

# What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
January to April 2021	<b>Week One</b> w/c 4 <sup>th</sup> January 25 <sup>th</sup> January 22 <sup>nd</sup> February 15 <sup>th</sup> March	Piri Piri Style Chicken with Rice	Mexican Style Beef Wrap with Sweetcorn Salsa & Rice	Chicken Sausage Roll with Mashed Potatoes & Gravy	Cheese & Tomato Pizza with Tomato Pasta Side	Battered Fish Fillet with Chips & Tomato Sauce
		Pasta Arrabiata with Garlic & Herb Breadsticks	Pesto Style Pasta	Carrot & Leek Sausages with Mashed Potatoes & Gravy	Jacket Potato with Savoury Minced Beef	Mediterranean Style Vegetable Parcel with Chips
		Pineapple & Coconut Flapjack	Harrison Bear Chocolate Shortbread with Orange Wedges	Apple Sponge with Custard	Strawberry Ice Cream with Fruit Wedges	Lemon Cake with Custard
	<b>Week Two</b> w/c 11 <sup>th</sup> January 1 <sup>st</sup> February 1 <sup>st</sup> March 22 <sup>nd</sup> March	Jamaican Style Lamb Pie with Mashed Potatoes	Macaroni Cheese	BBQ Style Chicken with Potato Wedges	Beef Madras with Rice & Naan Style Bread	Battered Fish Fillet with Chips & Tomato Sauce
		Cheese & Chive Vegetable Pasta	Mixed Bean Enchilada with Vegetable Rice, Coriander & Tomato Salsa	BBQ Style Bean Ragout with Potato Wedges	Sweet Potato Stir with Rice	Chilli Bean Wrap with Sweetcorn Salsa & Chips
		Orange Sponge with Custard	Apple & Cinnamon Crumble with Custard	Wholemeal Orange Shortbread with Fruit Wedges	Chocolate Sponge with Chocolate Sauce	Jelly with Peaches
	<b>Week Three</b> w/c 18 <sup>th</sup> January 8 <sup>th</sup> February 8 <sup>th</sup> March 29 <sup>th</sup> March	Beef Bolognaise with Penne Pasta, Garlic & Herb Bread	Tomato Topped Macaroni Cheese	Herb Roast Chicken with Roast Potatoes & Gravy	Minced Beef Pastry Slice with Mashed Potatoes	Battered Fish Fillet with Chips & Tomato Sauce
		Vegetable Bolognaise with Penne Pasta, Garlic & Herb Bread	Jacket Potato with Baked Beans & Cheddar Cheese or Salmon Mayonnaise	Sweet Potato & Parsnip Wellington with Roast Potatoes & Gravy	Caribbean Style Vegetable Curry with Rice	Roasted Sweet Pepper & Herb Jambalaya
		Wholemeal Lemon Shortbread with Fruit Wedges	Oatmeal & Raisin Cookie with Fruit Wedges	Chocolate Marbled Sponge with Chocolate Sauce	Spiced Parsnip & Apple Cake with Custard	Carrot & Pineapple Cake with Custard

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



Look out for monthly featured ingredients.



## Whitehorse Manor Nursery, Infant & Junior Schools

### 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!

