

What's on the menu?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

Sweet Potato Stir served with Rice

Macaroni Cheese
Wheat, Milk
served with a Chef's Salad

Winter Vegetable Hotpot

Carrots / Oven Roasted Courgettes

Chocolate Traybake
Wheat, Egg, Milk
served with Chocolate Sauce
Milk

Pasta Primavera
Wheat

Chicken Sausage Roll
Wheat, Sulphites
served with Oven Roasted Potato Wedges

Oriental Style Sweet & Sour Stir Fry served with Rice

Broccoli / Baked Beans

Mixed Berry & Apple Oat Bar
Wheat, Oats

A Taste of Mexico:
Smokey BBQ Style Beef Chilli
Sulphites
or Bean Chilli

served with a Soft Taco & Rice
Wheat
or Gram Flour Flatbread & Rice

Salsa, Lettuce, Cheese
Milk

Lime & Coriander Mayonnaise
Egg

Jacket Potato served with Cheddar Cheese
Milk

Sweetcorn / Mexican Roasted Vegetables

Chocolate & Cinnamon Cookie
Wheat, Egg
served with Pineapple & Lime Compote

Tomato, Basil & Mozzarella Pasta Bake
Wheat, Milk

Chicken Casserole served with Mashed Potatoes

Indian Style Chickpea Biryani

Green Beans / Roasted Butternut Squash

Parsnip & Apple Cake
Wheat, Egg
served with Custard
Milk

Pesto Style Topped Pizza
Wheat, Milk
served with Oven Chips & Tomato Ketchup or New Potatoes

Battered Fish
Wheat, Fish
served with Oven Chips & Tomato Ketchup or New Potatoes

Cajun Sweet Potato Fritters served with a Zesty Slaw
Egg

Oven Chips & Tomato Ketchup or New Potatoes

Peas / Baked Beans

Jam Drop Cookie
Wheat, Egg, Sulphites

WEEK TWO

Mixed Bean Enchilada
Wheat, Milk
served with Vegetable Rice

Vegetarian Cottage Pie

Red Pesto Style Pasta
Wheat

Oven Roasted Tomatoes / Street Corn

Wholemeal Carrot Cake
Wheat, Egg
served with Custard
Milk

Comish Style Vegetable Pasty
Wheat
served with Garlic & Herb Roasted Potatoes

Piri Piri Style Chicken Fillet served with Garlic & Herb Roasted Potatoes

Jacket Potato served with Baked Beans & Cheddar Cheese
Milk

Savoy Cabbage / Carrots

Apple & Cinnamon Flapjack
Wheat, Oats

A Taste of India:
Chana Chicken or Vegetable Balti

served with: Lemon Rice, Bombay Potato Salad, Tomato & Coriander Chutney

& Naan Style Bread
Wheat, Milk, Soybeans

Cheesy Sweetcorn & Pepper Wrap
Wheat, Milk
served with Lemon Rice

Broccoli / Roasted Butternut Squash

Indian Tea Shop Style Biscuit
Wheat

Pizza Margherita
Wheat, Milk
or BBQ Style Beef Pizza
Wheat, Milk, Sulphites

both served with Sweet Pepper Pasta Side
Wheat

Roasted Root Vegetable Casserole served with Mashed Potatoes

Sweetcorn / Oven Roasted Courgettes

Berry Swirl Sponge
Wheat, Egg, Milk
served with Custard
Milk

Carrot & Chickpea Falafel served with Sweet Chilli Dip, Oven Chips & Tomato Ketchup or New Potatoes

Battered Fish
Wheat, Fish
served with Oven Chips & Tomato Ketchup or New Potatoes

Cheese & Onion Turnover
Wheat, Milk
served with Oven Chips & Tomato Ketchup or New Potatoes

Baked Beans / Peas

Harrison Bear Chocolate Shortbread
Wheat
served with Orange Wedges

WEEK THREE

Chilli Bean Burrito
Wheat

Cheese & Chive Macaroni Bake
Wheat, Milk

Chicken Jollof Style served with Rice

Oven Roasted Courgettes / Sweetcorn

St Clements Sponge
Wheat, Egg, Milk
served with Custard
Milk

Chicken Sausages with Mashed Potatoes & Baked Beans

Vegetarian Sausages
Wheat
with Mashed Potatoes & Baked Beans

Breaded Salmon Fishcakes
Wheat, Fish
served with Sweetcorn & Bean Salad & New Potatoes

