



Enjoy **great** food



HC3S is the Catering Provider for your School

With a full range of products on offer from a full two course lunch, to freshly prepared Deli items, to healthy snacks that can be eaten on the go we are the first choice for School Catering in Hampshire.

Services offered include

Breakfast – to start the day right

Early lunch – to banish those mid morning hunger pangs

Late lunch – more substantial, to get you through the rest of the school day

After School Club – Keep you going until you reach home.

(not all services are available in all units, check with your School for availability)

Our menu is updated twice yearly, (see below), and we offer promotions and theme days monthly to tie in with local and national events. Check the Dining Hall regularly for information on specials coming soon, and which weeks menu is currently in production

In addition HC3S are currently focusing on Sustainability Issues. By mid 2010 much of our disposable packaging will be changed to a biodegradable, compostable material made from Sugar Cane.

For more information visit www.yougo4it.

Eat well menu



Monday

Mumbai curry served with rice £1.10 + salad + Fair Trade Juice = £2.00

Tender pieces of chicken smothered in sauce flavoured with mild Indian spices

Amigo taco £1.10 + wedges + Fair Trade Juice = £2.00

A crispy taco loaded with shredded lettuce, plump tomatoes and topped with Mexican spiced Quorn mince and cheese

Vegetable Wellington 70p + wedges + fruit bag = £2.00

Spicy chickpeas wrapped in short crust pastry with tomato relish

Tuesday

Smoky lasagne £1.10 + salad + Fair Trade Juice = £2.00

UK minced beef cooked with smoky bacon, tomatoes, garlic and Italian herbs, layered with pasta and topped with creamy cheese sauce

Hoi Sin stir fry noodles £1.10 + salad + Fair Trade Juice = £2.00

Crispy vegetables stir fried and tossed in Hoi Sin sauce & served with noodles

Ciabatta crammer £1.10 + salad + Fair Trade Juice = £2.00

Enjoy this Mediterranean style sandwich of roasted vegetables in a tomato and herb sauce

Wednesday

Roast chicken £1.50 + Fair Trade Juice = £2.00

UK chicken served with mini sausage, roast potatoes, seasonal vegetables and rich gravy

Mac and cheese £1.10 + salad + Fair Trade Juice = £2.00

A classic lunch dish of pasta in a rich cheesy sauce

Oven roasted chicken sub £1.10 + salad + Fair Trade Juice = £2.00

Freshly baked baguette filled with hot roast chicken and mini sausage

Thursday

Beef and onion pie £1.10 + baked beans + dessert and custard = £2.00

UK minced beef with onions in a rich sauce encased in a short crust pastry

Mediterranean focaccia £1.10 + salad + Fair Trade Juice = £2.00

A focaccia slice topped with roasted vegetables in pesto

The "Shire" cheese burger 95p + salad + Fair Trade Juice = £2.00

100% Hampshire beef loaded into a bun with cheese, salad, mayonnaise and tomato relish

Friday

Fish and chips £1.75 + Fair Trade Juice = £2.00

Fish cooked in a crispy batter with chips and peas and served with tartar sauce or lemon mayonnaise

Quorn bolognese £1.10 + salad + Fair Trade Juice = £2.00

Quorn mince blended with tomatoes, garlic and herbs served over spaghetti

Wrap Royale £1.10 + salad + Fair Trade Juice = £2.00

Chicken pieces blended with tomatoes and mild chilli spices, served with salad in a wrap

"Eat Well" Deli Special - ½ baguette + apple/orange + small Yazoo + cookie = £2.00

Eat well menu



WEEK TWO

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Monday

Smoky tagliatelle £1.10 + salad + Fair Trade Juice = £2.00

Tagliatelle served with a rich tomato sauce and smoky bacon

Vegetable Biryani £1.10 + salad + Fair Trade Juice = £2.00

Rice, cooked with vegetables and medium hot Indian spices

Fish wrap £1.10 + salad + Fair Trade Juice = £2.00

Non fried salmon crumb or white fish nibbles and salad served in a tortilla wrap with tartar sauce

Tuesday

Tangy meatballs with pasta £1.10 + salad + Fair Trade Juice = £2.00

UK beef cooked in a rich tomato sauce and served over tagliatelle

Mac and cheese £1.10 + salad + Fair Trade Juice = £2.00

A classic lunch dish of pasta in a rich cheesy sauce

Loaded skins £1.20 + salad + Fair Trade Juice = £2.00

Baked potato skins packed with Mediterranean roasted vegetables and pesto

Wednesday

Roast pork £1.50 + Fair Trade Juice = £2.00

Tender pork served with roast potatoes, seasonal vegetables, gravy and homemade apple sauce

Cauliflower and broccoli gratin £1.10 + roast potatoes + Fair Trade Juice = £2.00

Cauliflower and broccoli smothered in a rich cheesy sauce and browned to crispy perfection

Pork and apple sub £1.10 + roast potatoes + Fair Trade Juice = £2.00

Fresh baguette filled with hot roast pork and homemade apple sauce

Thursday

Cottage pie £1.10 + baked beans + dessert and custard = £2.00

UK minced beef and vegetables in a rich gravy topped with creamy mashed potatoes and finished in the oven to a golden brown

Vegetarian sausage bubble & squeak £1.30 + baked beans + Fair Trade Juice = £2.00

A cake of creamy mashed potato and cabbage filled with vegetarian sausages

Hawaiian bagel £1.35 + salad + Fair Trade Juice = £2.00

Ham and cheese loaded with pineapple served on a chewy American bagel

Friday

Fish and chips £1.75 + Fair Trade Juice = £2.00

Fish cooked in a crispy coating with chips and peas and served with tartar sauce or lemon mayonnaise

