

What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Week One w/c 25 th February 18 th March 22 nd April 13 th May 10 th June 1 st July 22 nd July	Lamb Bolognese with Pasta Pesto Style Pasta Butternut Squash and Chickpea Tagine with Herbed Cous Cous Lemon and Lime Sponge with Custard	Chicken Fajita with Rice Jacket Potato with Tuna and Sweetcorn Mayonnaise or Cheese Raspberry Ripple Ice-Cream with Watermelon Wedges	Roast Turkey and Stuffing with Roast Potatoes Roasted Vegetable Loaf with Roast Potatoes Chocolate and Orange Sponge with Chocolate Sauce	Tandoori Style Chicken with Rice Macaroni Cheese Jacket Potato with Baked Beans Carrot Cake Cookie with Orange Wedges	Breaded Fish with Oven Baked Chips and Homemade Tomato Sauce Chilli Bean Wrap and Sweetcorn Salsa with Oven Baked Chips Banana Muffin with Fruit Slices	
	Week Two w/c 4 th March 25 th March 29 th April 20 th May 17 th June 8 th July	Chicken Korma with Rice Butternut Squash and Vegetable Curry with Rice Egg and Cheese Toast Cup with New Potatoes Mixed Berry Oat Bar with Custard	BBQ Style Turkey Meatballs with Pasta Jacket Potato with Baked Beans and Cheese Ratatouille Style Vegetables with Pasta Chocolate Cupcake with Fruit Wedges	Roast Beef and Yorkshire Pudding with Roast Potatoes Root Vegetable Rosti with Roast Potatoes Lemon and Blueberry Sponge with Custard	Jamaican Style Lamb Pie with Mashed Potatoes Carrot and Leek Sausages with Mashed Potatoes Jacket Potato with Tuna Mayonnaise or Cheese Strawberry Jelly with Orange Wedges	Breaded Fish with Oven Baked Chips and Homemade Tomato Sauce Cornish Style Vegetable Pasty with Oven Baked Chips Pineapple and Coconut Sponge
		Week Three w/c 11 th March 1 st April 6 th May 3 rd June 24 th June 15 th July	Chicken Sausages with Oven Baked Wedges Spring Vegetable Slice with Oven Baked Wedges Berry Sponge with Custard	Beef Lasagne with Garlic Bread Mediterranean Style Vegetable Parcel with Tomato and Herb Rice Jacket Potato with Baked Beans and Cheese Wholemeal Lemon Shortbread with Orange Wedges	Herb Roast Chicken with Roast Potatoes Yorkshire Pudding filled with a Medley of Roast Vegetables with Roast Potatoes Red Velvet Style Cake with Chocolate Sauce	Mexican Style Beef Wrap with a Tomato Salsa and Rice Pasta Italiane Jacket Potato with Tuna Mayonnaise Vanilla Ice-Cream with Pineapple Wedges

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



Look out for monthly featured ingredients.



Cypress Upper School

Welcome to Harrison Catering Service

The catering service 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 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!

