

# 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 Bake  Homemade Garlic & Herb Bread  Apple Oaty Crumble with Custard	Chicken Korma with Rice  Jacket Potato with Baked Beans and Cheese  Mexican Bean in a Corn Tortilla with Rice  Banana Muffin with Fresh Fruit Wedges	Roast Beef with Yorkshire Pudding & Roast Potatoes  Vegetable Wellington Pasty with Roast Potatoes  Wholemeal Carrot Cake with Custard	Jerk Chicken with Rice  Chickpea Dhal with Rice  Carrot & Parsnip Rosti with Rice  Chocolate Brownie with Orange Wedges	Fish Fingers with Oven Baked Chunky Chips  Roasted Red Pepper Frittata with Oven Baked Chunky Chips  Fruity Friday: A selection of Fresh Fruit with Greek Yoghurt
<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	Curry Bar: <ul style="list-style-type: none"> <li>• Chicken Jalfrezi or</li> <li>• Vegetable Dhansak with Rice</li> </ul> Pasta Italiane  Pineapple Sponge with Custard	Shepherd's Pie  Jacket Potato with Baked Beans or Cheese  Piri-Piri Style Vegetables with Rice  Wholemeal Lemon Shortbread with Orange Wedges	Thyme Roasted Chicken with Roast Potatoes  Sweet Potato Stir with Roast Potatoes  Chocolate Sponge with Chocolate Sauce	Beef Chilli with Rice or Jacket Potato  Lemon & Herb Crusted Fish with Rice  Vegetable Jambalaya  Ice Cream with Berry Compote	Pizza Bar: <ul style="list-style-type: none"> <li>• Cheese &amp; Tomato or</li> <li>• Cajun Chicken with Oven Baked Chunky Chips</li> </ul> Salmon Stir Fry with Rice  Fruity Friday: A selection of Fresh Fruit with Greek Yoghurt
<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	Mexican Beef Wrap with Rice  Chinese Style Vegetable Stir Fry with Noodles  Jacket Potato with Baked Beans or Cheese  Marbled Pear Sponge with Chocolate Sauce	Chicken Sausages with Mashed Potatoes  Vegetarian Sausages with Mashed Potatoes  Moroccan Style Vegetable Tagin with Couscous  Mixed Fruit Oat Bar with Custard	Roast Turkey with Roast Potatoes  Falafel in a Tomato Wrap with Minted Yoghurt & Rice  Plum & Apple Pie with Custard	BBQ Chicken Thigh with Rice  Macaroni Cheese  Apple & Cinnamon Cupcake with Apple Wedges	Battered Fish with Oven Baked Chunky Chips  Cheese & Leek Puff with Oven Baked Chunky Chips  Fruity Friday: A selection of Fresh Fruit with Greek Yoghurt

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



Look out for monthly featured ingredients.



## Whitehorse Manor Junior School

### Welcome to Harrison Catering Service

The catering service at Whitehorse Manor Junior 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 Whitehorse Manor Junior 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 Whitehorse Manor Junior 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!

