

# MUNCH<sup>®</sup>

*We are here for everyone!*

## What is MUNCH?

We provide free hot meals for families. There are many reasons why people come; for example to meet up with other families, help with the budget in the holidays, loneliness or just want a lovely fresh cooked meal that is **FREE!**



If you feel you wish to contribute there is always a charity bucket for donation.



## Timings



**Thursdays 4-5.30pm**

Free hot meals for families and adults

**School Holiday Lunch 12-1pm**

Free hot meals for everyone



## CONNECT 4 Generations

**FREE** hot meals for over 65's

**1st and 3rd Tuesday  
of the month  
3:00-4:30pm**



## FREE Cooking Classes

**Please contact us  
for dates**



**To book email:  
bookings@pcs.hants.sch.uk  
02392 489 811**

**023 9248 9811  
munch@pcs.hants.sch.uk**



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