

What's on the menu?

Autumn / Winter 2019-2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Week One

w/c
2nd September
23rd September
14th October
11th November
2nd December
6th January
27th January

Beef Bolognese with Penne Pasta

Vegetable Bolognese with Penne Pasta

Jacket Potato with Baked Beans & Cheese

Peach Oaty Crumble with Custard

Baked Chicken Sausages with Mashed Potatoes

Carrot & Leek Sausages with Mashed Potatoes

Vegetable Chow Mein with Noodles

Wholemeal Shortbread with Fresh Fruit Wedges

Roast Beef with Yorkshire Pudding & Roast Potatoes

Yorkshire Pudding Filled with a Medley of Roast Root Vegetables with Roast Potatoes

Lemon & Lime Sponge with Custard

Jerk Chicken with Rice

Tomato & Basil Pasta

Jacket Potato with Baked Beans & Cheese

Chocolate Brownie with Fresh Fruit Wedges

Battered Fish with Oven Baked Chips & Tomato Sauce

Cornish Style Vegetarian Pasty with Oven Baked Chips

Fruity Friday: A Selection of Fresh Fruit with Greek Yoghurt

Week Two

w/c
9th September
30th September
28th October
18th November
9th December
13th January
3rd February

Beef Lasagne

Roasted Pepper & Herb Jambalaya

Jacket Potato with Baked Beans & Cheese

Mixed Berry Oat Bar with Custard

Chicken Sausage Roll with Mashed Potatoes & Baked Beans

Ratatouille Style Vegetables with Rice

Vegetable Korma with Rice

Strawberry Jelly with Fruit Wedges

Roast Turkey with Roast Potatoes

Root Vegetable Pinwheel with Roast Potatoes

Chocolate & Orange Marbled Sponge with Chocolate Sauce

Chicken Korma with Rice

Macaroni Cheese

Jacket Potato with Tuna Mayonnaise or Cheese

Carrot Cake Cookie with Fruit Wedges

Battered Fish with Oven Baked Chips & Tomato Sauce

Sweet Potato & Red Pepper Frittata with Oven Baked Chips

Fruity Friday: A Selection of Fresh Fruit with Greek Yoghurt

Week Three

w/c
16th September
7th October
4th November
25th November
16th December
20th January
10th February

Cajun Chicken Pizza with a Pasta Side

Cheese & Tomato Pizza with a Pasta Side

Thai Style Salmon Fishcake with Coconut Rice

Lemon & Blueberry Sponge with Custard

Beef Pasta Bake with Garlic Bread

Mediterranean Style Vegetable Parcel with Garlic & Herb Bread & Rice

Ginger & Spring Onion Fish with Rice

Chocolate Cake with Chocolate Sauce

Thyme Roast Chicken with Roast Potatoes

Sweet Potato Stir with Roast Potatoes

Ginger Cake with Custard

Jamaican Style Lamb Wrap with Rice

Chickpea & Spinach Tagine with Rice

Pasta Italiane

Vanilla Ice Cream with Fruit Wedges

Beef Burger in a Bun with Oven Baked Chips

Bean Burger with Oven Baked Chips

Fruity Friday: A Selection of Fresh Fruit with Greek Yoghurt

Available daily: Choice of Salads ~ Selection of Vegetables ~ Freshly Baked Bread ~ Fresh Fruit Platters ~ Yoghurts



Look out for monthly featured ingredients.



Cypress Primary (Lower School)

Welcome to Harrison Catering Service

The catering service Cypress Primary (Lower School) is provided by Harrison Catering Services, an independent, family-owned company founded in 1994.

The Harrison proposition is centred around the on-site preparation and cooking of top quality meals made with fresh ingredients. Over 100 clients across the UK enjoy a Harrison food service, with more than 100,000 meals being served each day by approximately 2,000 staff across more than 270 locations.

Working in Partnership with Cypress Primary (Lower School)

Our catering team will work with the school to tailor menus to the tastes and preferences of the pupils. We will introduce further interest and excitement to our menus through themed lunches ranging from holidays like Easter and Christmas to cuisines from around the world, tying these into the school curriculum whenever possible. These activities further reinforce the importance of eating a balanced diet of nutritious food.

Providing Healthy School Meals

Harrison understands that what children eat affects their health and their ability to learn and perform in the classroom. At Cypress Primary (Lower School) our catering team will provide nutritious, balanced meals and we will work to educate the pupils on how to make healthier food choices. Our goal is to instil a love and understanding of fresh, healthy food at a young age that will positively influence them throughout life. All Harrison staff receive training in how to prepare and serve healthier food through the company's bespoke Eat Well Live Well© training programme.

In addition, our focus on fresh food means that only minimal amounts of fried foods appear on our menus—generally in the form of much-loved British favourites like fish and chips. We also aim to maximise access to fruit and vegetables by offering a choice of cooked vegetables, salads, healthier snacks and fresh fruit daily. Every egg we use is British-sourced and free range and the majority of our meat is British-sourced as well.

We have a comprehensive policy for children with food allergies. Please contact us for further information.

We Welcome Your Feedback

Hearing your thoughts on our catering service is an essential part of getting things right and developing the foodservice at your school. Please feel free to speak to our catering manager if you have any comments.

Join the Harrison Family

The great food and service that Harrison provides is only possible because of our talented staff. We aim to create an environment where every team member's efforts and skills are recognised, developed and rewarded, so that we can attract and retain the best people.

If you are interested in joining the Harrison family, please visit our website for the latest job opportunities at www.harrisoncatering.co.uk/job-opportunities.html or contact the human resources department at our Thame office on 01844 216777.



Our very own company nutritionist, Dr Juliet Gray, advises on all our menus!



We use locally sourced ingredients when available and in season!

