

What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Margherita Pizza Wheat, Milk or Mediterranean Roast Vegetable Pizza Wheat, Milk with a Garlic & Sweet Pepper Pasta Side (Wholemeal / White Mix) Wheat Jacket Potato with Baked Beans & Veggie Balls Broccoli / Sweetcorn Chocolate Sponge Wheat, Egg, Milk with Chocolate Sauce Milk	Piri Piri Style Chicken served with Smoky Oven Roast Potato Wedges Red Pepper Pattie with a Piri Piri Style Dressing served with Smoky Oven Roast Potato Wedges Rainbow Ribbon Pasta (Wholemeal / White Mix) Wheat with a Mixed Leaf Salad Green Beans / Carrots with Lemon & Thyme Wholemeal Shortbread Wheat or Lemon Gram Flour Shortbread Both served with Fresh Fruit Wedges	Mexican Style Beef Wrap Wheat served with a Vegetable Rice (Wholegrain / White Mix) Carrot & Leek Sausages Wheat with a Smoky BBQ Style Relish Sulphites served with Parsley Potatoes Jacket Potato with Bean Chili Sweetcorn with Chives / Savoy Cabbage Cinnamon & Cocoa Traybake Wheat, Egg, Milk	Chicken, Spinach & Cheese Pasta Bake (Wholemeal / White Mix) Wheat, Milk Chinese Style Vegetarian Stir Fry served with Noodles Wheat, Egg or Rice (Wholegrain / White Mix) Ratatouille Style Vegetables with Fusilli Pasta Wheat Broccoli / Carrots Toffee Apple Flapjack Wheat, Oats	Battered Fish Fillet Wheat, Fish served with Tomato Sauce & Chips or New Potatoes Cajun Style Sweet Potato Fritter served with a Pineapple Relish & Chips or New Potatoes Jacket Potato with Cheddar Cheese & Chives Milk Peas / Baked Beans Strawberry Ice Cream Milk with Apple & Berry Compote
WEEK TWO	Macaroni Cheese Wheat, Milk with a Winter Style Salad Vegetable Jollof Rice Courgette & Lemon Pasta (Wholemeal / White Mix) Wheat Vegetable Medley Sultana and Cinamon Cookie Wheat, Oats	Curried Chana Chicken served with Pilau Rice (Wholegrain / White Mix) Cheddar Cheese & Leek Pinwheel Wheat, Milk served with Seasoned Potato Wedges Jacket Potato with BBQ Bean Ragout Sulphites Sweetcorn / Garlic Greens Vanilla Ice Cream Milk with Pineapple Compote	Jacket Potato with Baked Beans & Cheese Milk Salmon Fishcake Wheat, Fish served with a Tomato & Bean Salsa & Herbed Potatoes Pasta Primavera (Wholemeal / White Mix) Wheat with a Tomato & Basil Breadstick (Wholemeal / White Mix) Wheat, Soybeans Broccoli / Glazed Carrots Marbled Sponge Wheat, Egg, Milk with Chocolate Sauce Milk	Beef Bolognaise or Vegetarian Bolognaise served with Penne Pasta ' (Wholemeal / White Mix) Wheat or Rice (Wholegrain / White Mix) Jacket Potato with Butternut & Chickpea Korma Oven Roasted Courgettes / Sweetcorn Lemon Traybake Wheat, Egg, Milk	Chicken Sausage Roll Wheat, Sulphites served with Tomato Sauce & Chips or New Potatoes Falafel Bites served with a Sweet Chilli Dip & Chips or New Potatoes Pasta Arrabiatta (Wholemeal / White Mix) Wheat Peas / Baked Beans Chocolate Shortbread Wheat or Orange Spiced Gram Flour Shortbread Both served with Fresh Fruit Wedges
WEEK THREE	Red Pesto Style Pasta (Wholemeal / White Mix) Wheat with a Ribbon Salad Vegetable Biryani (Wholegrain / White Mix) Jacket Potato with Cheddar Cheese Milk & Coleslaw Egg, Milk, Mustard Roasted Butternut Squash / Peas Steamed Jam Sponge Wheat, Egg, Milk with Custard Milk	BBQ Style Chicken Wrap Wheat, Sulphites served with a Tomato & Herb Rice (Wholegrain / White Mix) & a Crunchy Chopped Salad Vegetarian Cottage Pie Cheese & Chive Pasta (Wholemeal / White Mix) Wheat, Milk Roasted Courgettes / Sweetcorn Jelly Served with Fruit Wedges	Margherita Pizza Wheat, Milk or Beef & Mushroom Pizza Wheat, Milk with Seasoned Oven Roast Potato Wedges Jacket Potato with Tuna Mayonnaise Egg, Milk, Fish, Mustard Vegetable Medley Ice Cream Milk served with Spiced Apple Compote	Minced Beef & Vegetables served with a Puff Pastry Top Wheat & Parsley Potatoes Tikka Style Chickpea & Potato Cakes served with Apple & Mint Chutney & Rice (Wholegrain / White Mix) Wheat Tomato & Basil Pasta (Wholemeal / White Mix) Wheat Carrots / Savoy Cabbage Rice Pudding Milk with a Shortbread Finger Wheat	Battered Fish Fillet Wheat, Fish served with Tomato Sauce & Chips or New Potatoes Cornish Style Vegetable Pasty (Wholemeal / White Mix) Wheat served with Chips or New Potatoes Jacket Potato with Baked Beans Peas / Baked Beans Wholemeal Lemon Shortbread Wheat or Cinnamon & Chocolate Gram Flour Shortbread Both served with Fresh Fruit Wedges

Available daily

Please ask the catering manager for food allergen information

Menu Items Available Daily: Salad Selection • Homemade Bread • Fresh Fruit • Yoghurt

WEEK ONE

w/c 1st Sept, 22nd Sept, 13th Oct,
10th Nov, 1st Dec, 5th Jan, 26th Jan

WEEK TWO

w/c 8th Sept, 29th Sept, 20th Oct,
17th Nov, 8th Dec, 12th Jan, 2nd Feb

WEEK THREE

w/c 15th Sept, 6th Oct, 3rd Nov,
24th Nov, 15th Dec, 19th Jan, 9th Feb



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.

What's on the Menu

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

Our menus are created with local tastes and preferences in mind and offer a range of popular, delicious, full of flavour dishes to encourage balanced meal choices and we follow the school food standards.

We will introduce further interest and excitement to our 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 Meal 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 a more in-depth knowledge about Harrison Catering, recipe inspirations, 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.

