

# What's on the menu?

Autumn-Winter 2021-2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week One</b> w/c	Beef Bolognese with Fusilli Pasta & Herbed Garlic Bread	Pizza Margherita with 'Street Corn' Salad	Jerk Chicken with Coconut Pilaff & Pineapple Relish	Chilli Beef Jacket with Salsa & Sour Cream or Jacket Potato with Cheese & Baked Beans	Battered Fish with Chips & Tomato Sauce
1 <sup>st</sup> Nov	Baked Onion Bhaji with Chick Pea Dhal & Tomato & Coriander Chutney	Moroccan Style Roasted Vegetable Tagine with Cous Cous	Wholemeal Cheddar Cheese & Spinach Quiche with Herbed New Potatoes	Tomato & Basil Pasta with Carrot & Cumin Bread	Barbeque Style Red Bean & Sweet Potato Balls with Rice or Chips
22 <sup>nd</sup> Nov					
13 <sup>th</sup> Dec					
17 <sup>th</sup> Jan	Peach Oaty Crumble with Custard	Orange Shortbread with Fruit Wedges	Chocolate Sponge with Chocolate Sauce	Apple Flapjack with Custard	Berry & Lemon Cupcake
7 <sup>th</sup> Feb					
<b>Week Two</b> w/c	Chicken Korma with Rice & Naan Style Bread	Chicken Sausages with Mashed Potatoes	Minced Beef Slice with Potato Wedges	Macaroni Cheese with Tomato & Herb Breadstick	Battered Fish with Chips & Tomato Sauce
8 <sup>th</sup> Nov	Butternut Squash Frittata with New Potatoes	Mexican Style Sweet Pepper & Bean Enchilada with Tomato & Coriander Salsa & Rice	Cornish Style Vegetable Pasty with Potato Wedges	Sweet Chilli Salmon with Lemon Rice	Turkish Style Red Lentil Kofte Wrap with Rice or Chips
29 <sup>th</sup> Nov					
3 <sup>rd</sup> Jan	Carrot & Pineapple Cake with Custard	Apple & Cinnamon Crumble with Custard	Ice Cream with Peaches	Toffee Apple Sponge with Custard	Chocolate Brownie with Orange Wedges
24 <sup>th</sup> Jan					
<b>Week Three</b> w/c	Crispy Chinese Style Chicken with Sweet Chilli Sauce & Spiced Vegetable Rice	Cottage Pie	Herb Roast Chicken with Sage & Onion Stuffing & Roast Potatoes	Chicken, Tomato & Basil Pasta with Chef's Salad	Battered Fish with Chips & Tomato Sauce
15 <sup>th</sup> Nov	Vegetable Hot Dog in a Roll with Potato Salad & Barbeque Sauce	Pesto Style Pasta with Tomato & Cheddar Swirl Bread	Cauliflower & Broccoli Cheese with Roast Potatoes	Jamaican Style Vegetable Pattie with Rainbow Coleslaw & Sweetcorn Rice	Sweet Potato Falafels in Wholemeal Pitta with Tomato & Mint Relish & Chips
6 <sup>th</sup> Dec					
10 <sup>th</sup> Jan	Lemon Sponge with Custard	Pineapple & Coconut Flapjack with Fruit Wedges	Chocolate & Orange Marbled Sponge with Chocolate Sauce	Spiced Apple & Parsnip Cake with Custard	Harrison Bear Chocolate Shortbread with Fruit Wedges
31 <sup>st</sup> Jan					

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



Look out for monthly featured ingredients.



## Whitehorse Manor School

### Welcome to Harrison Catering Service

The catering service at Whitehorse Manor Schools 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 Schools

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 Schools 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 Schools 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](http://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!

