

# What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	<p>Tomato &amp; Basil Pasta <b>Wheat</b> with Chef's Salad &amp; Cheese <b>Milk</b></p> <p>Baked Onion Bhaji with Chickpea Dhal, Lemon Rice, Apple &amp; Mint Chutney</p> <p>Citrus Sponge <b>Wheat, Milk, Egg</b> with Custard <b>Milk</b></p>	<p>Creole Style Chicken with Vegetable Rice <b>Celery</b></p> <p>Chick Pea &amp; Vegetable Chow Mein <b>Eggs, Wheat</b></p> <p>Jelly with Watermelon Wedges</p>	<p>Chicken Sausages, Pork Sausages <b>Sulphites</b> or Vegetarian Sausages <b>Wheat</b> with Oven Baked Potato Wedges &amp; BBQ Style Dip <b>Wheat</b></p> <p>Jacket Potato with Baked Beans, Cheddar Cheese <b>Milk</b> or Ratatouille Style Vegetable &amp; Beans</p> <p>Harrison Bear Lemon Shortbread <b>Wheat</b> with Fresh Fruit Wedges</p>	<p>Beef Bolognaise served with Fusilli Pasta <b>Wheat</b> or Rice</p> <p>or</p> <p>Lentil &amp; Vegetable Bolognaise <b>Wheat</b> served with Fusilli Pasta <b>Wheat</b> or Rice</p> <p>Gram Flour Pizza Parcel <b>Milk</b> with Rainbow Ribbon Salad</p> <p>Chocolate &amp; Orange Cake <b>Wheat, Milk, Egg</b> with Chocolate Sauce <b>Milk</b></p>	<p>Battered Fish Fillet <b>Fish, Wheat</b> with Tomato Sauce &amp; Chips</p> <p>Chick Pea &amp; Herb Veggie Balls with Sweet Chilli Dip &amp; Chips</p> <p>Ice Cream <b>Milk</b> with Fresh Fruit Wedges</p>
WEEK TWO	<p>Macaroni Cheese <b>Milk, Wheat</b></p> <p>Vegetable Rice</p> <p>Apple &amp; Cinnamon Sponge <b>Wheat, Eggs, Milk</b> with Custard <b>Milk</b></p>	<p>Sweet Chilli Chicken with Rice or Pasta <b>Wheat</b></p> <p>Pasta Primavera <b>Milk, Wheat</b></p> <p>Ice Cream <b>Milk</b> with Fresh Fruit Wedges</p>	<p>Roast Turkey with Roast Potatoes &amp; Gravy</p> <p>Spring Vegetable Pie <b>Celery, Wheat</b> with Roast Potatoes</p> <p>Chocolate Sponge <b>Wheat, Eggs, Milk</b> with Chocolate Sauce <b>Milk</b></p>	<p>Minced Beef Slice <b>Wheat</b> with Mashed Potato &amp; Gravy</p> <p>Carrot &amp; Coriander Falafels with Pilau Rice &amp; Tomato Chutney</p> <p>Apple &amp; Berry Flapjack <b>Wheat</b></p>	<p>Battered Fish <b>Wheat, Fish</b> with Chips &amp; Tomato Sauce</p> <p>Vegetable &amp; Bean Pattie <b>Wheat</b> with Chips &amp; Tomato Sauce</p> <p>Jacket Potato with Baked Beans &amp; Cheddar Cheese <b>Milk</b></p> <p>Jelly with Fresh Fruit Wedges</p>
WEEK THREE	<p>Jacket Potato with Baked Beans &amp; Veggie Balls, Cheddar Cheese <b>Milk</b></p> <p>Pesto Style Pasta <b>Wheat</b> with a Mediterranean Style Salad</p> <p>Carrot Cake <b>Wheat, Egg</b> with Custard <b>Milk</b></p>	<p>BBQ Style Chicken <b>Wheat</b> with Oven Roasted Potato Wedges</p> <p>Sweet Potato Stir with Rice</p> <p>Ice Cream <b>Milk</b> with Fresh Fruit Wedges</p>	<p>Beef Meatballs with Italian Style Tomato &amp; Herb Sauce with Penne Pasta <b>Wheat</b> or Rice</p> <p>Chilli Bean Fajita <b>Wheat</b> with Sweetcorn Salsa &amp; Mexican Style Rice</p> <p>Berry &amp; Lemon Sponge <b>Wheat, Egg, Milk</b> with Custard <b>Milk</b></p>	<p>Margherita Pizza <b>Wheat, Egg, Milk, Soy</b> or Sweetcorn &amp; Mixed Pepper French Bread Pizza <b>Wheat, Milk, Soy</b></p> <p>Butternut Squash &amp; Spinach Curry with Lemon Rice</p> <p>Jelly with Fresh Fruit Wedges</p>	<p>Battered Fish Fillet <b>Wheat, Fish</b> with Chips &amp; Tomato Sauce</p> <p>Salmon &amp; Lemon Fishcakes <b>Fish</b> with Chips &amp; Tomato Sauce</p> <p>Indian Style Gram Flour Parcel with Kachumber Salad &amp; Chips</p> <p>Harrison Bear Chocolate Shortbread <b>Wheat</b> with Fresh Fruit Wedges</p>

## Available daily

Please ask the catering manager for food allergen information

Salad Selection ~ Vegetable Selection ~ Homemade Bread ~ Fresh Fruit Platter ~ Yoghurt

### WEEK ONE

20<sup>th</sup> Feb/13<sup>th</sup> March/17<sup>th</sup> April  
8<sup>th</sup> May/5<sup>th</sup> June/26<sup>th</sup> June/17<sup>th</sup> July

### WEEK TWO

27<sup>th</sup> Feb/20<sup>th</sup> March/24<sup>th</sup> April  
15<sup>th</sup> May/12<sup>th</sup> June/3<sup>rd</sup> July

### WEEK THREE

6<sup>th</sup> March/27<sup>th</sup> March/1<sup>st</sup> May  
22<sup>nd</sup> May/19<sup>th</sup> June/10<sup>th</sup> July



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





## Cypress Primary Lower School

### About Your Catering Service

We are delighted to be working in partnership with Cypress Primary Lower 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.

### What's on the Menu

Our approach, where ever possible, is to use quality, sustainably-sourced, seasonal fresh food, including ingredients, such as British free-range eggs and British sourced fresh meat and poultry.

Our menus are created with local tastes, preferences in mind and offer a range of popular, delicious, full of flavour dishes to encourage balanced meal choices and we follow the school food standards.

We will introduce further interest and excitement to our menus with organised 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 suffer with an allergen or intolerance to one of the 14 common food allergens. We have robust processes in place to assist the school in managing. For more information, please contact our Catering Manager.

### 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 (UFSM)

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

Your older children may be entitled for free school meals. Please contact the school office to find out how to apply and access this benefit.

### Payment of School Lunches

Please contact the school office for the payment process for your child's school lunch.

### 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 a more in-depth knowledge about Harrison Catering, recipe inspirations, our how to videos and latest job opportunities, please visit [www.harrisoncatering.co.uk](http://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.



Our very own company  
nutritionist, Dr Juliet Gray,  
advises on our menus!



Look out for monthly featured ingredients.

