What's on the menu?

HARRISON
food with thought

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Sweet Potato Stir served with Rice Macaroni Cheese Wheat, Milk served with a Chef's Salad Winter Vegetable Hotpot Green Beans / Roasted Butternut Squash Chocolate Traybake Wheat, Egg, Milk served with Chocolate Sauce Milk	Pasta Arrabbiata Wheat Chicken Sausage Roll Wheat, Sulphites served with Oven Roasted Potato Wedges Oriental Style Sweet & Sour Stir Fry served with Rice Broccoli / Baked Beans Mixed Berry & Apple Oat Bar Wheat, Oats	**A Taste of Mexico:** Smokey BBQ Style Beef Chilli Sulphites or Bean Chilli served with a Soft Taco & Rice Wheat or Gram Flour Flatbread & Rice Salsa, Lettuce, Cheese Milk Lime & Coriander Mayonnaise Egg Jacket Potato served with Cheddar Cheese Milk Sweetcorn / Mexican Roasted Vegetables Chocolate & Cinnamon Cookie Wheat, Egg served with Pineapple & Lime Compote	Tomato, Basil & Mozzarella Pasta Bake Wheat, Milk Chicken Casserole served with Mashed Potatoes Butternut & Chickpea Curry served with Rice Carrots / Oven Roasted Courgettes Parsnip & Apple Cake Wheat, Egg served with Custard Milk	Pesto Style Topped Pizza Wheat, Milk served with Oven Chips & Tomato Ketchup or New Potatoes Battered Fish Wheat, Fish served with Oven Chips & Tomato Ketchup or New Potatoes Cajun Sweet Potato Fritters served with a Zesty Slaw Egg Oven Chips & Tomato Ketchup or New Potatoes Peas / Baked Beans Jam Drop Cookie Wheat, Egg, Sulphites
WEEK TWO	Mixed Bean Enchilada Wheat, Milk served with Vegetable Rice Vegetarian Cottage Pie Red Pesto Style Pasta Wheat Oven Roasted Tomatoes / Street Corn' Wholemeal Carrot Cake Wheat, Egg served with Custard Milk	Cornish Style Vegetable Pasty Wheat served with Roast Potatoes & Gravy Roast Chicken Fillet served with Roast Potatoes & Gravy Jacket Potato served with Baked Beans & Cheddar Cheese Milk Savoy Cabbage / Carrots Apple & Cinnamon Flapjack Wheat, Oats	**A Taste of India:** Curried Beef Chana or Vegetable Balti served with: Lemon Rice, Bombay Potato Salad, Tomato & Coriander Chutney & Naan Style Bread Wheat, Milk, Soybeans Cheesy Sweetcorn & Pepper Wrap Wheat, Milk served with Lemon Rice Broccoli / Roasted Butternut Squash Indian Tea Shop Style Biscuit Wheat	Pizza Margherita Wheat, Milk or BBQ Style Chicken Pizza Wheat, Milk, Sulphites both served with Sweet Pepper Pasta Side Wheat Roasted Root Vegetable Casserole served with Mashed Potatoes Sweetcorn / Oven Roasted Courgettes Berry Swirl Sponge Wheat, Egg, Milk served with Custard Milk	Carrot & Chickpea Falafel served with Sweet Chilli Dip, Oven Chips & Tomato Ketchup or New Potatoes Battered Fish Wheat, Fish served with Oven Chips & Tomato Ketchup or New Potatoes Cheese & Onion Turnover Wheat, Milk served with Oven Chips & Tomato Ketchup or New Potatoes Baked Beans / Peas Harrison Bear Chocolate Shortbread Wheat served with Orange Wedges
WEEK THREE	Chilli Bean Burrito Wheat Cheese & Chive Macaroni Bake Wheat, Milk Caribbean Style Chicken Curry served with Rice Broccoli / Carrots St Clements Sponge Wheat, Egg, Milk served with Custard Milk	Chicken Sausages with Mashed Potatoes & Baked Beans Vegetarian Sausages Wheat with Mashed Potatoes & Baked Beans Breaded Salmon Fishcakes Wheat, Fish served with Sweetcorn & Bean Salad & New Potatoes Roasted Butternut Squash / Savoy Cabbage Maple Flavoured Oat Cookie Wheat, Oats served with Peach Puree	**A Taste of Italy:** Tomato & Oregano Sauce with Mozzarella Milk or Beef Bolognese or Spinach, Cannellini Bean & Basil Sauce served with Penne or Fusilli Pasta Wheat Tomato & Herb Focaccia Wheat, Soybeans Pasta Bar Salads Chickpea Herb Bites served with Sweet Pepper Salsa & Rice Oven Roasted Courgettes / Sweetcorn Strawberry Ice Cream Milk with Italian Style Lemon Cake Bite Wheat, Egg, Milk	Jacket Potato served with Cheddar Cheese Milk & Coleslaw Egg Chinese Style Vegetable Stir Fry served with Rice Vegetable Jambalaya Green Beans / Carrots Wholemeal Shortbread Wheat served with Spiced Apple Compote	Chickpea & Onion Bhaji served with Raita Milk Oven Chips & Tomato Ketchup or New Potatoes Battered Fish Wheat, Fish served with Oven Chips & Tomato Ketchup or New Potatoes Cheese & Leek Pinwheel Wheat, Milk served with Oven Chips & Tomato Ketchup or New Potatoes Peas / Baked Beans Marbled Sponge Wheat, Egg, Milk served with Custard Milk

Available daily
Please ask the catering manager for food allergen information

Menu Items Available Daily: Salad Selection • Homemade Bread • Fresh Fruit • Yoghurt • Jelly • Gram Flour Shortbread

WEEK ONE
w/c 2nd Sept, 21st Sept, 12th Oct, 9th Nov, 30th Nov, 4th Jan, 25th Jan

WEEK TWO
w/c 7th Sept, 28th Sept, 19th Oct, 16th Nov, 7th Dec, 11th Jan, 1st Feb

WEEK THREE
w/c 14th Sept, 5th Oct, 2nd Nov, 23rd Nov, 14th Dec, 18th Jan, 8th Feb

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

Harrison Catering Services

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food with thought

St Bede's Catholic Primary School

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.

A Delicious Balanced Menu

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

Our menus are created with local tastes and preferences in mind and offer a range of popular, full of flavour dishes to encourage balanced meal choices and to help children grow, learn and stay active.

Core menus are reviewed by our consultant nutritionist, who ensures that they are structured for young growing bodies, who need a variety of food, including protein (in both meat-based and vegetarian dishes), fruit and vegetables, carbohydrates, and dairy products, while limiting foods high in fat, salt and sugars. We follow the school food standards.

We will introduce further interest and excitement to 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: https://www.harrisoncatering.co.uk/food-allergies-food-intolerances.

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® 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 Meals 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 more in-depth knowledge about Harrison Catering, recipe inspiration, health and wellbeing, our how-to-videos, charitable activities and latest job opportunities, please visit www.harrisoncatering.co.uk

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.