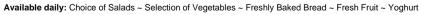
### What's on the menu?



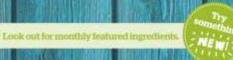
8		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
July, September, October 2021	Week One w/c 19 <sup>th</sup> July 6 <sup>th</sup> Sept 27 <sup>th</sup> Sept 18 <sup>th</sup> Oct	Tomato & Basil Pasta with Herb Breadstick Indian Style Vegetable Biriyani with Chickpea Dhal Apple & Cinnamon Cake with Custard	Chicken Sausages with Mashed Potatoes  Sweet Potato & Red Bean Sausages with Mashed Potatoes  Carrot Cake Cupcake with Fruit Wedges	Roast Chicken with Sage & Onion Stuffing with Roast Potatoes  Roasted Root Vegetable Wellington with Herbed New Potatoes  Red Velvet Chocolate Cake with Chocolate Sauce	Beef Penne Pasta Bake with Garlic Bread Jacket Potato with Cheddar Cheese & Coleslaw Oatmeal & Raisin Cookie with Fruit Wedges	Fish Fingers with Chips & Tomato Sauce Cheddar Cheese & Tomato 'Gram Flour' Quiche with Chips Vanilla Ice Cream with Pineapple Pieces	
	Week Two w/c 5 <sup>th</sup> July 13 <sup>th</sup> Sept 4 <sup>th</sup> Oct	Pizza Margherita with Chef's Salad Jacket Potato with Baked Beans or Pesto Style Salmon Apple Pie with Custard	Chicken Tikka Masala with Rice & Naan Style Bread Cheese & Chive Pasta Mixed Berry Oat Bar	Beef Burger in a Bun with Rainbow Coleslaw & Potato Wedges  Vegetable Burger in a Bun with Rainbow Coleslaw & Potato Wedges  Strawberry Ice Cream with Watermelon	Provencal Style Chicken & Herb Pasta Bake with Tomato, Cheddar & Herb Bread Pasta Italienne Chocolate & Orange Sponge with Chocolate Sauce	Battered Fish Fillet with Chips & Tomato Sauce Italian Style Roasted Vegetable & Chickpea Galette with Chips Harrison Bear Lemon Shortbread with Fruit Wedges	
	Week Three w/c 12 <sup>th</sup> July 20 <sup>th</sup> Sept 11 <sup>th</sup> Oct	Macaroni Cheese with Cheddar & Herb Bread Butternut Squash & Chickpea Curry with Pilau Rice Berry Sponge with Custard	Beef Meatballs in BBQ Style Sauce with Mashed Potatoes Pesto Style Pasta with Tomato Swirl Bread Chocolate Shortbread with Fruit Wedges	Piri Piri Style Chicken with Lemon & Herb or Piri Piri Dressing with Spiced Vegetable Rice Jacket Potato with Bean Chilli & Cheddar Cheese Jelly with Peaches	Beef Bolognaise with Fusilli Pasta & Herbed Garlic Bread  Caribbean Style Yellow Split Pea Fritters with Pineapple Relish & Rice  Marbled Sponge with Chocolate Sauce	Fish Fingers with Chips & Tomato Sauce Spinach & Cheese Empanada with Chips Apple Flapjack with Fruit Wedges	
Α١	Available daily: Choice of Salads ~ Selection of Vegetables ~ Freshly Baked Bread ~ Fresh Fruit ~ Yoghurt v 22-6-21						













# **Harrison Catering Services**

## 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 topquality 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 Thame office on 01844 216777.

