

What's on the menu?

Spring / Summer 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Week One
w/c
24th February
16th March
20th April
11th May
8th June
29th June
20th July

Butternut Squash & Spinach Curry with Rice

Pasta Italiane

Cauliflower & Broccoli Cheese Bake with Rice

Apple & Sultana Flapjack

Pizza Bar:

- Cheese & Tomato
- Sweetcorn & Peppers
- Beef & Mushroom

 Sides:

- Tomato Pasta
- Potato Salad
- Herb & Garlic Bread

 Vanilla Ice Cream with Peaches

Beef Burger in a Bun with Potato Wedges

Bean Burger in a Bun with Potato Wedges

Salmon Paella

Red Velvet Cake with Chocolate Sauce

BBQ Style Chicken Thigh with Rice

Tomato Topped Macaroni Cheese

Jacket Potato with BBQ Beans

Wholemeal Orange Shortbread with Fruit Wedges

Breaded Fish Fillet with Tomato Ketchup & Chips

Mexican Style Beef Wrap with Chips

Cheese, Carrot & Leek Pinwheel with Chips

Lemon & Lime Cake with Custard

Week Two
w/c
2nd March
23rd March
27 April
18th May
15th June
6th July

Macaroni Cheese

Mixed Bean Enchilada with Vegetable Rice & Coriander & Tomato Salsa

Aloo Mutter

Peach Crumble with Custard

Chicken Sausages with Potato Wedges

Carrot & Leek Sausages with Potato Wedges

Sweet Potato Stir with Rice

Oatmeal & Raisin Cookie with Apple Wedges

Portuguese Food Bar:

- Piri Piri Chicken
- Red Pepper & Sweet Potato Pattie

 Sides:

- Spicy Vegetable Rice
- Piri Piri Roast Vegetables
- Crunchy Coleslaw
- Piri Piri or Lemon & Herb Dressing

 Raspberry Ripple Ice Cream with Watermelon

Minced Beef Slice with Mashed Potatoes

Cheese & Chive Vegetable Pasta

Jacket Potato with Tuna Mayonnaise

Chocolate Cupcake with Orange Wedges

Battered Fish Fillet with Tomato Ketchup & Chips

Chilli Bean Wrap with Sweetcorn Salsa & Chips

Pasta Arrabiata with Cheese

Strawberry Jelly & Mousse Layer

Week Three
w/c
9th March
30th March
4th May
1st June
22nd June
13th July

Roasted Sweet Pepper & Herb Jambalaya

Spanish Style Omelette with New Potatoes

Jacket Potato with Baked Beans & Cheddar Cheese

Strawberry Ice Cream with Fruit Wedges

Mild Beef Curry with Rice

Tomato & Basil Pasta with Garlic & Herb Breadsticks

Spinach, Chickpea & Vegetable Dhansak

Orange Jelly with Peaches

Roast Chicken with Roast Potatoes

Spring Vegetable Slice with Roast Potatoes

Pesto Style Pasta with Broccoli & Cheese

Chocolate & Orange Marbled Sponge with Chocolate Sauce

Beef Bolognese with Penne Pasta

Vegetable Bolognese with Penne Pasta

Lemon & Thyme Baked Fish with New Potatoes

Harrison Bear Biscuit (Lemon Wholemeal Shortbread)

Sausage Roll with Chips & Baked Beans

Roast Ratatouille Parcels (Flour Tortilla) with Chips

Caribbean Style Vegetable Curry with Rice

Carrot & Pineapple Cake with Custard

Available daily: Choice of Salads ~ Selection of Vegetables ~ Freshly Baked Bread ~ Fresh Fruit Platter ~ Yoghurt

Look out for monthly featured ingredients.



Whitehorse Manor Junior Academy

Welcome to Harrison Catering Service

The catering service at Whitehorse Manor Junior Academy is provided by Harrison Catering Services, an independent, family-owned company founded in 1994.

The Harrison proposition is centred around the on-site preparation and cooking of top-quality meals made with fresh ingredients. Over 100 clients across the UK enjoy a Harrison food service, with more than 100,000 meals being served each day by approximately 2,000 staff across more than 270 locations.

Working in Partnership with Whitehorse Manor Junior Academy

Our catering team will work with the school to tailor menus to the tastes and preferences of the pupils. We will introduce further interest and excitement to our menus through themed lunches ranging from holidays like Easter and Christmas to cuisines from around the world, tying these into the school curriculum whenever possible. These activities further reinforce the importance of eating a balanced diet of nutritious food.

Providing Healthy School Meals

Harrison understands that what children eat affects their health and their ability to learn and perform in the classroom. At Whitehorse Manor Junior Academy our catering team will provide nutritious, balanced meals and we will work to educate the pupils on how to make healthier food choices. Our goal is to instil a love and understanding of fresh, healthy food at a young age that will positively influence them throughout life. All Harrison staff receive training in how to prepare and serve healthier food through the company's bespoke Eat Well Live Well® training programme.

In addition, our focus on fresh food means that only minimal amounts of fried foods appear on our menus—generally in the form of much-loved British favourites like fish and chips. We also aim to maximise access to fruit and vegetables by offering a choice of cooked vegetables, salads, healthier snacks and fresh fruit daily. Every egg we use is British-sourced and free range, all our fresh meat is Red Tractor certified, British and fully traceable and all our fish holds the Marine Stewardship Council certification, meaning we are only serving fish from sustainable stocks and species not on the endangered list.

We have a comprehensive policy for children with food allergies. Please contact us for further information.



Silver Food For Life Catering Mark

Harrison Catering Services has been awarded the Silver Food For Life Catering Mark at Whitehorse Manor Junior Academy in recognition of the high-quality of our food, promotion of healthier choices and sustainable purchasing.

The Food for Life Catering Mark brings together all of the issues people care about—health, climate change and animal welfare. It recognises restaurants and caterers who serve fresh food which is free from controversial additives and better for animal welfare. More and more, people want to know where their food comes from and how it was produced. The Food for Life Catering Mark provides reassurance that the food we serve meets high standards of traceability, freshness and provenance.

We Welcome Your Feedback

Hearing your thoughts on our catering service is an essential part of getting things right and developing the foodservice at your school. Please feel free to speak to our catering manager if you have any comments.

Join the Harrison Family

The great food and service that Harrison provides is only possible because of our talented staff. We aim to create an environment where every team member's efforts and skills are recognised, developed and rewarded, so that we can attract and retain the best people.

If you are interested in joining the Harrison family, please visit our website for the latest job opportunities at www.harrisoncatering.co.uk/job-opportunities.html or contact the human resources department at our Thame office on 01844 216777.



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



We use locally sourced ingredients when available and in season!

