

# What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	<p>Pizza Margherita or Sweet Pepper, Olive &amp; Pesto Pizza with Chef's Salad Eggs, Milk, Soybeans, Wheat</p> <p>Indian Style Vegetable Biryani with Chickpea Dahl Wheat</p> <p>Apple Crumble with Custard Milk, Wheat</p>	<p>Cottage Pie with Caramelised Onion &amp; Thyme Gravy</p> <p>Tomato &amp; Basil Pasta with Cheddar Cheese &amp; Herb Bread Eggs, Milk, Soybeans, Wheat</p> <p>Red Velvet Cake with Chocolate Sauce Eggs, Milk, Wheat</p>	<p>Piri Piri Chicken with Sweetcorn Rice, Crunchy Coleslaw &amp; Piri Piri Lemon &amp; Herb Dressing Eggs, Milk, Mustard, Wheat</p> <p>Red Pepper &amp; Sweet Potato Pattie with Sweetcorn Rice, Crunchy Coleslaw &amp; Piri Piri Lemon &amp; Herb Dressing Eggs, Milk, Mustard, Wheat</p> <p>Portuguese Style Mini Orange Cake with Fresh Orange Wedges Eggs, Milk, Wheat</p>	<p>Beef Penne Pasta with Garlic &amp; Herb Focaccia Bread Egg, Milk, Soybeans, Wheat</p> <p>Pasta Primavera with Garlic &amp; Herb Focaccia Bread Egg, Milk, Soybeans, Wheat</p> <p>Berry Swirl Sponge with Custard Eggs, Milk, Wheat</p>	<p>Battered Fish with Chips &amp; Tomato Sauce Fish, Wheat</p> <p>Wholemeal Cheddar Cheese &amp; Spinach Quiche with Chips Eggs, Milk, Wheat</p> <p>Harrison Bear Chocolate Shortbread with Fresh Fruit Wedges Wheat</p>
WEEK TWO	<p>Macaroni Cheese with Tomato &amp; Basil Focaccia Bread Eggs, Milk, Soybeans, Wheat</p> <p>Sweet Potato Stir with Spiced Vegetable Rice</p> <p>Lemon Sponge with Custard Eggs, Milk, Wheat</p>	<p>Jacket Potato with Mild Beef Chilli &amp; Sour Cream Milk, Wheat</p> <p>Jacket Potato with Baked Beans &amp; Cheddar Cheese Milk</p> <p>Thai Style Salmon Fishcake with Sweet Chilli Sauce &amp; Coconut Pilaf Fish, Milk, Wheat</p> <p>Carrot &amp; Orange Cake with Custard Eggs, Milk, Wheat</p>	<p>Chicken Tikka Masala with Pilau Rice Milk, Wheat</p> <p>Sweet Potato, Carrot &amp; Courgette Pakoras with Dhal &amp; Pilau Rice Wheat</p> <p>Ice Cream with Fresh Fruit Wedges Milk</p>	<p>Beef Bolognese with Fusilli Pasta &amp; Tomato &amp; Herb Breadstick Eggs, Milk, Soybeans, Wheat</p> <p>Tuscan Style Tomato &amp; Bean Sauce with Fusilli Pasta &amp; Chef's Salad Wheat</p> <p>Marbled Sponge with Chocolate Sauce Eggs, Milk, Wheat</p>	<p>Chicken Sausage Roll with Chips &amp; Tomato Sauce Sulphites, Wheat</p> <p>Chilli Bean Wrap with Salsa &amp; Chips Wheat</p> <p>Oat &amp; Raisin Cookie with Fresh Fruit Wedges Eggs, Wheat</p>
WEEK THREE	<p>Italian Style Tomato &amp; Herb Pasta with Garlic &amp; Herb Breadstick Eggs, Milk, Soybeans, Wheat</p> <p>Japanese Style Sweet Potato, Carrot &amp; Chickpea Curry with Egg Fried Rice Eggs, Milk, Soybeans, Wheat</p> <p>Pineapple &amp; Orange Sponge with Custard Eggs, Milk, Wheat</p>	<p>BBQ Style Chicken with Vegetable Rice &amp; Winter Fruity Coleslaw Eggs, Milk, Mustard, Wheat</p> <p>Cheese &amp; Chive Vegetable Pasta with Tomato Focaccia Bread Eggs, Milk, Soybeans, Wheat</p> <p>Apple &amp; Berry Oat Bar with Custard Milk, Wheat</p>	<p>Mexican Style Soft Chilli Beef Taco &amp; Toppings (Cheese, Salsa, Sour Cream) with Refried Beans &amp; Mexican Style Rice Milk, Wheat</p> <p>Mexican Style Vegetable Fajita &amp; Toppings (Cheese, Salsa, Sour Cream) with Refried Beans &amp; Mexican Style Rice Milk, Wheat</p> <p>Jelly with Fresh Fruit Wedges</p>	<p>Chicken Sausages with Mashed Potatoes</p> <p>Pesto Style Pasta with a Mediterranean Style Salad with Olives &amp; Croutons Eggs, Milk, Soybeans, Wheat</p> <p>Chocolate Sponge with Chocolate Sauce Eggs, Milk, Wheat</p>	<p>Battered Fish with Chips &amp; Tomato Sauce Fish, Wheat</p> <p>Carrot &amp; Chickpea Falafel Pitta with Tomato Relish. Rainbow Ribbon Salad &amp; Chips Mustard, Wheat</p> <p>Harrison Bear Lemon Shortbread with Fresh Fruit Wedges Wheat</p>

## Available daily

Please ask the catering manager for food allergen information

Salad Selection ~ Vegetable Selection ~ Homemade Bread ~ Fresh Fruit Platter ~ Yoghurt

### WEEK ONE

5 Sept / 26 Sept / 17 Oct / 14 Nov  
2022 / 5 Dec / 9 Jan / 30 Jan 2023

### WEEK TWO

12 Sept / 3 Oct / 31 Oct / 21 Nov /  
12 Dec 2022 / 16 Jan / 6 Feb 2023

### WEEK THREE

19 Sept / 10 Oct / 7 Nov / 28 Nov  
2022 / 2 Jan / 23 Jan 2023



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





## Whitehorse Manor Junior Academy

### About Your Catering Service

We are delighted to be working in partnership with Whitehorse Manor Junior Academy. 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, where ever 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 suffer with 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.

### Free School Meals

Your children may be entitled for free school meals. Please contact the school office to find out how to apply and access this benefit.

### Payment of School Lunches

Please contact the school office for the payment process for your child's school lunch.

### 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.

