# What's on the menu?

HARRISON
food with thought

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| WEEK ONE | Sweet Potato Stir<br>served with Rice<br><br>Macaroni Cheese<br>Wheat, Milk<br>served with a Chef's Salad<br><br>Winter Vegetable Hotpot<br><br>Carrots / Oven Roasted Courgettes<br><br>Chocolate Traybake<br>Wheat, Egg, Milk<br>served with Chocolate Sauce<br>Milk | Pasta Primavera<br>Wheat<br><br>Chicken Sausage Roll<br>Wheat, Sulphites<br>served with Oven Roasted Potato Wedges<br><br>Oriental Style Sweet & Sour Stir Fry<br>served with Rice<br><br>Broccoli / Baked Beans<br><br>Mixed Berry & Apple Oat Bar<br>Wheat, Oats | **A Taste of Mexico:**<br>Smokey BBQ Style Beef Chilli<br>Sulphites<br>or Bean Chilli<br><br>served with a Soft Taco & Rice<br>Wheat<br>or Gram Flour Flatbread & Rice<br><br>Salsa, Lettuce, Cheese<br>Milk<br>Lime & Coriander Mayonnaise<br>Egg<br><br>Jacket Potato<br>served with Cheddar Cheese<br>Milk<br><br>Sweetcorn / Mexican Roasted Vegetables<br><br>Chocolate & Cinnamon Cookie<br>Wheat, Egg<br>served with Pineapple & Lime Compote | Tomato, Basil & Mozzarella Pasta Bake<br>Wheat, Milk<br><br>Chicken Casserole<br>served with Mashed Potatoes<br><br>Indian Style Chickpea Biriyani<br><br>Green Beans / Roasted Butternut Squash<br><br>Parsnip & Apple Cake<br>Wheat, Egg<br>served with Custard<br>Milk | Pesto Style Topped Pizza<br>Wheat, Milk<br><br>Battered Fish<br>Wheat, Fish<br><br>Cajun Sweet Potato Fritters<br>served with a Zesty Slaw<br>Egg<br><br>All dishes served with<br>Oven Chips or New Potatoes<br>& Tomato Ketchup<br>Celery<br><br>Peas / Baked Beans<br><br>Jam Drop Cookie<br>Wheat, Egg, Sulphites |
| WEEK TWO | Mixed Bean Enchilada<br>Wheat, Milk<br>served with Vegetable Rice<br><br>Vegetarian Cottage Pie<br><br>Red Pesto Style Pasta<br>Wheat<br><br>Oven Roasted Tomatoes / Street Corn<br><br>Wholemeal Carrot Cake<br>Wheat, Egg<br>served with Custard<br>Milk | Cornish Style Vegetable Pasty<br>Wheat<br>served with Garlic & Herb Roasted Potatoes<br><br>Piri Piri Style Chicken Fillet<br>served with Garlic & Herb Roasted Potatoes<br><br>Jacket Potato served with Baked Beans<br>& Cheddar Cheese<br>Milk<br><br>Savoy Cabbage / Carrots<br><br>Apple & Cinnamon Flapjack<br>Wheat, Oats | **A Taste of India:**<br>Chana Chicken<br>or Vegetable Balti<br><br>served with: Lemon Rice, Bombay Potato Salad, Tomato & Coriander Chutney<br><br>& Naan Style Bread<br>Wheat, Milk, Soybeans<br><br>Cheesy Sweetcorn & Pepper Wrap<br>Wheat, Milk<br>served with Lemon Rice<br><br>Broccoli / Roasted Butternut Squash<br><br>Indian Tea Shop Style Biscuit<br>Wheat | Pizza Margherita<br>Wheat, Milk<br>or BBQ Style Beef Pizza<br>Wheat, Milk, Sulphites<br><br>both served with Sweet Pepper Pasta Side<br>Wheat<br><br>Roasted Root Vegetable Casserole<br>served with Mashed Potatoes<br><br>Sweetcorn / Oven Roasted Courgettes<br><br>Berry Swirl Sponge<br>Wheat, Egg, Milk<br>served with Custard<br>Milk | Carrot & Chickpea Falafel<br>served with Sweet Chilli Dip<br><br>Battered Fish<br>Wheat, Fish<br><br>Cheese & Onion Turnover<br>Wheat, Milk<br><br>All dishes served with<br>Oven Chips or New Potatoes<br>& Tomato Ketchup<br>Celery<br><br>Baked Beans / Peas<br><br>Harrison Bear Chocolate Shortbread<br>Wheat<br>served with Orange Wedges |
| WEEK THREE | Chilli Bean Burrito<br>Wheat<br><br>Cheese & Chive Macaroni Bake<br>Wheat, Milk<br><br>Chicken Jollof Style<br>served with Rice<br><br>Oven Roasted Courgettes / Sweetcorn<br><br>St Clements Sponge<br>Wheat, Egg, Milk<br>served with Custard<br>Milk | Chicken Sausages with Mashed Potatoes & Baked Beans<br><br>Vegetarian Sausages<br>Wheat<br>with Mashed Potatoes & Baked Beans<br><br>Breaded Salmon Fishcakes<br>Wheat, Fish<br>served with Sweetcorn & Bean Salad<br>& New Potatoes<br><br>Roasted Butternut Squash / Green Beans<br><br>Maple Flavoured Oat Cookie<br>Wheat, Oats<br>served with Peach Puree | **A Taste of Italy:**<br>Tomato & Oregano Sauce with Mozzarella<br>Milk<br>or Beef Bolognese<br>or Spinach, Cannellini Bean & Basil Sauce<br><br>served with Penne or Fusilli Pasta<br>Wheat<br><br>Tomato & Herb Focaccia<br>Wheat, Soybeans<br><br>Pasta Bar Salads<br><br>Chickpea Herb Bites<br>served with Sweet Pepper Salsa & Rice<br><br>Broccoli / Sweetcorn<br><br>Strawberry Ice Cream<br>Milk<br>with Italian Style Lemon Cake Bite<br>Wheat, Egg, Milk | Jacket Potato<br>served with Cheddar Cheese<br>Milk<br>& Coleslaw<br>Egg<br><br>Chinese Style Vegetable Stir Fry<br>served with Rice<br><br>Vegetable Jambalaya<br><br>Savoy Cabbage / Carrots<br><br>Wholemeal Shortbread<br>Wheat<br>served with Spiced Apple Compote | Chickpea & Onion Bhaji<br>served with Raita<br>Milk<br><br>Battered Fish<br>Wheat, Fish<br><br>Cheese & Leek Pinwheel<br>Wheat, Milk<br><br>All dishes served with<br>Oven Chips or New Potatoes<br>& Tomato Ketchup<br>Celery<br><br>Peas / Baked Beans<br><br>Marbled Sponge<br>Wheat, Egg, Milk<br>served with Custard<br>Milk |

