

# What's on the menu?

Spring / Summer 2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**Week One**  
w/c  
24<sup>th</sup> February  
16<sup>th</sup> March  
20<sup>th</sup> April  
11<sup>th</sup> May  
8<sup>th</sup> June  
29<sup>th</sup> June  
20<sup>th</sup> July

Butternut Squash & Spinach Curry with Rice  
  
Pasta Italiane  
  
Cauliflower & Broccoli Cheese Bake with Rice  
  
Apple & Sultana Flapjack

Pizza Bar:  

- Cheese & Tomato
- Sweetcorn & Peppers
- Beef & Mushroom

 Sides:  

- Tomato Pasta
- Potato Salad
- Herb & Garlic Bread

 Vanilla Ice Cream with Peaches

Beef Burger in a Bun with Potato Wedges  
  
Bean Burger in a Bun with Potato Wedges  
  
Salmon Paella  
  
Red Velvet Cake with Chocolate Sauce

Tikka Style Chicken Thigh with Rice  
  
Tomato Topped Macaroni Cheese  
  
Jacket Potato with BBQ Beans  
  
Wholemeal Orange Shortbread with Fruit Wedges

Breaded Fish Fillet with Tomato Ketchup & Chips  
  
Mexican Style Beef Wrap with Chips  
  
Cheese, Carrot & Leek Pinwheel with Chips  
  
Lemon & Lime Cake with Custard

**Week Two**  
w/c  
2<sup>nd</sup> March  
23<sup>rd</sup> March  
27 April  
18<sup>th</sup> May  
15<sup>th</sup> June  
6<sup>th</sup> July

Macaroni Cheese  
  
Mixed Bean Enchilada with Vegetable Rice & Coriander & Tomato Salsa  
  
Aloo Mutter  
  
Peach Crumble with Custard

Chicken Sausages with Potato Wedges  
  
Carrot & Leek Sausages with Potato Wedges  
  
Sweet Potato Stir with Rice  
  
Oatmeal & Raisin Cookie with Apple Wedges

Portuguese Food Bar:  

- Piri Piri Chicken
- Red Pepper & Sweet Potato Pattie

 Sides:  

- Spicy Vegetable Rice
- Piri Piri Roast Vegetables
- Crunchy Coleslaw
- Piri Piri or Lemon & Herb Dressing

 Raspberry Ripple Ice Cream with Watermelon

Minced Beef Slice with Mashed Potatoes  
  
Cheese & Chive Vegetable Pasta  
  
Jacket Potato with Tuna Mayonnaise  
  
Chocolate Cupcake with Orange Wedges

Battered Fish Fillet with Tomato Ketchup & Chips  
  
Chilli Bean Wrap with Sweetcorn Salsa & Chips  
  
Pasta Arrabiata with Cheese  
  
Strawberry Jelly & Mousse Layer

**Week Three**  
w/c  
9<sup>th</sup> March  
30<sup>th</sup> March  
4<sup>th</sup> May  
1<sup>st</sup> June  
22<sup>nd</sup> June  
13<sup>th</sup> July

Roasted Sweet Pepper & Herb Jambalaya  
  
Spanish Style Omelette with New Potatoes  
  
Jacket Potato with Baked Beans & Cheddar Cheese  
  
Strawberry Ice Cream with Fruit Wedges

Mild Beef Curry with Rice  
  
Tomato & Basil Pasta with Garlic & Herb Breadsticks  
  
Spinach, Chickpea & Vegetable Dhansak  
  
Orange Jelly with Peaches

Roast Chicken with Roast Potatoes  
  
Spring Vegetable Slice with Roast Potatoes  
  
Pesto Style Pasta with Broccoli & Cheese  
  
Chocolate & Orange Marbled Sponge with Chocolate Sauce

Beef Bolognese with Penne Pasta  
  
Vegetable Bolognese with Penne Pasta  
  
Lemon & Thyme Baked Fish with New Potatoes  
  
Harrison Bear Biscuit (Lemon Wholemeal Shortbread)

Sausage Roll with Chips & Baked Beans  
  
Roast Ratatouille Parcels (Flour Tortilla) with Chips  
  
Caribbean Style Vegetable Curry with Rice  
  
Carrot & Pineapple Cake with Custard

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



Look out for monthly featured ingredients.



## Cypress Primary (Upper School)

### Welcome to Harrison Catering Service

The catering service at Cypress Primary (Upper 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 (Upper 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 (Upper 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 (Upper 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!

