

# What's on the menu?

Autumn / Winter 2017-18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week One</b>  w/c 4 <sup>th</sup> September 25 <sup>th</sup> September 16 <sup>th</sup> October 13 <sup>th</sup> November 4 <sup>th</sup> December 1 <sup>st</sup> January 22 <sup>nd</sup> January	Lamb & Onion Pie with New Potatoes  Jacket Potato with Tuna Mayonnaise or Cheese  Plum Crumble with Custard / Fresh Fruit	Chicken Rogan Josh with Rice  Chickpea Dahl with Rice  Apricot Flapjack	Breaded Fish with Baked New Potatoes  Ratatouille with Penne Pasta  Strawberry Ice Cream with Melon Wedges	Roast Chicken with Thyme Gravy and Roast Potatoes  Butternut Squash & Spinach Curry with Rice  Carrot Cake with Custard	Margherita Pizza with Chips  Vegetable Burrito with Tomato Salsa & Chips  Fruity Friday: Selection of Fresh Fruit with Greek Yoghurt
<b>Week Two</b>  w/c 11 <sup>th</sup> September 2 <sup>nd</sup> October 30 <sup>th</sup> October 20 <sup>th</sup> November 11 <sup>th</sup> December 8 <sup>th</sup> January 29 <sup>th</sup> January	Lamb Keema with Rice  Jacket Potato with Cheese & Baked Beans  Raspberry Ripple Ice Cream with Fruit	Mediterranean Chicken with Penne Pasta  Falafels with Tzatziki and Rice  Apple & Cinnamon Cake with Custard	Breaded Fish with Baked New Potatoes  Sweet Potato and Parsnip Slice with Baked New Potatoes  Wholemeal Shortbread with Orange Wedges	Kenyan Chicken with Rice  Macaroni Cheese  Banana Cake with Custard	Margherita Pizza with Chips  Homemade Salmon Fishcake with Lemon Mayonnaise and Chips  Fruity Friday: Selection of Fresh Fruit with Greek Yoghurt
<b>Week Three</b>  w/c 18 <sup>th</sup> September 9 <sup>th</sup> October 6 <sup>th</sup> November 27 <sup>th</sup> November 18 <sup>th</sup> December 15 <sup>th</sup> January 5 <sup>th</sup> February	Chicken Sausages with Mashed Potatoes and Onion Gravy  Sage & Onion Sausages with Mashed Potatoes and Onion Gravy  Apple Crumble with Custard	Lamb Bolognaise with Spaghetti  Vegetarian Bolognaise with Spaghetti  Chocolate Sponge with Chocolate Sauce	Fish Fingers with Homemade Tomato Ketchup & Baked New Potatoes  Singapore Noodles  Jelly & Fruit	Jerk Chicken with Rice  Cauliflower & Broccoli Bake with New Potatoes  Pear & Ginger Cake with Custard	Margherita Pizza with Chips  Cheese & Sweetcorn Frittata with Chips  Fruity Friday: Selection of Fresh Fruit with Greek Yoghurt

**Available daily:** Seasonal Vegetables, Salad Bar, Fresh Homemade Bread, Fresh Fruit Platter, Yoghurt

## Beaconsfield Primary School

### Welcome to Harrison Catering Service

The catering service at Beaconsfield Primary School 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 Beaconsfield Primary School

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 Beaconsfield Primary School 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 and the majority of our meat is British-sourced as well.

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

### 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!

