

What's on the menu?

Autumn / Winter 2019-2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week One w/c 2 nd September 23 rd September 14 th October 11 th November 2 nd December 6 th January 27 th January	Beef Bolognese with Pasta Vegetable Bolognese with Pasta Jacket Potato with Baked Beans & Cheese Peach Oaty Crumble with Custard	Baked Chicken Sausages with Mashed Potatoes Root Vegetable Slice with Mashed Potatoes & Baked Beans Chow Mein Vegetables & 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 with Garlic Bread 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 9 th September 30 th September 28 th October 18 th November 9 th December 13 th January 3 rd February	Beef Lasagne with Garlic Herb Focaccia Sweet Pepper & Lentil Lasagne with Garlic Herb Focaccia Berry Swirl Sponge with Custard	Chicken Sausage Roll with Mashed Potatoes & Baked Beans Jacket Potato with Baked Beans & Cheese Vegetable Korma with Rice Strawberry Jelly with Fruit Wedges	Roast Turkey with Roast Potatoes Cajun Style Bean & Vegetable Wrap with Roast Potatoes Chocolate & Orange Marbled Sponge with Chocolate Sauce	Chicken Korma with Rice Macaroni Cheese Jacket Potato with Baked Beans Carrot Cake Cookie with Fruit Wedges	Battered Fish with Oven Baked Chips & Tomato Sauce Winter Vegetable Pinwheel with Oven Baked Chips Fruity Friday: A Selection of Fresh Fruit with Greek Yoghurt
Week Three w/c 16 th September 7 th October 4 th November 25 th November 16 th December 20 th January 10 th February	Cajun Chicken Pizza with a Pasta Side Cheese & Tomato Pizza with a Pasta Side Jacket Potato with Baked Beans Vanilla Ice Cream with Fruit Wedges	Beef Pasta Bake with Garlic Bread Mediterranean Style Vegetable Parcel with Rice Thai Style Salmon Fishcake with Sweet Chilli Dip & Rice Lemon & Blueberry Sponge with Custard	Thyme Roast Chicken with Roast Potatoes Winter Vegetable Wellington with Roast Potatoes Chocolate Cupcake with Fruit Wedges	Jamaican Style Lamb Wrap with Rice Butternut & Chickpea Tagine with Rice Pasta Italiane Ginger Cake with Custard	Battered Fish with Oven Baked Chips & Tomato Sauce 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 (Upper School)

Welcome to Harrison Catering Service

The catering service Cypress Primary (Upper 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 (Upper 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 (Upper 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!

