

# What's on the menu?

Autumn/Winter 2018-2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week One</b> w/c 3 <sup>rd</sup> September 24 <sup>th</sup> September 15 <sup>th</sup> October 12 <sup>th</sup> November 3 <sup>rd</sup> December 7 <sup>th</sup> January 28 <sup>th</sup> January	Beef Bolognese with Pasta  Tomato & Basil Pasta  Savoury Vegetable Wrap  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 & Yorkshire Pudding with Roast Potatoes  Yorkshire Pudding filled with Winter Vegetables with Roast Potatoes  Lemon & Thyme Fish with Roast Potatoes  Wholemeal Carrot Cake with Custard	BBQ Chicken with Rice  Lentil & Vegetable Cottage Pie  Jacket Potato with Baked Beans or Tuna Mayonnaise  Strawberry Jelly with Peaches	Fish Fingers with Oven Baked Chunky Chips  Vegetable Wellington Pasty with Oven Baked Chunky Chips  Roasted Red Pepper Frittata with New Potatoes  Chocolate Sponge with Chocolate Sauce
<b>Week Two</b> w/c 10 <sup>th</sup> September 1 <sup>st</sup> October 29 <sup>th</sup> October 19 <sup>th</sup> November 10 <sup>th</sup> December 14 <sup>th</sup> January 4 <sup>th</sup> February	Chicken & Sweetcorn Pie with Mashed Potatoes  Pasta Italiane  Butternut Squash & Lentil Balti with Rice  Marbled Pear Sponge with Custard	Beef Meatballs with Pasta  Jacket Potato with Baked Beans or Tuna Mayonnaise  Vegetable Jambalaya  Wholemeal Lemon Shortbread with Orange Wedges	Thyme Roasted Chicken with Roast Potatoes  BBQ Bean Wrap with Roast Potatoes  Cauliflower & Broccoli Cheese Bake with Roast Potatoes  Plum & Apple Pie with Custard	Cottage Pie  Jacket Potato with Baked Beans or Cheese  Baked Fish in a Tomato & Herb Sauce with Rice  Lemon Yoghurt Cake with Custard	Pizza Bar: <ul style="list-style-type: none"> <li>• Cheese &amp; Tomato or</li> <li>• Cajun Chicken</li> </ul> with Oven Baked Chunky Chips  Homemade Salmon Fishcake with Oven Baked Chunky Chips  Raspberry Ripple Ice Cream with Peaches
<b>Week Three</b> w/c 17 <sup>th</sup> September 8 <sup>th</sup> October 5 <sup>th</sup> November 26 <sup>th</sup> November 17 <sup>th</sup> December 21 <sup>st</sup> January 11 <sup>th</sup> February	Jamaican Lamb Pie with New Potatoes  Mexican Beans in a Corn Tortilla with Rice  Jacket Potato with Baked Beans or Tuna Mayonnaise  Mixed Fruit Oat Bar with Custard	Jerk 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  Jacket Potato with Baked Beans or Cheese  Chinese Style Stir Fry Vegetables 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 Upper School

### Welcome to Harrison Catering Service

The catering service at Cypress 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 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 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](http://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!

