

# What's on the menu?

July, September, October 2021

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**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 Biryani 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

Provençal Style Chicken & Herb Pasta Bake with Tomato, Cheddar & Herb Bread

Pasta Italiane

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

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

v 22-6-21



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](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!

