

# What's on the menu?

Autumn/Winter 2018-2019

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Week One

w/c  
3<sup>rd</sup> September  
24<sup>th</sup> September  
15<sup>th</sup> October  
12<sup>th</sup> November  
3<sup>rd</sup> December  
7<sup>th</sup> January  
28<sup>th</sup> January

Beef Lasagne

Jacket Potato with Baked Beans

Mexican Beans with Corn Tortilla & Rice

Garlic & Herb Homemade Bread

Apple Crumble with Custard

Chicken & Sweetcorn Pie with New Potatoes

Tomato & Basil Pasta

Banana Muffin with Fruit Wedges

Roast Beef with Yorkshire Pudding & Roast Potatoes

Yorkshire Pudding filled with Roasted Root Vegetables with Roast Potatoes

Wholemeal Carrot Cake with Custard

Chicken Korma with Rice

Jacket Potato with Baked Beans & Cheese

Falafel in a Tomato Wrap with Rice

Chocolate Brownie with Orange Wedges

Battered Fish with Oven Baked Chunky Chips

Cornish Style Vegetable Pasty with Oven Baked Chunky Chips

Fruity Friday:  
A selection of Fresh Fruit with Greek Yoghurt

### Week Two

w/c  
10<sup>th</sup> September  
1<sup>st</sup> October  
29<sup>th</sup> October  
19<sup>th</sup> November  
10<sup>th</sup> December  
14<sup>th</sup> January  
4<sup>th</sup> February

Beef Bolognese with Pasta

Vegetable Bolognese with Pasta

Cajun Vegetable Wrap with Rice

Plum & Apple Pie with Custard

Fish Fingers with Mashed Potatoes & Baked Beans

Jacket Potato with Cheese & Baked Beans

Raspberry Ripple Ice Cream with Berry Compote

Thyme Roasted Chicken with Roast Potatoes

Winter Vegetable Parcel with Roast Potatoes

Chocolate Sponge with Chocolate Sauce

Beef Meatballs with Tomato & Herb Sauce with Pasta

Jacket Potato with Tuna Mayonnaise or Baked Beans

Vegetable Chow Mein

Mixed Fruit Oat Bar with Custard

Pizza Bar:

- Cheese & Tomato or
- Cajun Chicken with Oven Baked Chunky Chips

Salmon Stir Fry with Rice

Fruity Friday:  
A selection of Fresh Fruit with Greek Yoghurt

### Week Three

w/c  
17<sup>th</sup> September  
8<sup>th</sup> October  
5<sup>th</sup> November  
26<sup>th</sup> November  
17<sup>th</sup> December  
21<sup>st</sup> January  
11<sup>th</sup> February

BBQ Chicken with Rice

Vegetable Paella

Jacket Potato with Baked Beans & Cheese

Ginger Cake with Custard

Beef Ragu with Pasta

Macaroni Cheese

Chickpea & Spinach Balti with Rice

Wholemeal Shortbread with Orange Wedges

Roast Turkey with Roast Potatoes

Savoury Vegetable Wrap with Roast Potatoes

Lemon Yoghurt Cake with Custard

Chicken Sausages with Mashed Potatoes

Jacket Potato with Baked Beans or Tuna Mayonnaise

Vegetable Bruschetta with New Potatoes

Pineapple & Coconut Cake with Custard

Battered Fish with Oven Baked Chunky Chips

Cheese & Leek Slice with Oven Baked Chunky Chips

Strawberry Jelly with Peaches

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



Look out for monthly featured ingredients.



## Keston Primary School

### Welcome to Harrison Catering Service

The catering service at Keston 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 Keston 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 Keston 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!

