

# What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Margherita Pizza <b>Wheat, Milk</b> or Mediterranean Roast Vegetable Pizza <b>Wheat, Milk</b> with a Garlic & Sweet Pepper Pasta Side (Wholemeal / White Mix) <b>Wheat</b>  Jacket Potato with Baked Beans & Veggie Balls  Broccoli / Sweetcorn  Chocolate Sponge <b>Wheat, Egg, Milk</b> with Chocolate Sauce <b>Milk</b>	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) <b>Wheat</b> with a Mixed Leaf Salad  Green Beans / Carrots with Lemon & Thyme  Wholemeal Shortbread <b>Wheat</b> or Lemon Gram Flour Shortbread Both served with Fresh Fruit Wedges	Mexican Style Beef Wrap <b>Wheat</b> served with a Vegetable Rice (Wholegrain / White Mix)  Carrot & Leek Sausages <b>Wheat</b> with a Smoky BBQ Style Relish <b>Sulphites</b> served with Parsley Potatoes  Jacket Potato with Bean Chilli  Sweetcorn with Chives / Savoy Cabbage  Cinnamon & Cocoa Traybake <b>Wheat, Egg, Milk</b>	Chicken, Spinach & Cheese Pasta Bake (Wholemeal / White Mix) <b>Wheat, Milk</b>  Chinese Style Vegetarian Stir Fry served with Noodles <b>Wheat, Egg</b> or Rice (Wholegrain / White Mix)  Ratatouille Style Vegetables with Fusilli Pasta <b>Wheat</b>  Broccoli / Carrots  Orange Sponge <b>Wheat, Egg, Milk</b> with Custard <b>Milk</b>	Battered Fish Fillet <b>Wheat, Fish</b> 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 <b>Milk</b>  Peas / Baked Beans  Strawberry Ice Cream <b>Milk</b> with Apple & Berry Compote
	Macaroni Cheese <b>Wheat, Milk</b> with a Winter Style Salad  Sweet Potato Stir served with Rice (Wholegrain / White Mix)  Courgette & Lemon Pasta (Wholemeal / White Mix) <b>Wheat</b>  Vegetable Medley  Wholemeal Carrot Cake <b>Wheat, Egg</b> with Custard <b>Milk</b>	Creole Style Chicken served with Pilau Rice (Wholegrain / White Mix)  Cheddar Cheese & Leek Pinwheel <b>Wheat, Milk</b> served with Seasoned Potato Wedges  Jacket Potato with BBQ Bean Ragout <b>Sulphites</b>  Sweetcorn / Garlic Greens  Vanilla Ice Cream <b>Milk</b> with Pineapple Compote	Jacket Potato with Baked Beans & Cheese <b>Milk</b>  Salmon Fishcake <b>Wheat, Fish</b> served with a Tomato & Bean Salsa & Herbed Potatoes  Pasta Primavera (Wholemeal / White Mix) <b>Wheat</b> with a Tomato & Basil Breadstick (Wholemeal / White Mix) <b>Wheat, Soybeans</b>  Broccoli / Glazed Carrots  Marbled Sponge <b>Wheat, Egg, Milk</b> with Chocolate Sauce <b>Milk</b>	Beef Bolognaise or Vegetarian Bolognaise served with Penne Pasta (Wholemeal / White Mix) <b>Wheat</b> or Rice (Wholegrain / White Mix)  Jacket Potato with Butternut & Chickpea Korma  Oven Roasted Courgettes / Sweetcorn  Lemon Traybake <b>Wheat, Egg, Milk</b>	Chicken Sausage Roll <b>Wheat, Sulphites</b> served with Tomato Sauce & Chips or New Potatoes  Falafel Bites served with a Sweet Chilli Dip & Chips or New Potatoes  Pasta Arrabbiata (Wholemeal / White Mix) <b>Wheat</b>  Peas / Baked Beans  Chocolate Shortbread <b>Wheat</b> or Orange Spiced Gram Flour Shortbread Both served with Fresh Fruit Wedges
	Red Pesto Style Pasta (Wholemeal / White Mix) <b>Wheat</b> with a Ribbon Salad  Vegetable Biryani (Wholegrain / White Mix)  Jacket Potato with Cheddar Cheese <b>Milk</b> & Coleslaw <b>Egg, Milk, Mustard</b>  Roasted Butternut Squash / Peas  Steamed Jam Sponge <b>Wheat, Egg, Milk</b> with Custard <b>Milk</b>	BBQ Style Chicken Wrap <b>Wheat, Sulphites</b> served with a Tomato & Herb Rice (Wholegrain / White Mix) & a Crunchy Chopped Salad  Vegetarian Cottage Pie  Cheese & Chive Pasta (Wholemeal / White Mix) <b>Wheat, Milk</b>  Roasted Courgettes / Sweetcorn  Orange Tray Bake with Chocolate Drizzle <b>Wheat, Egg, Milk</b>	Margherita Pizza <b>Wheat, Milk</b> or Beef & Mushroom Pizza <b>Wheat, Milk</b> with Seasoned Oven Roast Potato Wedges  Jacket Potato with Tuna Mayonnaise <b>Egg, Milk, Fish, Mustard</b>  Vegetable Medley  Ice Cream <b>Milk</b> served with Spiced Apple Compote	Minced Beef & Vegetables served with a Puff Pastry Top <b>Wheat</b> & Parsley Potatoes  Tikka Style Chickpea & Potato Cakes served with Apple & Mint Chutney & Rice (Wholegrain / White Mix)  Tomato & Basil Pasta (Wholemeal / White Mix) <b>Wheat</b>  Carrots / Savoy Cabbage  Berry Swirl Sponge <b>Wheat, Egg, Milk</b> with Custard <b>Milk</b>	Chicken Sausages served with Tomato Sauce & Chips or New Potatoes  Cornish Style Vegetable Pasty (Wholemeal / White Mix) <b>Wheat</b> served with Chips or New Potatoes  Jacket Potato with Baked Beans  Peas / Baked Beans  Wholemeal Lemon Shortbread <b>Wheat</b> 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 1<sup>st</sup> Sept, 22<sup>nd</sup> Sept, 13<sup>th</sup> Oct,  
10<sup>th</sup> Nov, 1<sup>st</sup> Dec, 5<sup>th</sup> Jan, 26<sup>th</sup> Jan

### WEEK TWO

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

### WEEK THREE

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



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





## Cyprus Primary – Lower 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](http://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.

