

# What's on the menu?



**HARRISON**  
food with thought

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b>	<p>Caribbean Style Vegetable Curry Served with Rice (Wholegrain/White)</p> <p>Jacket Potato with Baked Beans &amp; Veggie Balls</p> <p>Broccoli / Sweetcorn</p> <p>Strawberry Ice Cream <b>Milk</b> with Apple &amp; Berry Compote</p>	<p>Rainbow Ribbon Pasta (Wholemeal / White Mix) <b>Wheat</b> with a Mixed Leaf Salad</p> <p>Piri Piri Style Chicken served with Smoky Oven Roast Potato Wedges</p> <p>Green Beans / Carrots with Lemon &amp; Thyme</p> <p>Wholemeal Shortbread <b>Wheat</b> or Lemon Gram Flour Shortbread Both served with Fruit Wedges</p>	<p>Carrot &amp; Leek Sausages <b>Wheat</b> with a Smoky BBQ Style Relish <b>Sulphites</b> served with Parsley Potatoes</p> <p>Mexican Style Beef Wrap <b>Wheat</b> Served with Rice (Wholegrain/White Mix)</p> <p>Sweetcorn with Chives / Savoy Cabbage</p> <p>Cinnamon &amp; Cocoa Traybake <b>Wheat, Egg, Soya</b></p>	<p>Chinese Style Vegetarian Stir Fry served with Noodles <b>Wheat, Egg</b> or Rice (Wholegrain / White Mix)</p> <p>Chicken with Tomato and Basil Sauce</p> <p>Broccoli / Carrots</p> <p>Orange Sponge <b>Wheat, Egg, Soya</b> with Custard <b>Soya</b></p>	<p>Cajun Style Sweet Potato Fritter served with a Pineapple Relish &amp; Chips or New Potatoes</p> <p>Battered Fish Fillet <b>Wheat, Fish</b> served with Tomato Sauce &amp; Chips or New Potatoes</p> <p>Peas / Baked Beans</p> <p>Chocolate Sponge <b>Wheat, Egg, Soya</b> with Chocolate Sauce <b>Soya</b></p>
<b>WEEK TWO</b>	<p>Ratatouille Style Vegetables with Fusilli Pasta <b>Wheat</b> with a Winter Style Salad</p> <p>Sweet Potato Stir served with Rice (Wholegrain / White Mix)</p> <p>Vegetable Medley</p> <p>Vannilla Ice Cream <b>Milk</b> with Pineapple Compote</p>	<p>Jacket Potato with BBQ Bean Ragout <b>Sulphites</b></p> <p>Curried Chana Chicken served with Pilau Rice (Wholegrain / White Mix)</p> <p>Sweetcorn / Garlic Greens</p> <p>Wholemeal Carrot Cake <b>Wheat, Egg</b> with Custard <b>Soya</b></p>	<p>Salmon Fishcake <b>Wheat, Fish</b> served with a Tomato &amp; Bean Salsa &amp; Herbed Potatoes</p> <p>Pasta Primavera <b>Wheat</b> with a Tomato &amp; Basil Breadstick (Wholemeal / White Mix) <b>Wheat, Soybeans</b></p> <p>Broccoli / Glazed Carrots</p> <p>Marbled Sponge <b>Wheat, Egg, Soya</b> with Chocolate Sauce <b>Soya</b></p>	<p>Vegetarian Bolognaise or Beef Bolognaise served with Penne Pasta (Wholemeal / White Mix) <b>Wheat</b> or Rice (Wholegrain / White Mix)</p> <p>Oven Roasted Courgettes / Sweetcorn</p> <p>Lemon Traybake <b>Wheat, Egg, Soya</b></p>	<p>Falafel Bites served with a Sweet Chilli Dip &amp; Chips or New Potatoes</p> <p>Battered Fish Fillet <b>Wheat, Fish</b> served with Tomato Sauce &amp; Chips or New Potatoes</p> <p>Peas / Baked Beans</p> <p>Chocolate Shortbread <b>Wheat</b> or Orange Spiced Gram Flour Shortbread Both served with Fruit Wedges</p>
<b>WEEK THREE</b>	<p>Red Pesto Style Pasta (Wholemeal / White Mix) <b>Wheat</b> with a Ribbon Salad</p> <p>Jacket Potato with Tuna &amp; Coleslaw <b>Egg, Soya, Mustard</b></p> <p>Roasted Butternut Squash / Peas</p> <p>Ice Cream <b>Milk</b> served with Spiced Apple Compote</p>	<p>Vegetarian Cottage Pie</p> <p>BBQ Style Chicken Wrap <b>Wheat, Sulphites</b> served with a Tomato &amp; Herb Rice (Wholegrain / White Mix) &amp; a Crunchy Chopped Salad</p> <p>Roasted Courgettes / Sweetcorn</p> <p>Steamed Jam Sponge <b>Wheat, Egg, Soya</b> with Custard <b>Soya</b></p>	<p>Chilli Beef and Bean Taco <b>Wheat</b> with Seasoned Oven Roast Potato Wedges</p> <p>Indian Style Vegetable Biryani (Chickpeas) (Wholegrain / White Mix)</p> <p>Vegetable Medley</p> <p>Orange Tray Bake with Chocolate Drizzle <b>Wheat, Egg, Soya</b></p>	<p>Tomato &amp; Basil Pasta (Wholemeal / White Mix) <b>Wheat</b></p> <p>Minced Beef &amp; Vegetables served with a Puff Pastry Top <b>Wheat</b> &amp; Parsley Potatoes</p> <p>Carrots / Savoy Cabbage</p> <p>Berry Swirl Sponge <b>Wheat, Egg, Soya</b> with Custard <b>Soya</b></p>	<p>Tikka Style Chickpea &amp; Potato Cakes served with a Apple &amp; Mint Chutney &amp; Chips or New Potatoes</p> <p>Battered Fish Fillet <b>Wheat, Fish</b> served with Tomato Sauce &amp; Chips or New Potatoes</p> <p>Peas / Baked Beans</p> <p>Wholemeal Lemon Shortbread <b>Wheat</b> or Cinnamon &amp; Chocolate Gram Flour Shortbread Both served with Fruit Wedges</p>