Roasted Butternut Squash / Green Beans

Maple Flavoured Oat Cookie
Wheat, Oats
served with Peach Puree

A Taste of Italy:
Tomato & Oregano Sauce with Mozzarella
Milk
or Beef Bolognese or Spinach, Cannellini Bean & Basil Sauce

served with Penne or Fusilli Pasta
Wheat

Tomato & Herb Focaccia
Wheat, Soybeans

Pasta Bar Salads

Chickpea Herb Bites served with Sweet Pepper Salsa & Rice

Broccoli / Sweetcorn

Strawberry Ice Cream
Milk
with Italian Style Lemon Cake Bite
Wheat, Egg, Milk

Jacket Potato served with Cheddar Cheese
Milk
& Coleslaw
Egg

Chinese Style Vegetable Stir Fry served with Rice

Vegetable Jambalaya

Savoy Cabbage / Carrots

Wholemeal Shortbread
Wheat
served with Spiced Apple Compote

Chickpea & Onion Bhaji served with Raita
Milk

Oven Chips & Tomato Ketchup or New Potatoes

Battered Fish
Wheat, Fish
served with Oven Chips & Tomato Ketchup or New Potatoes

Cheese & Leek Pinwheel
Wheat, Milk
served with Oven Chips & Tomato Ketchup or New Potatoes

Peas / Baked Beans

Marbled Sponge
Wheat, Egg, Milk
served with Custard
Milk

Available daily

Please ask the catering manager for food allergen information

Menu Items Available Daily: Salad Selection • Homemade Bread • Fresh Fruit • Yoghurt • Jelly • Gram Flour Shortbread

WEEK ONE

w/c 31st Aug, 21st Sept 12th Oct,
9th Nov, 30th Nov, 4th Jan, 25th Jan

WEEK TWO

w/c 7th Sept, 28th Sept, 19th Oct,
16th Nov, 7th Dec, 11th Jan

WEEK THREE

w/c 14th Sept, 5th Oct, 2nd Nov,
23rd Nov, 14th Dec, 18th Jan



Please see page 2 regarding
allergen information provided
on the menu.



Cypress Primary School – Upper Site

About Your Catering Service

We are delighted to be working in partnership with your school. Founded in 1994, we are an award-winning company with a vision to encourage children to explore new tastes and make healthier food choices through their formative years, which will positively influence them for life.

A Delicious Balanced Menu

Our approach is focused on seasonal, fresh, sustainably sourced food, including ingredients, such as British free-range eggs and British sourced fresh meat and poultry, wherever possible.

Our menus are created with local tastes and preferences in mind and offer a range of popular, full of flavour dishes to encourage balanced meal choices and to help children grow, learn and stay active.

Core menus are reviewed by our consultant nutritionist, who ensures that they are structured for young growing bodies, who need a variety of food, including protein (in both meat-based and vegetarian dishes), fruit and vegetables, carbohydrates, and dairy products, while limiting foods high in fat, salt and sugars. We follow the school food standards.

We will introduce further interest and excitement to menus with planned additional food experiences, pop-ups, themed events with links to the school's curriculum, cultural and celebration dates, aimed at creating a fun, engaging and enjoyable dining experience.

Allergen Information

We recognise that some children may have an allergen or intolerance to one of the 14 common food allergens. We have robust processes in place to assist the school in managing. If your child has a food allergy or intolerance, please complete the allergen management form and return it to your school office. To view our process and obtain the allergen management form please visit:

<https://www.harrisoncatering.co.uk/food-allergies-food-intolerances>.

Talented Catering Team

The Harrison catering team are dedicated to providing a great catering service and receive training to complete their roles successfully, including how to prepare and serve healthier food through the company's bespoke Eat Well Live Well® training programme.

Universal Infant Free School Meals (UIFSM) Key Stage 1

All children in reception, year 1 or year 2 are automatically entitled to free school meals under the Universal Infant Free School Meals scheme, irrespective of income.

Free School Meals for Key Stage 2

The Mayor of London's initiative continues to offer a free school meal to all pupils in Key Stage 2, regardless of income.

We Welcome Your Feedback

We welcome and value all feedback. We regularly review our offer to continue to offer a positive dining experience for your child. Please refer your comments or suggestions to our Catering Manager.

Learn More

For more in-depth knowledge about Harrison Catering, recipe inspiration, health and wellbeing, our how-to-videos, charitable activities and latest job opportunities, please visit

www.harrisoncatering.co.uk

Red = Allergen

- All food is freshly prepared on site each day and if any of the 14 common food allergens present, they are listed in red against each menu item and are intended as a guide to help with the choice of meal. For operational reasons it may be necessary to alter a recipe at short notice and therefore **your child or the member of school staff who presents your child at the counter must check each time before being served with the food.**
- The Company handles many of the 14 common food allergens in our busy kitchens and so therefore cannot guarantee that our food is 100% free from specific food allergens
- There are foods not on the list of 14 common food allergens which can cause allergic reactions in a small number of people and if your child has such an allergy, **they or school member must check each time before being served with the food.**

Our allergen process is written to protect the welfare of the children.



Look out for monthly featured ingredients.