Vegetable lasagne £1.10 + garlic bread + Fair Trade Juice = £2.00

5 hidden vegetables blended with tomatoes, garlic and herbs, layered with pasta and creamy cheese sauce

Ciabatta Tandoori £1.10 + salad + Fair Trade Juice = £2.00

Tandoori chicken loaded in to a Ciabatta

"Eat Well" Deli Special - ½ baguette + apple/orange + small Yazoo + cookie = £2.00

Eat well menu



Monday

Tikka Calzone £1.10 + vegetables + Fair Trade Juice = £2.00

Pizza dough stuffed with cheese and tender pieces of chicken cooked in Indian spices and served with cucumber relish

Neapolitan pasta £1.10 + vegetables + Fair Trade Juice = £2.00

Pasta smothered in a rich tomato sauce and topped with grated cheese

Loaded skins £1.20 + cake + Fair Trade Juice = £2.00

Potato skins packed with mushrooms and bacon

Tuesday

Traditional lasagne £1.10 + garlic bread + Fair Trade Juice = £2.00

UK beef cooked with tomatoes, garlic and Italian herbs, layered with pasta and topped with creamy cheese sauce

Sweet chilli noodles £1.10 + fruit bag + Fair Trade Juice = £2.00

Peppers and onions stir fried in sweet chilli sauce and served with noodles

Ciabatta Italian £1.10 + fruit bag + Fair Trade Juice = £2.00

Sticky mustard vegetarian sausages in a Italian ciabatta

Wednesday

Roast chicken £1.50 + Fair Trade Juice = £2.00

UK chicken served with mini sausage, roast potatoes, seasonal vegetables and gravy

Mushroom stroganoff £1.10 + fruit bag + Fair Trade Juice = £2.00

Fresh mushrooms cooked in a creamy white sauce and served with rice

Oven roasted chicken sub £1.10 + fruit bag + Fair Trade Juice = £2.00

Freshly baked baguette filled with hot roast chicken and mini sausage

Thursday

Bangers and mash £1.35 + fruit bag + Fair Trade Juice = £2.00

Sausages served with fresh fluffy mash and rich gravy

Mac and cheese £1.10 + fruit bag + Fair Trade Juice = £2.00

A classic lunch dish of pasta in a rich cheesy sauce

BBQ beef burger £0.90 + fruit bag + Fair Trade Juice = £2.00

100% Hampshire beef served in a bap with salad and BBQ relish

Friday

Fish and chips £1.75 + Fair Trade Juice = £2.00

Fish cooked in a crispy coating with chips and peas and served with tartar sauce or lemon mayonnaise

Vegetable bake £1.10 + salad + Fair Trade Juice = £2.00

Potatoes cooked with cheddar cheese baked in the oven until golden and crispy

Chicken salsa wrap £1.10 + salad + Fair Trade Juice = £2.00

Breaded chicken and homemade salsa loaded on to a tortilla wrap

"Eat Well" Deli Special - ½ baguette + apple/orange + small Yazoo + cookie = £2.00

Eat well menu



Monday

Jambalaya £1.10 + salad + Fair Trade Juice = £2.00

Rice cooked with chicken, ham, onions and peppers and seasoned with Cajun spices

Spicy sweet potato and lentil curry £1.10 + salad + Fair Trade Juice = £2.00

A classic vegetarian dish of sweet potato and lentils served with naan bread

New York bagel £1.35 + salad + Fair Trade Juice = £2.00

Chicken, smoky bacon, tomato and iceberg lettuce stacked high on a chewy bagel

Tuesday

Sausage casserole £1.10 + fruit bag + Fair Trade Juice = £2.00

The ultimate sausage and baked bean casserole served with creamy fresh mash

Quorn lasagne £1.10 + garlic bread + fruit bag = £2.00

Quorn mince cooked with tomatoes, garlic and Italian herbs, layered with pasta and topped with creamy cheese sauce

BBQ chicken wrap £1.10 + fruit bag + Fair Trade Juice = £2.00

Tender pieces of chicken in a smoky BBQ sauce wrapped in a tortilla

Wednesday

Roast beef £1.50 + Fair Trade Juice = £2.00

UK beef served with Yorkshire pudding, roast potatoes, seasonal vegetables, gravy and a dash of horseradish on the side

Vegetable stack £1.10 + fruit bag + Fair Trade Juice = £2.00

Potato rosti stacked high with roasted peppers and courgettes covered with cheese and browned to perfection

Hot beef sub £1.10 + fruit bag + Fair Trade Juice = £2.00

Hot roast beef loaded in to a baguette, add horseradish for those who like it hot

Thursday

Cornish pasty £0.70 + wedges + Fruit Bag = £2.00

Freshly made pastry parcel filled with minced beef, potatoes and vegetables

Spanish frittata £1.10 + wedges + Fair Trade Juice = £2.00

A traditional Spanish omelette made with free range local eggs, potatoes and vegetables

Mexican taco £1.10 + wedges + Fair Trade Juice = £2.00

A crispy taco loaded with shredded lettuce, plump tomatoes and topped with Mexican spiced minced beef

Friday

Fish and chips £1.75 + Fair Trade Juice = £2.00

Fish cooked in a crispy coating with chips and peas and served with tartar sauce or lemon mayonnaise

Mac and cheese £1.10 + fruit bag + Fair Trade Juice = £2.00

A classic lunch dish of pasta in a rich cheesy sauce

The Godfather £1.10 + fruit bag + Fair Trade Juice = £2.00

Beef meatballs in tangy tomato sauce piled high in a crusty baguette

"Eat Well" Deli Special - ½ baguette + apple/orange + small Yazoo + cookie = £2.00