

What's on the menu?

Autumn/Winter 2018-2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week One w/c 3 rd September 24 th September 15 th October 12 th November 3 rd December 7 th January 28 th January	Beef Bolognese with Pasta Tomato & Basil Pasta Cheese & Onion Pinwheel Homemade Garlic & Herb Bread Apple Oaty Crumble with Custard	Chicken Korma with Rice Jacket Potato with Baked Beans & Cheese Carrot & Parsnip Rosti with Rice Banana Muffin with Fruit Wedges	Roast Beef with Yorkshire Pudding & Roast Potatoes Yorkshire Pudding filled with Roasted Winter Vegetables with Roast Potatoes Lemon & Thyme Fish with Roast Potatoes Wholemeal Carrot Cake with Custard	Jerk Chicken with Rice Chickpea Dhal with Rice Salmon & Broccoli Pasta Bake Strawberry Jelly with Peaches	Fish Fingers with Oven Baked Chunky Chips Vegetable Wellington Pasty with Oven Baked Chunky Chips Roasted Red Pepper Frittata with Oven Baked Chunky Chips Chocolate Sponge with Chocolate Sauce
Week Two w/c 10 th September 1 st October 29 th October 19 th November 10 th December 14 th January 4 th February	Chicken & Sweetcorn Pie with Mashed Potatoes Pasta Italiane Singapore Noodles Marbled Pear Sponge with Custard	Beef Meatballs with Pasta Jacket Potato with Tuna Mayonnaise or Baked Beans Vegetable Jambalaya Wholemeal Lemon Shortbread with Orange Wedges	Thyme Roasted Chicken with Roast Potatoes Sweet Potato Stir with Roast Potatoes Spanish Tortilla with Roast Potatoes Plum & Apple Pie with Custard	Shepherd's Pie Jacket Potato with Baked Beans or Cheese Peri-Peri Style Vegetables with Rice Lemon Yoghurt Cake with Custard	Pizza Bar: <ul style="list-style-type: none"> • Cheese & Tomato or • Cajun Chicken with Oven Baked Chunky Chips Asian Style Fish with Oven Baked Chunky Chips Raspberry Ripple Ice Cream with Peaches
Week Three w/c 17 th September 8 th October 5 th November 26 th November 17 th December 21 st January 11 th February	Jamaican Beef Pie with New Potatoes Mexican Beans in a Corn Tortilla with Rice Jacket Potato with Baked Beans & Cheese Mixed Fruit Oat Bar with Custard	BBQ Chicken with Rice Macaroni Cheese Cajun Fish with Rice Homemade Garlic Bread Chocolate Brownie with Orange Wedges	Roast Turkey with Roast Potatoes Roasted Vegetable Loaf with Roast Potatoes Spanish Style Sweet Pepper Paella Peach Crumble with Custard	Chicken Sausages with Mashed Potatoes Vegetarian Sausages with Mashed Potatoes Chinese Style Vegetable Stir Fry with Rice Pineapple & Coconut Sponge with Custard	Battered Fish with Oven Baked Chunky Chips Cheese & Leek Puff with Oven Baked Chunky Chips Moroccan Style Vegetable Tagine with Couscous Apple & Cinnamon Cupcake with Apple Wedges

Available daily: Seasonal Vegetables, Salad Bar, Fresh Homemade Bread, Fresh Fruit Platter, Yoghurt



Look out for monthly featured ingredients.



Cypress Lower School

Welcome to Harrison Catering Service

The catering service at Cypress 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 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 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!

