

What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
January to May 2021	Week One w/c 4 th January 25 th January 22 nd February 8 th March 29 th March 3 rd May 24 th May	Butternut Squash & Spinach Curry with Rice Pasta Italiane with Garlic & Herb Breadsticks Pineapple & Coconut Flapjack	Mexican Style Beef Wrap with Sweetcorn Salsa & Rice Pesto Style Pasta Harrison Bear Chocolate Shortbread with Orange Wedges	Sausages with Mashed Potatoes & Gravy Carrot & Leek Sausages with Mashed Potatoes & Gravy Apple Sponge with Custard	Cheese & Tomato Pizza with Tomato Pasta Side Jacket Potato with Savoury Minced Beef or Salmon Mayonnaise Strawberry Ice Cream with Fruit Wedges	Fish Fingers with Chips & Tomato Sauce Mediterranean Style Vegetable Parcel with Chips Lemon Cake with Custard
	Week Two w/c 11 th January 1 st February 1 st March 15 th March 19 th April 10 th May	Macaroni Cheese Mixed Bean Enchilada with Vegetable Rice, Coriander & Tomato Salsa Orange Sponge with Custard	Beef Penne Pasta Sweet Potato Stir with Rice Apple & Cinnamon Crumble with Custard	BBQ Style Chicken with Potato Wedges BBQ Style Bean Ragout with Potato Wedges Wholemeal Orange Shortbread with Fruit Wedges	Jamaican Style Lamb Pie with Mashed Potatoes Cheese & Chive Vegetable Pasta Chocolate Sponge with Chocolate Sauce	Fish Fingers with Chips & Tomato Sauce Chilli Bean Wrap with Sweetcorn Salsa & Chips Jelly with Peaches
	Week Three w/c 18 th January 8 th February 22 nd March 26 th April 17 th May	Roasted Sweet Pepper & Herb Jambalaya Jacket Potato with Baked Beans & Cheddar Cheese or Salmon Mayonnaise Wholemeal Lemon Shortbread with Fruit Wedges	Beef Bolognese with Penne Pasta, Garlic & Herb Bread Vegetable Bolognese with Penne Pasta, Garlic & Herb Bread Spiced Parsnip & Apple Cake with Custard	Herb Roast Chicken with Roast Potatoes & Gravy Sweet Potato & Parsnip Wellington with Roast Potatoes & Gravy Chocolate Marbled Sponge with Chocolate Sauce	Minced Beef Pastry Slice with Mashed Potatoes Tomato Topped Macaroni Cheese Oatmeal & Raisin Cookie with Fruit Wedges	Fish Fingers with Chips & Tomato Sauce Caribbean Style Vegetable Curry with Rice Carrot & Pineapple Cake with Custard

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

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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 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!

