

# What's on the menu?

Autumn / Winter 2019-2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Week One

w/c  
2<sup>nd</sup> September  
23<sup>rd</sup> September  
14<sup>th</sup> October  
11<sup>th</sup> November  
2<sup>nd</sup> December  
6<sup>th</sup> January  
27<sup>th</sup> 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

Carrot & Leek Sausages with Mashed Potatoes

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<sup>th</sup> September  
30<sup>th</sup> September  
28<sup>th</sup> October  
18<sup>th</sup> November  
9<sup>th</sup> December  
13<sup>th</sup> January  
3<sup>rd</sup> February

Beef Lasagne

Sweet Pepper & Lentil Lasagne

Vegetable Korma with Rice

Mixed Berry Oat Bar with Custard

Chicken & Sweetcorn Pie with New Potatoes

Jacket Potato with Baked Beans & Cheese

Strawberry Jelly with Fresh Fruit Wedges

Beef Burger in a Burger Bun with Oven Baked Potato Wedges

Bean & Vegetable Burger in a Burger Bun with Oven Baked Potato Wedges

Chocolate & Orange Marbled Sponge with Chocolate Sauce

Chicken Korma Style with Rice

Macaroni Cheese

Wholemeal Carrot Cake with Custard

Battered Fish with Oven Baked Chips & e Tomato Sauce

Sweet Potato & Red Pepper Frittata with Oven Baked Chips

Fruity Friday: A Selection of Fresh Fruit with Greek Yoghurt

### Week Three

w/c  
16<sup>th</sup> September  
7<sup>th</sup> October  
4<sup>th</sup> November  
25<sup>th</sup> November  
16<sup>th</sup> December  
20<sup>th</sup> January  
10<sup>th</sup> February

Chicken Jalfrezi with Rice

Winter Vegetable Casserole with Rice

Thai Style Salmon Fishcake with Rice

Lemon & Blueberry Sponge with Custard

Beef Pasta Bake with Garlic Bread

Mediterranean Style Vegetable Parcel with Rice

Chocolate Cupcake with Fresh Fruit Wedges

Thyme Roast Chicken with Roast Potatoes

Root Vegetable Rosti with Roast Potatoes

Ginger Cake with Custard

Jamaican Style Lamb Wrap with Rice

Pasta Italiane

Vanilla Ice Cream with Fresh Fruit Wedges

Cheese & Tomato Pizza with Oven Baked Chips

Cajun Chicken Pizza 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.



## Whitehorse Manor Infant School & Nursery

### Welcome to Harrison Catering Service

The catering service Whitehorse Manor Infant School & Nursery 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 Infant School & Nursery

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 Infant School & Nursery 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!

