# What's on the menu?

# HARRISC food with thou

## MONDA

### VEDNESDA

## FRIDA

## WEEK ONE

WEEK

WEEK

**THREE** 

**TWO** 

Margherita Pizza or Mediterranean Roast Vegetable Pizza with a Garlic & Sweet Pepper Pasta Side

Jacket Potato with Baked Beans & Veggie Balls

Broccoli / Sweetcorn

Chocolate Sponge Wheat, Egg, Milk with Chocolate Sauce

Piri Piri Style Chicken served with Smoky Oven Roast Potato Wedges

Red Pepper Pattie with a Piri Piri Style Dressing served with Smoky Oven Roast Potato Wedges

Rainbow Ribbon Pasta with a Mixed Leaf Salad

Green Beans / Carrots with Lemon & Thyme

Wholemeal Shortbread

or Lemon Gram Flour Shortbread Both served with Fresh Fruit Wedges

Mexican Style Beef Wrap served with a Vegetable Rice

Butternut Squash Frittata with a Smoky BBQ Style Relish

served with Parsley Potatoes Jacket Potato with Bean Chilli

Cinnamon & Cocoa Traybake

Sweetcorn with Chives / Savoy Cabbage

Chicken, Spinach & Cheese Pasta Bake Chinese Style Vegetarian Stir Fry

served with Noodles Wheat, Egg or Rice

THURSDA'

Ratatouille Style Vegetables with Fusilli Pasta

Broccoli / Carrots

Orange Sponge Wheat, Egg, Milk with Custard

Battered Fish Fillet Wheat, Fish

served with Tomato Sauce & Chips or New Potatoes

Cajun Style Sweet Potato Fritter served with a Pineapple Relish & Chips

Jacket Potato with Cheddar Cheese & Chives

Peas / Baked Beans

Strawberry Ice Cream

with Apple & Berry Compote

Macaroni Cheese Wheat Milk with a Winter Style Salad

Sweet Potato Stir served with Rice

Courgette & Lemon Pasta

Vegetable Medley

Wholemeal Carrot Cake Wheat, Eac with Custard

Roast Chicken Thigh served with Roast Potatoes

Cheddar Cheese & Leek Pinwheel Wheat Milk served with Roast Potatoes

Jacket Potato with BBQ Bean Ragout Sulphites

Peas / Carrots Vanilla Ice Cream

with Pineapple Compote

Jacket Potato with Baked Beans & Cheddar Cheese

> Salmon Fishcake served with a Tomato & Bean Salsa & Herbed Potatoes

Pasta Primavera

with a Tomato & Basil Breadstick

Broccoli / Roast Butternut Squash

Marbled Sponge Wheat, Egg, Milk with Chocolate Sauce Beef Bolognaise or Vegetarian Bolognaise served with Penne Pasta or Rice

Jacket Potato with Butternut & Chickpea Korma

Oven Roasted Courgettes / Sweetcom

Lemon Traybake Wheat, Egg, Milk

Chicken Sausage Roll Wheat, Sulphites

served with Tomato Sauce & Chins or New Potatoes

served with a Sweet Chilli Dip & Chips or New Potatoes

Pasta Arrabbiata

Peas / Baked Beans

Chocolate Shortbread

or Orange Spiced Gram Flour Shortbread Both served with Fresh Fruit Wedges

Red Pesto Style Pasta with a Ribbon Salad

Vegetable Biriyani

Jacket Potato with Cheddar Cheese & Coleslaw

Egg, Milk, Mustard Roasted Butternut Squash / Peas

Steamed Jam Sponge Wheat, Egg, Milk with Custard

Chana Chicken served with Pilau Rice

Vegetarian Cottage Pie

Cheese & Chive Pasta Wheat, Milk

Roasted Courgettes / Sweetcom

Orange Traybake with Chocolate Drizzle Wheat, Egg, Milk

Chinese Style Vegetable Curry served with Rice

Margherita Pizza

with Seasoned Oven Roast Potato Wedges

Jacket Potato with Tuna Mayonnaise Egg, Milk, Fish, Mustard

Vegetable Medley

Ice Cream served with Spiced Apple Compote Minced Beef & Vegetables served with a Puff Pastry Top

