

What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	<p>Margherita Pizza or Garden Vegetable Pizza wheat, egg, milk soybeans with Pizza Bar Salad Selection egg, milk, mustard</p> <p>Indian Style Vegetable Biryani with Chickpea Dhal</p> <p>Jacket Potato with Cheddar Cheese milk & Baked Beans</p> <p>Broccoli / Roasted Butternut Squash</p> <p>Berry Swirl Sponge wheat, egg, milk with Custard milk</p>	<p>Jamaican Style Beef Pie wheat with Mashed Potato</p> <p>Carrot & Coriander Falafels with Couscous wheat, mustard, soybeans & Minted Yoghurt Dip milk</p> <p>Tomato & Basil Pasta wheat with Paprika & Garlic Bread wheat, egg, milk, soybeans</p> <p>Garlic Greens / Carrots</p> <p>Chocolate Shortbread wheat with Orange Wedges</p>	<p>Piri Piri Chicken with Spiced Vegetable Rice & Crunchy Coleslaw egg, milk, mustard with Piri Piri Lemon & Herb Dressing</p> <p>Red Pepper & Sweet Potato Pattie with Spiced Vegetable Rice & Crunchy Coleslaw egg, milk, mustard with Piri Piri Lemon & Herb Dressing</p> <p>Broccoli & Pepper Alfredo Style Pasta</p> <p>Broccoli / Sweetcorn</p> <p>Oaty Apple Crumble wheat with Custard milk</p>	<p>Beef Penne Pasta wheat with Cheese milk served with Garlic & Herb Focaccia wheat, egg, milk, soybeans</p> <p>Spanish Style Omelette egg, milk with Tomato & Red Onion Salad</p> <p>Jacket Potato with Mixed Bean Chilli wheat</p> <p>Herb Roasted Courgettes / Glazed Carrots</p> <p>Strawberry Jelly with Fresh Fruit Wedges</p>	<p>Battered Fish wheat, fish & Chips with Tomato Sauce</p> <p>Cornish Style Vegetable Pasty (Gram Flour Pastry) with a Winter Salad & Chips</p> <p>Pesto Style Pasta wheat with Rainbow Ribbon Salad</p> <p>Peas / Oven Baked Tomatoes</p> <p>Fruity Friday milk</p>
WEEK TWO	<p>Butternut Squash & Chickpea Curry with Spiced Vegetable Rice</p> <p>Sweet Potato Stir with Spiced Vegetable Rice</p> <p>Macaroni Cheese wheat, milk served with Garlic & Herb Breadstick wheat, egg, milk, soybeans</p> <p>Thyme & Lemon Carrots / Broccoli</p> <p>Marbled Sponge wheat, egg, milk with Chocolate Sauce milk</p>	<p>BBQ Style Chicken with Herbed Potatoes & Fruity Coleslaw wheat, egg, milk, mustard</p> <p>Salmon Burrito wheat, fish with Herbed Potatoes & Tomato & Coriander Salsa</p> <p>Jacket Potato with Baked Beans & Veggie Balls</p> <p>Green Beans / Roasted Butternut Squash</p> <p>Wholemeal Lemon Shortbread wheat with Fresh Fruit Wedges</p>	<p>Roast Turkey with Sage & Onion Stuffing wheat & Roast Potatoes</p> <p>Roast Root Vegetable Wellington wheat with Roast Potatoes</p> <p>Pasta Arrabiata wheat</p> <p>Savoy Cabbage / Carrots</p> <p>Carrot & Orange Cake wheat, egg with Custard milk</p>	<p>Beef Bolognese with Penne Pasta wheat or Rice served with Tomato Swirl Bread wheat, egg, milk, soybeans</p> <p>Tuscan Style Tomato & Bean Ragout with Penne Pasta wheat or Rice served with Tomato Swirl Bread wheat, egg, milk, soybeans</p> <p>Jacket Potato with Cheddar Cheese & Chive milk</p> <p>Vegetable Medley / Peas</p> <p>Apple & Berry Oat Bar wheat</p>	<p>Battered Fish wheat, milk & Chips with Tomato Sauce</p> <p>Turkish Style Red Lentil Kofta Wrap wheat with Chilli & Lemon Dressing & Chips</p> <p>Pasta Primavera wheat, milk with Mixed Baby Leaf Salad</p> <p>Herb Roasted Courgettes / Baked Beans</p> <p>Fruity Friday milk</p>
WEEK THREE	<p>Italian Style Tomato & Herb Pasta wheat with Garlic Focaccia Bread wheat, egg, milk, soybeans</p> <p>Teriyaki Style Vegetable & Quorn Stir Fry wheat, egg, soybeans with Rice</p> <p>Jacket Potato with Cheddar Cheese milk & Coleslaw egg, milk, mustard</p> <p>Herb Roasted Butternut Squash / Broccoli</p> <p>Pear Crumble wheat with Custard milk</p>	<p>Chicken Sausages with Onion & Thyme Gravy & Mashed Potato</p> <p>Red Bean & Sweet Potato Sausages wheat with Mashed Potato</p> <p>Courgette, Lemon & Basil Pasta wheat</p> <p>Savoy Cabbage / Carrots</p> <p>Oatmeal Cookie wheat with Orange Wedges</p>	<p>Chilli Beef Soft Taco wheat with Cheese milk & Tomato Salsa served with Sweet Pepper Rice</p> <p>Caribbean Style Vegetable & Plantain Curry with Sweet Pepper Rice</p> <p>Jacket Potato with Baked Beans & Cheddar Cheese milk</p> <p>Sweetcorn / Oven Baked Tomatoes</p> <p>Chocolate Sponge wheat, egg, milk with Chocolate Sauce milk</p>	<p>Chicken Tikka Masala wheat, milk with Pilau Rice & Naan Style Bread wheat, egg, milk, soybeans</p> <p>Carrot & Courgette Pakora with Red Bean Dhal, Pilau Rice & Naan Style Bread wheat, egg, milk, soybeans</p> <p>Jacket Potato with Tuna Mayonnaise egg, milk, fish, mustard</p> <p>Spiced Roast Cauliflower / Green Beans</p> <p>Parsnip & Apple Sponge wheat, egg with Custard milk</p>	<p>Battered Fish wheat, fish & Chips with Tomato Sauce</p> <p>Sweet Potato, Spinach & Bean Empanada served with Chef's Salad & Chips</p> <p>Creamy Vegetable Pasta wheat, milk served with Chef's Salad</p> <p>Peas / Roast Ratatouille</p> <p>Fruity Friday milk</p>

Available daily

Please ask the catering manager for food allergen information

Salad Selection ~ Vegetable Selection ~ Homemade Bread **wheat, eggs, milk, soybeans** ~ Fresh Fruit Platter ~ Yoghurt **milk**

WEEK ONE

w/c 4th Sept, 25th Sept, 16th Oct,
13th Nov, 4th Dec, 8th Jan, 29th Jan

WEEK TWO

w/c 11th Sept, 2nd Oct, 30th Oct,
20th Nov, 11th Dec, 15th Jan, 5th Feb

WEEK THREE

w/c 18th Sept, 9th Oct, 6th Nov,
27th Nov, 18th Dec, 22nd Jan



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



Whitehorse Manor Junior School

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)

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 a new scheme introduced by The Mayor of London, Sadiq Khan, for the 2023/24 academic year, all primary school children in state-funded will also be entitled to free school meals – we will share further information about this scheme once the implementation detail is finalised.

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

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.



**Nutritionist,
Dr Juliet Gray,
advises us on our menus**



Look out for monthly featured ingredients.

