

We cater for **2000** children registered with special diets. **20%** of these are planned and tailored specifically to the child's needs.

produced by local farmers.

Annually we use

Our suppliers ensure fresh vegetables are delivered to all our kitchens.



**449,520**  
100ML POTS  
of New Forest  
Ice Cream

of Head Teacher surveyed in July believe our school meals are value for money. **89%** said they were impressed by the way we manage our teams.

**80%**

**AVERAGE**  
**530**  
**KCAL**

calories for each meal.

In the first six months of 2018 we served  
**1 MILLION PORK SAUSAGES!**  
70% of the pork used came from Wiltshire.

From January  
to the end of  
June 2018,  
we served

## DID YOU KNOW?

We're proud to hold these awards from Compassion in World Farming.



**WE NOW HAVE THE  
'FOOD FOR LIFE  
SERVED HERE AWARD'  
FOR ALL OUR  
PRIMARY SCHOOLS**



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

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)

## IMPORTANT INFORMATION & CONTACTS

### UNIVERSAL INFANT FREE SCHOOL MEALS

Available for all children in Key Stage 1. Funded by the Government, this can save you over £400 a year.

### FREE SCHOOL MEALS

For Key Stage 2 children onwards. Your children eat the same meals as those who pay.

### PUPIL PREMIUM

If you receive benefits, your school may be able to claim more money to benefit your child. Just go to [www.hants.gov.uk/hc3s](http://www.hants.gov.uk/hc3s) and follow 'Free School Meals' to check your eligibility and register. Your school will do the rest.

### FOOD IS FUN

Ask your school about healthy eating days, cookery clubs and picnic options for school trips.



### JOIN OUR TEAM

If you enjoy cooking and would like to be part of the HC3S and school family, we have term time working opportunities available.

Visit [www.hants.gov.uk/hc3s](http://www.hants.gov.uk/hc3s) and click work with us for all the up to date information on any current vacancies.

**LIKE US ON  
FACEBOOK**  
[@hc3seducation](https://www.facebook.com/hc3seducation)

**WE WELCOME  
YOUR FEEDBACK**  
[hc3s.support@hants.gov.uk](mailto:hc3s.support@hants.gov.uk)

FISH FROM WELL-MANAGED  
AND SUSTAINABLE SOURCES

**COMPLETELY  
NUT FREE**



**TWO  
CHOICE  
MENU**

# YOUR SCHOOL MENU

OCTOBER 2018 – MARCH 2019

### OUR AWARDS



Free From



Education Caterer  
Finalist 2018



Free from 70 additives  
that potentially cause  
children behavioural  
issues



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

## THEME DAY MENUS

Varied theme day menus are available throughout the school term



Look out for our Mother's Day lunch where you may be able to join your child for their school meal!  
For further information about theme days please contact your school.

**COMING SOON**

## HC3S ARE CELEBRATING NATIONAL SCHOOL MEALS WEEK'S SILVER JUBILEE

12 – 16 NOVEMBER

Visit our web page and follow us on Facebook to see what exciting events we're planning.





WEEK 1

WEEK 2

WEEK 3

CALENDAR

## MONDAY

## CHOOSE FROM

- BBQ chicken with diced potatoes
- ✓ Macaroni cheese using Somerset cheddar with garlic bread finger

## VEGETABLE OF THE DAY

Served with green beans

## TO FINISH

Ice cream, fruit smoothie or apple lolly

## TUESDAY

## CHOOSE FROM

- Roast beef and Yorkshire pudding
- ✓ Savoury Quorn mince and Yorkshire pudding

## VEGETABLE OF THE DAY

Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots

## TO FINISH

Chocolate and mandarin sponge

## WEDNESDAY

## CHOOSE FROM

- Baked sausage roll with mashed potato
- ✓ Margherita pizza

## VEGETABLE OF THE DAY

Served with garden peas and sweetcorn

## TO FINISH

Fruit flapjack

## THURSDAY

## CHOOSE FROM

- Roast chicken
- ✓ Vegetarian sausages

## VEGETABLE OF THE DAY

Served with roast potatoes, gravy and seasonal swede, carrots and broccoli

## TO FINISH

Mini biscuit and seasonal fruit wedges

## FRIDAY

## CHOOSE FROM

- Fish fingers with tomato sauce
- ✓ Curried vegetable puff

## VEGETABLE OF THE DAY

Served with chips and garden peas or baked beans

## TO FINISH

A choice of cold desserts

A selection of alternative desserts; Banana, apple, orange, yoghurt, rice pot, fruity pot, cheese and biscuits or fruit juice are available daily

Extra freshly baked bread plus salad available daily

## CHOOSE FROM

- Chicken grill with diced potatoes
- ✓ Italian tomato pasta with garlic bread finger

## VEGETABLE OF THE DAY

Served with garden peas

## TO FINISH

Ice cream, fruit smoothie or apple lolly

## CHOOSE FROM

- Roast pork
- ✓ Vegetarian sausage puff

## VEGETABLE OF THE DAY

Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots

## TO FINISH

Seasonal apple and blackberry oaty muffin

## CHOOSE FROM

- ✓ Quorn sausage grill with mashed potato and gravy
- ✓ Margherita pizza

## VEGETABLE OF THE DAY

Served with green beans and sweetcorn

## TO FINISH

A choice of cold desserts

## CHOOSE FROM

- Roast chicken, roast potatoes and gravy
- ✓ Tomato and vegetable pasta with garlic bread finger

## VEGETABLE OF THE DAY

Served with broccoli and baton carrots

## TO FINISH

Mini biscuit and seasonal fruit wedges

## CHOOSE FROM

- Battered fish and chips with tomato sauce
- ✓ Sweet potato and lentil curry with brown and white rice and Naan style bread

## VEGETABLE OF THE DAY

Served with garden peas or baked beans

## TO FINISH

Autumn cake

## CHOOSE FROM

- Baked pork sausages
- ✓ Quorn nuggets

## VEGETABLE OF THE DAY

Served with mashed potato, gravy and broccoli

## TO FINISH

Ice cream, fruit smoothie or apple lolly

## CHOOSE FROM

- Roast beef and Yorkshire pudding
- ✓ Vegetarian toad in the hole

## VEGETABLE OF THE DAY

Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots

## TO FINISH

Winter spiced apple crumble slice

## CHOOSE FROM

- Bubble salmon with diced potatoes
- ✓ Margherita pizza

## VEGETABLE OF THE DAY

Served with garden peas and sweetcorn

## TO FINISH

Shortbread biscuit

## CHOOSE FROM

- Roast pork, roast potatoes and gravy
- ✓ Quorn Korma with brown and white rice and Naan style bread

## VEGETABLE OF THE DAY

Served with seasonal cabbage and carrots

## TO FINISH

Chocolate brownie

## CHOOSE FROM

- Fish fingers with chips and tomato sauce
- ✓ Veggie-balls in tomato sauce with pasta

## VEGETABLE OF THE DAY

Served with garden peas

## TO FINISH

A choice of cold desserts

✓ Vegetarian • Gold award winner Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets • Green Gourmet's award-winning Red Tractor chicken breast fillet – Winner of the Queen's Award for Enterprise: Innovation 2017

## OCTOBER 2018

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## NOVEMBER 2018

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## DECEMBER 2018

Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## JANUARY 2019

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## FEBRUARY 2019

Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

## MARCH 2019

Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## APRIL 2019

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



SOME ORGANIC



FOOD TO FLOURISH