

# What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	<p>Pizza Margherita <b>Wheat, Egg, Milk, Soybeans</b> or Sweetcorn &amp; Mixed Pepper Pizza <b>Wheat, Egg, Milk, Soybeans</b> with Rainbow Ribbon Salad</p> <p>Indian Style Vegetable Biryani with Chickpea Dhal</p> <p>Berry Swirl Sponge <b>Wheat, Egg, Milk</b> with Custard <b>Milk</b></p>	<p>Cottage Pie with Caramelised Onion &amp; Thyme Gravy</p> <p>Tomato &amp; Basil Pasta <b>Wheat</b></p> <p>Chocolate Shortbread <b>Wheat</b> with Orange Wedges</p>	<p>Piri Piri Chicken with Sweetcorn Rice &amp; Piri Piri Lemon &amp; Herb Dressing</p> <p>Red Pepper &amp; Sweet Potato Pattie with Sweetcorn Rice &amp; Piri Piri Lemon &amp; Herb Dressing</p> <p>Oaty Apple Crumble <b>Wheat</b> &amp; Custard <b>Milk</b></p>	<p>Beef Penne Pasta <b>Wheat</b> served with Cheese <b>Milk</b></p> <p>Caribbean Style Vegetable &amp; Plantain Curry with Rice</p> <p>Strawberry Jelly with Fresh Fruit Wedges</p>	<p>Battered Fish <b>Wheat, Fish</b> with Chips &amp; Tomato Sauce</p> <p>Cornish Style Vegetable Pasty (Gram Flour Pastry) with a Winter Salad &amp; Chips</p> <p>Pineapple &amp; Lime Cake <b>Wheat, Egg, Milk</b> with Custard <b>Milk</b></p>
WEEK TWO	<p>Macaroni Cheese <b>Wheat, Milk</b></p> <p>Sweet Potato Stir with Vegetable Rice</p> <p>Marbled Sponge <b>Wheat, Egg, Milk</b> with Chocolate Sauce <b>Milk</b></p>	<p>Jacket Potato with Mild Beef Chilli <b>Wheat, Cheese Milk</b> &amp; Salsa or Baked Beans &amp; Cheese <b>Milk</b></p> <p>Mexican Style Salmon Burrito <b>Wheat, Fish</b> with Tomato &amp; Coriander Salsa</p> <p>Wholemeal Lemon Shortbread <b>Wheat</b> with Fresh Fruit Wedges</p>	<p>Chicken Tikka Masala <b>Wheat, Milk</b> with Pilau Rice</p> <p>Baked Onion Bhajis with Red Bean Dhal &amp; Pilau Rice</p> <p>Carrot &amp; Orange Cake <b>Wheat, Egg</b> with Custard <b>Milk</b></p>	<p>Beef Bolognese with Fusilli Pasta <b>Wheat</b> or Rice</p> <p>Wholemeal Cheddar Cheese &amp; Spinach Quiche <b>Wheat, Egg, Milk</b> served with Herbed Potatoes</p> <p>Ice Cream <b>Milk</b> with Fresh Fruit Wedges</p>	<p>Battered Fish <b>Wheat, Fish</b> with Chips &amp; Tomato Sauce</p> <p>Carrot &amp; Chickpea Falafel served with Pitta <b>Wheat, Tomato Relish</b> &amp; Chips</p> <p>Apple &amp; Berry Oat Bar <b>Wheat</b> with Custard <b>Milk</b></p>
WEEK THREE	<p>Italian Style Tomato &amp; Herb Pasta <b>Wheat</b> served with Cheese <b>Milk</b></p> <p>Oriental Style Stir Fried Vegetables served with Rice</p> <p>Parsnip &amp; Apple Sponge <b>Wheat, Egg, Milk</b> with Custard <b>Milk</b></p>	<p>BBQ Style Chicken <b>Wheat</b> with Oven Roast Potato Wedges &amp; Fruity Coleslaw <b>Egg, Milk, Mustard</b></p> <p>Roasted Red Pepper &amp; Herb Jambalaya <b>Celery, Mustard</b></p> <p>Oatmeal Cookie <b>Wheat, Egg</b> with Orange Wedges</p>	<p>Mexican Style Soft Chilli Beef or Chilli Bean Soft Taco <b>Wheat</b> with Toppings (<b>Cheese Milk, Salsa</b>) with Mexican Style Rice</p> <p>Jacket Potato with Cheddar Cheese <b>Milk</b> &amp; Baked Beans</p> <p>Chocolate Sponge <b>Wheat, Egg, Milk</b> with Chocolate Sauce <b>Milk</b></p>	<p>Chicken Sausages or Sweet Potato &amp; Red Bean Sausage <b>Wheat</b> with Mashed Potatoes</p> <p>Pesto Style Pasta with a Mediterranean Style Salad with Croutons <b>Wheat, Egg, Milk, Soybeans</b></p> <p>Fruit &amp; Yoghurt Bar <b>Wheat, Milk</b></p>	<p>Battered Fish <b>Wheat, Fish</b> with Chips &amp; Tomato Sauce</p> <p>Sweet Potato, Spinach &amp; Bean Empanada (Gram Flour Pastry) Served with Chef's Salad &amp; Chips</p> <p>Pear &amp; Chocolate Crumble <b>Wheat</b> with Custard <b>Milk</b></p>

## Available daily

Please ask the catering manager for food allergen information

Salad Selection ~ Vegetable Selection ~ Homemade Bread **Wheat, Eggs, Milk, Soybeans** ~ Fresh Fruit Platter ~ Yoghurt **Milk**

### WEEK ONE

w/c 30<sup>th</sup> Oct w/c 20<sup>th</sup> Nov w/c 11<sup>th</sup> Dec  
w/c 15<sup>th</sup> Jan w/c 5<sup>th</sup> Feb w/c 4<sup>th</sup> March  
w/c 25<sup>th</sup> March

### WEEK TWO

w/c 6<sup>th</sup> Nov w/c 27<sup>th</sup> Nov w/c 18<sup>th</sup> Dec  
w/c 22<sup>nd</sup> Jan w/c 19<sup>th</sup> Feb w/c 11<sup>th</sup>  
March

### WEEK THREE

w/c 13<sup>th</sup> Nov w/c 4<sup>th</sup> Dec w/c 8<sup>th</sup> Jan w/c  
29<sup>th</sup> Jan w/c 26<sup>th</sup> Feb w/c 18<sup>th</sup> March



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



## 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:

<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 (UIFSM)

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 Meals

Your older children may be entitled for free school meals. Please contact the school office to find out how to apply and access this benefit.

### Payment of School Lunches

Please contact the school office for the payment process for your child's school lunch.

### 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 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.



**Nutritionist,  
Dr Juliet Gray,  
advises us on our menus**



Look out for monthly featured ingredients.

