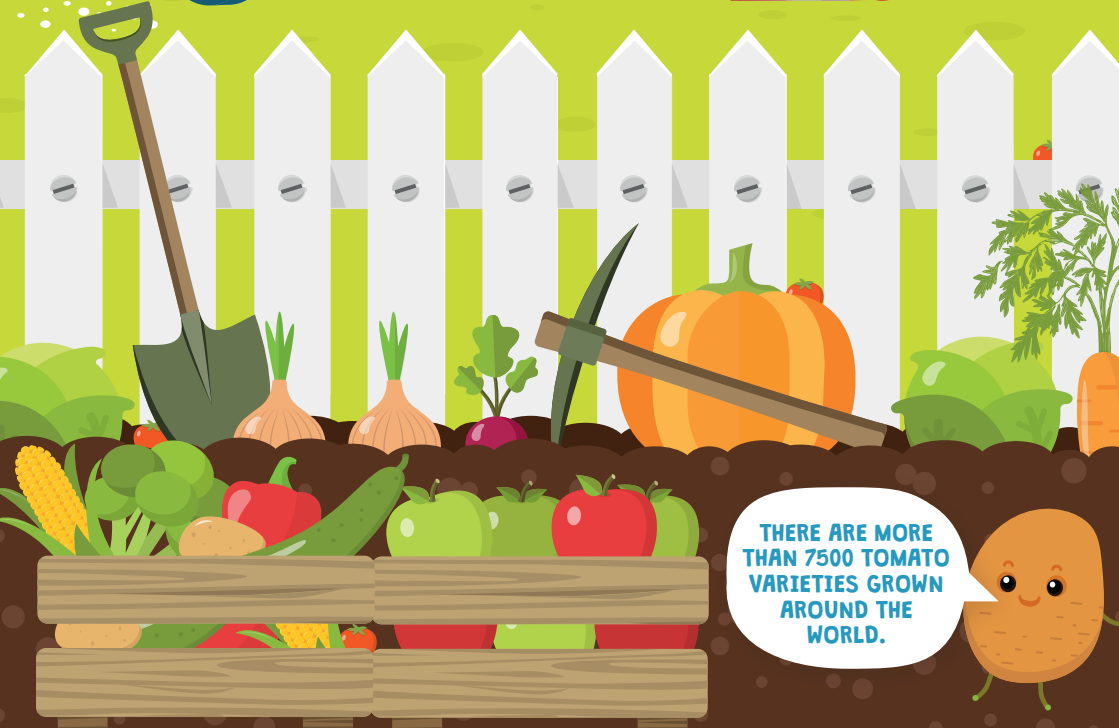
Find more top tips for fussy eaters and about how to liven up your veg on our website.

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



# HUNT THE TOMATOES!

HOW MANY CAN YOU FIND?



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