

What's on the menu?

Autumn-Winter 2021-2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week One w/c 1 st Nov 22 nd Nov 13 th Dec 17 th Jan 7 th Feb	Beef Bolognaise with Fusilli Pasta & Herbed Garlic Bread Baked Onion Bhaji with Chick Pea Dhal & Tomato & Coriander Chutney Peach Oaty Crumble with Custard	Pizza Margherita with 'Street Corn' Salad Moroccan Style Roasted Vegetable Tagine with Cous Cous Orange Shortbread with Fruit Wedges	Jerk Chicken with Coconut Pilaff & Pineapple Relish Wholemeal Cheddar Cheese & Spinach Quiche with Herbed New Potatoes Chocolate Sponge with Chocolate Sauce	Chilli Beef Jacket with Salsa & Sour Cream Cheese & Chive Pasta with Carrot & Cumin Bread Apple Flapjack with Custard	Battered Fish with Chips & Tomato Sauce Barbeque Style Red Bean & Sweet Potato Balls with Rice or Chips Berry & Lemon Cupcake
Week Two w/c 8 th Nov 29 th Nov 3 rd Jan 24 th Jan	Chicken Sausages with Mashed Potatoes Mexican Style Sweet Pepper & Bean Enchilada with Tomato & Coriander Salsa & Rice Carrot & Pineapple Cake with Custard	Chicken Korma with Rice & Naan Style Bread Butternut Squash Frittata with New Potatoes Apple & Cinnamon Crumble with Custard	Minced Beef Slice with Potato Wedges Tuscan Style Tomato & Bean Pasta with Garlic & Herb Focaccia Ice Cream with Peaches	Macaroni Cheese with Tomato & Herb Breadstick Sweet Chilli Salmon with Lemon Rice Toffee Apple Sponge with Custard	Battered Fish with Chips & Tomato Sauce Turkish Style Red Lentil Kofte Wrap with Rice or Chips Chocolate Brownie with Orange Wedges
Week Three w/c 15 th Nov 6 th Dec 10 th Jan 31 st Jan	Spicy Beef & Mushroom Pizza or Pepper, Olive & Pesto Style Pizza Ramja Curry with Bombay Style Potatoes & Apple & Mint Chutney Lemon Sponge with Custard	Crispy Chinese Style Chicken with Sweet Chilli Sauce & Spiced Vegetable Rice Vegetable Hot Dog in a Roll with Potato Salad & Barbeque Sauce Pineapple & Coconut Flapjack with Fruit Wedges	Cottage Pie Pesto Style Pasta with Tomato & Cheddar Swirl Bread Chocolate & Orange Marbled Sponge with Chocolate Sauce	Chicken, Tomato & Basil Pasta with Chef's Salad Jamaican Style Vegetable Pattie with Rainbow Coleslaw & Sweetcorn Rice Spiced Apple & Parsnip Cake with Custard	Battered Fish with Chips & Tomato Sauce Sweet Potato Falafels in Wholemeal Pitta with Tomato & Mint Relish & Chips Harrison Bear Chocolate Shortbread with Fruit Wedges

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



Look out for monthly featured ingredients.



Cypress Primary (Lower School)

Welcome to Harrison Catering Service

The catering service at Cypress Primary (Lower 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 Primary (Lower 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 Primary (Lower 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, all our fresh meat is Red Tractor certified, British and fully traceable and all our fish holds the Marine Stewardship Council certification, meaning we are only serving fish from sustainable stocks and species not on the endangered list.

We have a comprehensive policy for children with food allergies. Please contact us for further information.



Silver Food For Life Catering Mark

Harrison Catering Services has been awarded the Silver Food For Life Catering Mark at Cypress Primary (Lower School) in recognition of the high-quality of our food, promotion of healthier choices and sustainable purchasing.

The Food for Life Catering Mark brings together all of the issues people care about—health, climate change and animal welfare. It recognises restaurants and caterers who serve fresh food which is free from controversial additives and better for animal welfare. More and more, people want to know where their food comes from and how it was produced. The Food for Life Catering Mark provides reassurance that the food we serve meets high standards of traceability, freshness and provenance.

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 Thames 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!

