

SAY YES TO SUCCESS!

Discover how your child can flourish with a free, healthy and nutritious school lunch.



Our Year R new starter guide is available to download from our website.

It explains what to expect from HC3S, and hints and tips on getting children ready for school lunches. It is designed to be shared with children to take away any apprehension they may have, and there's even a finger puppet for some fun role play

Starting school is an exciting time, when children develop new friendships and try lots of new things. School lunches are one of those.

A child's school lunchtime experience is something we at HC3S, your award winning educational caterer, take very seriously. We want to help children enjoy a balanced and nutritious meal, while making memories and friendships.

All primary schools will offer a free school meal to every child in Reception, Year 1 and Year 2. There are exacting guidelines governing the nutritional content of average weekly consumption, so parents can be assured that the food is healthy, and they can save over £400 a year.

All of our meals are freshly prepared with ethically sourced ingredients to serve a healthy and tasty lunch. What matters is that children enjoy the lunches provided, so the teams are always updating menus by listening to feedback and hence encouraging children to try new tastes. Lunchtime assistants will help children who may need some help and encourage them to eat their meals.

To help children gain some independence, they can choose between a dish containing meat, or a non-meat vegetarian or vegan dish.

The daily menu, complete with photos, for the following day's meal choices, is published for most of schools on Facebook @hc3seducation, as well as on our website. We also feature special theme days, which are a great way of introducing children to different foods and getting them to try something new in a fun environment.

As lunch makes up just a third of a child's daily food intake, we all know the importance of a good breakfast too, and a ready snack for at the end of the school day - getting used to the new school routine can use up so much energy.

For parents with concerns about a medical special diet, food allergy or intolerance, we have a step-by-step guide showing what they need to do, and how the team works, to make a child's experience as inclusive as their peers. Register on our website as soon as possible to help us and your school be prepared to feed your child from day one. For further information contact hc3sfooddevelopment@hants.gov.uk or visit the special diet page of our website.