

# What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	<p>Carrot &amp; Leek Pinwheel (Wheat) Served with Potato Salad</p> <p>Beef Bolognese Served with Penne Pasta (wholewheat/white mix) (Wheat) Or Rice</p> <p>Mediterranean Vegetable Bruschetta (Wheat, soybeans)</p> <p>Carrots / Broccoli</p> <p>Ice Cream (Milk) with Pineapple</p>	<p>Chickpea &amp; Vegetable Chow Mein (Wheat, Egg, Soybeans)</p> <p>Smoky BBQ Style Chicken (Sulphites) Served with New Potatoes</p> <p>Jacket Potato with Cheese &amp; Coleslaw (Milk, Egg, Mustard)</p> <p>Sweetcorn / Savoy Cabbage</p> <p>Marbled Sponge (Wheat, Egg, Milk) Served with Chocolate Sauce (Milk)</p>	<p>Macaroni Cheese (Wheat, Milk) with a Chef's Salad</p> <p>Sweet Potato Stir Served with Rice (wholegrain/white mix)</p> <p>Chicken Sausages with Mashed Potatoes</p> <p>Carrots / Peas</p> <p>Jelly with Fresh Fruit Wedges</p>	<p>Jacket Potato with Cheese (Milk) &amp; Baked Beans</p> <p>Chicken Korma with Pilau Rice (wholegrain/white mix)</p> <p>Chickpea and Herb "No-Meat" Balls with Italian Style Tomato Sauce and Pilau Rice</p> <p>Spiced Roast Cauliflower / Green Beans</p> <p>Peach &amp; Sultana Flapjack (Wheat, Barley, Oats) with Custard (Milk)</p>	<p>Butternut Squash, Sweet Pepper &amp; Courgette Slice Served with Chips</p> <p>Battered Fish Fillet (Wheat, Fish) Served with Tomato Sauce &amp; Chips</p> <p>Pesto Style Pasta (Wheat)</p> <p>Peas / Baked Beans</p> <p>Lemon Shortbread (Wheat) Or Chocolate Gram Flour Shortbread with Orange Wedges</p>
WEEK TWO	<p>Tomato &amp; Basil Pasta Served with Cheese (Wheat, Milk)</p> <p>Spring Vegetable Cottage Pie</p> <p>Chicken &amp; Vegetable Wrap (Wheat) With New Potatoes</p> <p>Roast Butternut Squash / Green Beans</p> <p>Apple Blondie with Custard (Milk)</p>	<p>Baked Chickpea &amp; Vegetable Pakoras with Apple &amp; Mint Chutney &amp; Rice (wholegrain/white mix)</p> <p>Texan Style Beef Pizza (Wheat, Milk) Served with Oven Baked Wedges</p> <p>Jacket Potato Tuna Mayonnaise (Eggs, Fish, Milk, Mustard)</p> <p>Sweetcorn / Sauteed Courgettes</p> <p>Chocolate &amp; Orange Shortbread (Wheat) Or Lemon Gram Flour Shortbread with Fresh Fruit Wedges</p>	<p>Penne Pasta with Creamy Cheese and Chive Sauce (Wheat, Milk)</p> <p>Lemon &amp; Thyme Chicken with New Potatoes</p> <p>Carrot &amp; Coriander Falafel with Tomato Chutney &amp; Rice</p> <p>Broccoli / Oven Baked Tomato</p> <p>Wholemeal Carrot Cake (Wheat, Egg) with Custard (Milk)</p>	<p>Roast Ratatouille Style Vegetables with Herbed Rice (wholegrain/white mix)</p> <p>Minced Beef Slice (Wheat) with Parsley Potatoes &amp; Gravy</p> <p>Courgette, Lemon &amp; Basil Pasta (Wheat)</p> <p>Carrots / Peas</p> <p>Pineapple &amp; Lime Flapjack (Wheat, Barley, Oats)</p>	<p>Sweet Potato &amp; Red Pepper Pattie Served with a Rainbow Ribbon Salad &amp; Chips</p> <p>Battered Fish Fillet (Wheat, Fish) Served with Tomato Sauce &amp; Chips</p> <p>Jacket Potato with Baked Beans &amp; Veggie Balls</p> <p>Peas / Baked Beans</p> <p>Jelly with Fresh Fruit Wedges</p>
WEEK THREE	<p>Indian Style Tikki Potato Cakes with Tomato Chutney &amp; Turmeric Rice (wholegrain/white mix)</p> <p>American Style Beef &amp; Macaroni Bake (Wheat, Milk)</p> <p>Spanish Omelette (Egg, Milk)</p> <p>Sweetcorn / Oven Baked Courgettes</p> <p>Berry &amp; Lemon Sponge (Wheat, Egg, Milk) with Custard (Milk)</p>	<p>Chickpea &amp; Herb Pattie with a Sweet Chilli Sauce &amp; New Potatoes</p> <p>Chicken Sausage Roll (Wheat, Sulphites) with New Potatoes &amp; a Chef's Salad</p> <p>Roasted Vegetable Pasta (Wheat)</p> <p>Glazed Carrots / Peas</p> <p>Jelly with Peaches</p>	<p>Pizza Margherita (Wheat, Milk) Or Garden Vegetable Pizza (Wheat, Milk) with Oven Roasted Potato Wedges</p> <p>Mexican Style Bean Chilli with Rice (wholegrain/white mix)</p> <p>Jacket Potato with Salmon Mayonnaise (Eggs, Fish, Milk, Mustard)</p> <p>Green Beans / Sweetcorn</p> <p>Chocolate Shortbread (Wheat) Or Orange Gram Flour Shortbread with Fresh Fruit Wedges</p>	<p>Creamy Mushroom Pasta (Wheat, Milk)</p> <p>Sweet Chilli Chicken with Rice (wholegrain/white mix)</p> <p>Baked Onion Bhajis with Red Bean Dhal &amp; Rice</p> <p>Savoy Cabbage / Carrots</p> <p>Ice Cream (Milk) with Watermelon Wedges</p>	<p>Sweet Potato, Spinach &amp; Bean Empanada with Chips</p> <p>Battered Fish Fillet (Wheat, Fish) Served with Tomato Sauce &amp; Chips</p> <p>Jacket Potato with Baked Beans &amp; Cheese (Milk)</p> <p>Pear &amp; Chocolate Brownie with Chocolate Sauce (Milk)</p>

## 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 19th Feb, 11th Mar, 15th Apr, 6th May,  
3rd June, 24th June, 15th July

### WEEK TWO

w/c 26th Feb, 18th Mar, 22nd Apr, 13th May,  
10th June, 1st July, 22nd July

### WEEK THREE

w/c 4th Mar, 25th Mar, 29th Apr, 20th May,  
17th June, 8th July



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



## About Your Catering Service

We are delighted to be working in partnership with The Pegasus Academy Trust. 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, 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 organised 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. For more information, please contact our Catering Manager.

## 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)

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.

## Mayor of London - Free School Meal Funding 2023/24

Under the scheme introduced by The Mayor of London, Sadiq Khan, for the 2023/24 academic year, all primary school children in state-funded schools are entitled to free school meals.

## 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 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.



Our very own company  
nutritionist, Dr Juliet Gray,  
advises on our menus!



Look out for monthly featured ingredients.