& Parsley Potatoes

Tikka Style Chickpea & Potato Cakes served with Apple & Mint Chutney

Tomato & Basil Pasta

Carrots / Savoy Cabbage

Berry Swirl Sponge Wheat, Egg, Milk with Custard

Chicken Sausages

served with Tomato Sauce & Chips or New Potatoes

Cornish Style Vegetable Pasty served with Chips or New Potatoes

Jacket Potato with Baked Beans

Peas / Baked Beans

Wholemeal Lemon Shortbread

or Cinnamon & Chocolate Gram Flour Shortbread Both served with Fresh Fruit Wedges

## Available daily

Please ask the catering manager for food allergen information

**WEEK ONE** 

w/c 1st Sept, 22nd Sept, 13th Oct, 10th Nov, 1st Dec, 5th Jan, 26th Jan

## **WEEK TWO**

w/c 8th Sept, 29th Sept, 20th Oct, 17th Nov, 8th Dec, 12th Jan, 2nd Feb

## **WEEK THREE**

w/c 15th Sept, 6th Oct, 3rd Nov, 24th Nov, 15th Dec, 19th Jan, 9th Feb



Menu Items Available Daily: Salad Selection • Homemade Bread • Fresh Fruit • Yoghurt

Please see page 2 regarding allergen information provided on the menu.



# **Harrison Catering Services**

## HARRISON food with thought

# Lambeth Schools Consortium

### **About Your Catering Service**

We are delighted to be working in partnership with your school. Founded in 1994, we are an award-winning company with a vision to encourage children to explore new tastes and make healthier food choices through their formative years, which will positively influence them for life.

#### What's on the Menu

Our approach, wherever possible, is to use quality, sustainably sourced, seasonal fresh food, including ingredients, such as British free-range eggs and British sourced fresh meat and poultry.

Our menus are created with local tastes and preferences in mind and offer a range of popular, delicious, full of flavour dishes to encourage balanced meal choices and we follow the school food standards.

We will introduce further interest and excitement to our menus with planned additional food experiences, pop-ups, themed events with links to the school's curriculum, cultural and celebration dates, aimed at creating a fun, engaging and enjoyable dining experience.

### Allergen Information

We recognise that some children may have an allergen or intolerance to one of the 14 common food allergens. We have robust processes in place to assist the school in managing. If your child has a food allergy or intolerance, please complete the allergen management form and return it to your school office. To view our process and obtain the allergen management form please visit: <a href="https://www.harrisoncatering.co.uk/food-allergies-food-intolerances">https://www.harrisoncatering.co.uk/food-allergies-food-intolerances</a>.

### **Talented Catering Team**

The Harrison catering team are dedicated to providing a great catering service and receive training to complete their roles successfully, including how to prepare and serve healthier food through the company's bespoke Eat Well Live Well<sup>®</sup> training programme.

### Universal Infant Free School Meals (UIFSM) Key Stage 1

All children in reception, year 1 or year 2 are automatically entitled to free school meals under the Universal Infant Free School Meals scheme, irrespective of income.

### Free School Meal for Key Stage 2

The Mayor of London's initiative continues to offer a free school meal to all pupils in Key Stage 2, regardless of income.

#### We Welcome Your Feedback

We welcome and value all feedback. We regularly review our offer to continue to offer a positive dining experience for your child. Please refer your comments or suggestions to our Catering Manager.

#### Learn More

For a more in-depth knowledge about Harrison Catering, recipe inspirations, our how to videos, charitable activities and latest job opportunities, please visit <a href="https://www.harrisoncatering.co.uk">www.harrisoncatering.co.uk</a>

### Red = Allergen

- All food is freshly prepared on site each day and if any of the 14 common food allergens present, they are listed in red against each menu item and are intended as a guide to help with the choice of meal. For operational reasons it may be necessary to alter a recipe at short notice and therefore your child or the member of school staff who presents your child at the counter must check each time before being served with the food.
- The Company handles many of the 14 common food allergens in our busy kitchens and so therefore cannot guarantee that our food is 100% free from specific food allergens
- There are foods not on the list of 14 common food allergens which can cause allergic reactions in a small number of people and if your child has such an allergy, they or school member must check each time before being served with the food.

Our allergen process is written to protect the welfare of the children.





Look out for monthly featured ingredients.