**Available daily**
Please ask the catering manager for food allergen information

**Menu Items Available Daily:** Salad Selection • Homemade Bread • Fresh Fruit • Yoghurt • Jelly • Gram Flour Shortbread

**WEEK ONE**
w/c 31st Aug, 21st Sept 12th Oct, 9th Nov, 30th Nov, 4th Jan, 25th Jan

**WEEK TWO**
w/c 7th Sept, 28th Sept, 19th Oct, 16th Nov, 7th Dec, 11th Jan

**WEEK THREE**
w/c 14th Sept. 5th Oct, 2nd Nov, 23rd Nov, 14th Dec, 18th Jan

Please see page 2 regarding allergen information provided on the menu.

# Harrison Catering Services

HARRISON
food with thought

## Beulah Infant and Nursery School

### About Your Catering Service

We are delighted to be working in partnership with your school. Founded in 1994, we are an award-winning company with a vision to encourage children to explore new tastes and make healthier food choices through their formative years, which will positively influence them for life.

### A Delicious Balanced Menu

Our approach is focused on seasonal, fresh, sustainably sourced food, including ingredients, such as British free-range eggs and British sourced fresh meat and poultry, wherever possible.

Our menus are created with local tastes and preferences in mind and offer a range of popular, full of flavour dishes to encourage balanced meal choices and to help children grow, learn and stay active.

Core menus are reviewed by our consultant nutritionist, who ensures that they are structured for young growing bodies, who need a variety of food, including protein (in both meat-based and vegetarian dishes), fruit and vegetables, carbohydrates, and dairy products, while limiting foods high in fat, salt and sugars. We follow the school food standards.

We will introduce further interest and excitement to menus with planned additional food experiences, pop-ups, themed events with links to the school's curriculum, cultural and celebration dates, aimed at creating a fun, engaging and enjoyable dining experience.

### Allergen Information

We recognise that some children may have an allergen or intolerance to one of the 14 common food allergens. We have robust processes in place to assist the school in managing. If your child has a food allergy or intolerance, please complete the allergen management form and return it to your school office. To view our process and obtain the allergen management form please visit: https://www.harrisoncatering.co.uk/food-allergies-food-intolerances.

### Talented Catering Team

The Harrison catering team are dedicated to providing a great catering service and receive training to complete their roles successfully, including how to prepare and serve healthier food through the company's bespoke Eat Well Live Well® training programme.

### Universal Infant Free School Meals (UIFSM) Key Stage 1

All children in reception, year 1 or year 2 are automatically entitled to free school meals under the Universal Infant Free School Meals scheme, irrespective of income.

### Free School Meals for Key Stage 2

The Mayor of London's initiative continues to offer a free school meal to all pupils in Key Stage 2, regardless of income.

### We Welcome Your Feedback

We welcome and value all feedback. We regularly review our offer to continue to offer a positive dining experience for your child. Please refer your comments or suggestions to our Catering Manager.

### Learn More

For more in-depth knowledge about Harrison Catering, recipe inspiration, health and wellbeing, our how-to-videos, charitable activities and latest job opportunities, please visit www.harrisoncatering.co.uk

**Red = Allergen**

- All food is freshly prepared on site each day and if any of the 14 common food allergens present, they are listed in red against each menu item and are intended as a guide to help with the choice of meal. For operational reasons it may be necessary to alter a recipe at short notice and therefore **your child or the member of school staff who presents your child at the counter must check each time before being served with the food.**
- The Company handles many of the 14 common food allergens in our busy kitchens and so therefore cannot guarantee that our food is 100% free from specific food allergens
- There are foods not on the list of 14 common food allergens which can cause allergic reactions in a small number of people and if your child has such an allergy, **they or school member must check each time before being served with the food.**

Our allergen process is written to protect the welfare of the children.

Look out for monthly featured ingredients.