

# What's on the menu?

**HARRISON**  
food with thought

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September & October 2021	<b>Week One</b> w/c 6 <sup>th</sup> Sept 27 <sup>th</sup> Sept 18 <sup>th</sup> Oct Beef Pasta Bake with Garlic & Herb Focaccia Indian Style Vegetable Biryani with Chickpea Dhal Apple & Cinnamon Cake with Custard	Chicken Sausages with Mashed Potatoes Sweet Potato & Red Bean Sausages with Mashed Potatoes Carrot Cake Cupcake with Fruit Wedges	Roast Chicken with Sage & Onion Stuffing with Roast Potatoes Roasted Root Vegetable Wellington with Herbed New Potatoes Red Velvet Chocolate Cake with Chocolate Sauce	Pizza Margherita with Chef's Salad Fusilli Pasta with a Spinach & Sweet Pepper Alfredo Sauce with Paprika & Garlic Bread Vanilla Ice Cream with Pineapple Pieces	Battered Fish Fillet with Chips & Tomato Sauce Cheddar Cheese & Tomato 'Gram Flour' Quiche with Chips Oatmeal & Raisin Cookie with Fruit Wedges
	<b>Week Two</b> w/c 13 <sup>th</sup> Sept 4 <sup>th</sup> Oct Mexican Style Beef Wrap with Salsa & Rice Jacket Potato with Cheddar Cheese & Baked Beans or Pesto Style Salmon Apple Pie with Custard	Provencal Style Chicken & Herb Pasta Bake with Tomato, Cheddar & Herb Bread Sweet Potato, Carrot & Courgette Pakoras with Dhal and Apple & Mint Chutney Mixed Berry Oat Bar	Chicken Sausage Roll with Rainbow Coleslaw & Potato Wedges Vegetable Sausage Roll with Rainbow Coleslaw & Potato Wedges Strawberry Ice Cream with Watermelon	Chicken Tikka Masala with Rice & Naan Style Bread Pasta Marinara with Chef's Salad Chocolate & Orange Sponge with Chocolate Sauce	Battered Fish Fillet with Chips & Tomato Sauce Chilli Bean Wrap with Sweetcorn Salsa & Chips Harrison Bear Lemon Shortbread with Fruit Wedges
	<b>Week Three</b> w/c 20 <sup>th</sup> Sept 11 <sup>th</sup> Oct Macaroni Cheese with Cheddar & Herb Bread Caribbean Style Yellow Split Pea Fritters with Pineapple Relish & Rice Berry Sponge with Custard	Beef Meatballs in a BBQ Style Sauce with Mashed Potatoes Butternut Squash & Chickpea Curry with Rice Chocolate Shortbread with Fruit Wedges	Piri Piri Style Chicken with Lemon & Herb or Piri Piri Dressing with Spiced Vegetable Rice Pesto Style Pasta with Carrot & Cumin Bread Jelly with Peaches	Beef Bolognese with Fusilli Pasta & Herbed Garlic Bread Indian Style Vegetable 'Gram Flour' Parcel with Tomato & Coriander Chutney and Bombay Style Potatoes Marbled Sponge with Chocolate Sauce	Battered Fish Fillet with Chips & Tomato Sauce Spinach & Cheese Empanada with Chips Apple Flapjack with Fruit Wedges

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

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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.



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when available and in season!



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