# What's on the menu?

### HARRISON food with thought

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	food with though FRIDAY
	Vegetable & Bean Pattie with Spiced Potato Wedges & Tomato Salsa Butternut Squash Frittata	Pork Sausage Roll Wheat, Sulphites served with Mashed Potatoes Roast Ratatouille Style Vegetables	Beef Bolognese served with Penne Pasta (Wholewheat / White Mix) Wheat or Rice (Wholegrain / White Mix)	Chicken Korma with Pilau Rice (Wholegrain / White Mix) Cheese & Leek Pie Wheat, Milk	Battered Fish Fillet Wheat, Fish served with Tomato Sauce & Chips or New Potatoes
WEEK ONE	Egg, Milk served with Spiced Potato Wedges Italian Style Tomato & Herb Pasta	served with Rice (Wholegrain / White Mix) Jacket Potato with Baked Beans & Cheese Milk	served with Garlic & Herb Focaccia Style Bread Wheat, Egg, Milk, Soybeans Caribbean Style Vegetable Curry	with a Rainbow Ribbon Salad Jacket Potato Vegetable Chilli	Mexican Style Vegetable & Bean Burrito Wheat served with Tomato Sauce & Chips or New Potatoes
	(Wholewheat / White Mix) Wheat served with Cheese Milk	Chocolate Orange Traybake Wheat, Egg, Milk with Chocolate Orange Sauce	with Rice (Wholegrain / White Mix) Pesto Style Pasta Wheat	Berry Swirl Sponge Wheat, Egg, Milk with Custard	Tomato & Basil Pasta Wheat
	& a Chef's Salad Ice Cream Milk	Milk	served with Garlic & Herb Focaccia Style Bread Wheat, Egg, Milk, Soybeans Jelly with Fresh Fruit Wedges	Milk	Lemon Shortbread Wheat or Chocolate Gram Flour Shortbread
	with Watermelon Wedges				Both served with Fresh Fruit Wedges
	Macaroni Cheese Wheat, Milk with a Rainbow Ribbon Salad	Chicken Meatballs in a Smoky BBQ Style Sauce Sulphites served with Spaghetti Wheat	Smokey BBQ Style Beef Taco Wheat with Rice (Wholegrain / White Mix)	Chicken with Tomato & Basil Sauce served with Pasta (Wholewheat / White Mix) Wheat	Battered Fish Fillet Wheat, Fish served with Tomato Sauce & Chips or New Potatoes
WEEK TWO	Vegetable Jollof Rice	or Rice	Sweet Potato & Parsnip Wellington	or Rice (Wholegrain / White Mix)	Salmon Fishcakes
	Jacket Potato with Baked Beans & Cheese Milk	Chinese Style Vegetable Stir Fry served with Rice	served with Parsley Potatoes Jacket Potato with Vegetable Balti	Baked Vegetable Pakora with Onion Chutney served with Rice (Wholegrain / White Mix)	Wheat, Milk, Fish served with Chips
	Citrus Sponge Wheat, Egg, Milk	Tomato and Basil Pasta Wheat	Chocolate Sponge	Pasta Arrabbiata with Spinach	or New Potatoes
	with Custard Milk	Oat & Raisin Cookie	Wheat, Egg, Milk with Chocolate Sauce	Wheat	Jacket Potato served with BBQ Style Beans
		Wheat, Oats or Lemon Gram Flour Shortbread	Milk	Berry & Apple Flapjack Wheat, Oats	Jelly with Fresh Fruit Wedges
		Both served with Fresh Fruit Wedges			
	Oven Baked Falafel with Tomato & Coriander Chutney	Pizza Margherita Wheat, Milk	Chicken Sausages in a Roll Wheat	Piri Piri Style Chicken served with Rice (Wholegrain / White Mix)	Battered Fish Fillet Wheat, Fish
WEEK THREE	& Rice (Wholegrain / White Mix)	or Spicy Beef & Mushroom Pizza Wheat, Milk	or Carrot & Leek Sausages in a Roll Wheat	Sweet Potato Stir served with Rice	served with Tomato Sauce & Chips or New Potatoes
	Spanish Omelette Egg, Milk	with Tomato Pasta Side Wheat	served with Seasoned Potato Wedges	(Wholegrain / White Mix)	Butternut Squash, Sweet Pepper
	served with Carrot, Lemon & Chive Salad	Jacket Potato with	Chickpea & Herb No Meatballs in an Italian Style Tomato & Herb Sauce	Jacket Potato with Cheddar Cheese Milk	& Courgette Slice served with Chips
	Vegetable Bolognaise served with Penne Pasta	Baked Beans or Tuna in a Lemon Dressing	served with Pasta Wheat	& Coleslaw Egg, Milk, Mustard	or New Potatoes
Ш	(Wholewheat / White Mix) Wheat	Fish	Wholemeal Carrot Cake	Marbled Sponge	Alfredo Style Sweet Pepper & Spinach Pasta
Ň	or Rice (Wholegrain / White Mix)	Chocolate & Cinnamon Pinwheel Wheat	Wheat, Egg with Custard	Wheat, Egg, Milk with Custard	Wheat, Milk
	Strawberry Mousse Milk	or Orange Gram Flour Shortbread	Milk	Milk	Ice Cream Milk
	with Fresh Fruit Wedges	Both served with Orange Wedges			with Fresh Fruit Wedges
WEEK ONE WEEK TWO WEEK THREE Please see page 2 regarding   24 <sup>th</sup> Feb. 17 <sup>th</sup> Mar, 21 <sup>st</sup> Apr, 12 <sup>th</sup> 3 <sup>rd</sup> Mar, 24 <sup>th</sup> Mar, 28 <sup>th</sup> Apr, 19 <sup>th</sup> 10 <sup>th</sup> Mar, 31 <sup>st</sup> Mar, 5 <sup>th</sup> May, 2 <sup>nd</sup> Please see page 2 regarding					
			10 <sup>th</sup> Mar, 31 <sup>st</sup> Mar, 5 <sup>th</sup> May, 2 <sup>nd</sup> Jun, 23 <sup>rd</sup> Jun, 14 <sup>th</sup> Jul	allergen inform on the	
Menu Items Available Daily: Salad Selection • Homemade Bread • Seasonal Vegetables • Fresh Fruit • Yoghurt					

## Harrison Catering Services Your School

#### **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: <a href="https://www.harrisoncatering.co.uk/food-allergies-food-intolerances">https://www.harrisoncatering.co.uk/food-allergies-food-intolerances</a>.

#### **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<sup>®</sup> training programme.

#### Universal Infant Free School Meals (UIFSM) 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 initiative, offers a free school meal to all pupils in Key Stage 2, regardless of income. This is for 2 academic years from September 2023.

#### 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 <u>www.harrisoncatering.co.uk</u>

#### 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.