## Available daily

Please ask the catering manager for food allergen information

Menu Items Available Daily: Salad Selection • Homemade Bread • Fresh Fruit • Yoghurt

### WEEK ONE

w/c 01 Sept, 22<sup>nd</sup> Sept, 13<sup>th</sup> Oct, 10<sup>th</sup>  
Nov, 01<sup>st</sup> Dec, 05<sup>th</sup> Jan, 26<sup>th</sup> Jan

### WEEK TWO

w/c 08<sup>th</sup> Sept, 29<sup>th</sup> Sept, 20<sup>th</sup> Oct, 17<sup>th</sup>  
Nov, 08<sup>th</sup> Dec, 12<sup>th</sup> Jan, 02<sup>nd</sup> Feb

### WEEK THREE

w/c 15<sup>th</sup> Sept, 06<sup>th</sup> Oct, 03<sup>rd</sup> Nov, 24<sup>th</sup>  
Nov, 15<sup>th</sup> Dec, 19<sup>th</sup> Jan, 09<sup>th</sup> Feb



Please see page 2 regarding  
allergen information provided  
on the menu.



# Harrison Catering Services

## Your School



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food with thought

### About Your Catering Service

We are delighted to be working in partnership with your school. Founded in 1994, we are an award-winning company with a vision to encourage children to explore new tastes and make healthier food choices through their formative years, which will positively influence them for life.

### What's on the Menu

Our approach, wherever possible, is to use quality, sustainably sourced, seasonal fresh food, including ingredients, such as British free-range eggs and British sourced fresh meat and poultry.

Our menus are created with local tastes and preferences in mind and offer a range of popular, delicious, full of flavour dishes to encourage balanced meal choices and we follow the school food standards.

We will introduce further interest and excitement to our menus with planned additional food experiences, pop-ups, themed events with links to the school's curriculum, cultural and celebration dates, aimed at creating a fun, engaging and enjoyable dining experience.

### Allergen Information

We recognise that some children may have an allergen or intolerance to one of the 14 common food allergens. We have robust processes in place to assist the school in managing. If your child has a food allergy or intolerance, please complete the allergen management form and return it to your school office. To view our process and obtain the allergen management form please visit: <https://www.harrisoncatering.co.uk/food-allergies-food-intolerances>.

### Talented Catering Team

The Harrison catering team are dedicated to providing a great catering service and receive training to complete their roles successfully, including how to prepare and serve healthier food through the company's bespoke Eat Well Live Well® training programme.

### Universal Infant Free School Meals (UFSM) Key Stage 1

All children in reception, year 1 or year 2 are automatically entitled to free school meals under the Universal Infant Free School Meals scheme, irrespective of income.

### Free School Meal for Key Stage 2

The Mayor of London's initiative continues to offer a free school meal to all pupils in Key Stage 2, regardless of income.

### We Welcome Your Feedback

We welcome and value all feedback. We regularly review our offer to continue to offer a positive dining experience for your child. Please refer your comments or suggestions to our Catering Manager.

### Learn More

For a more in-depth knowledge about Harrison Catering, recipe inspirations, our how to videos, charitable activities and latest job opportunities, please visit [www.harrisoncatering.co.uk](http://www.harrisoncatering.co.uk)

### Red = Allergen

- All food is freshly prepared on site each day and if any of the 14 common food allergens present, they are listed in red against each menu item and are intended as a guide to help with the choice of meal. For operational reasons it may be necessary to alter a recipe at short notice and therefore **your child or the member of school staff who presents your child at the counter must check each time before being served with the food.**
- The Company handles many of the 14 common food allergens in our busy kitchens and so therefore cannot guarantee that our food is 100% free from specific food allergens
- There are foods not on the list of 14 common food allergens which can cause allergic reactions in a small number of people and if your child has such an allergy, **they or school member must check each time before being served with the food.**

Our allergen process is written to protect the welfare of the children.



Look out for monthly featured ingredients.

Try  
something  
**NEW!**