

What's on the menu?

Autumn / Winter 2021 - 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

w/c
6th September
27th September
18th October
15th November
6th December
10th January
31st January

Beef Pasta Bake with
Garlic & Herb Focaccia

Tomato & Basil Pasta (v)

Apple & Cinnamon Cake

Chicken Sausages with
Mashed Potatoes

Lentil & Vegetable Cottage
Pie (v)

Carrot Cake with Fruit
Wedges

Roast Chicken with Sage &
Onion Stuffing & Roast
Potatoes

Roasted Root Vegetable
Wellington with Herbed New
Potatoes (v)

Red Velvet Chocolate Cake

Pizza Margherita with Chef's
Salad (v)

Fusilli Pasta with a Spinach
& Sweet Pepper Alfredo
Sauce with Paprika & Garlic
Bread (v)

Vanilla Ice Cream with Fruit
Wedges

Battered Fish with Chips &
Tomato Sauce

Cheddar Cheese & Tomato
Quiche with Chips (v)

Oatmeal & Raisin Cookie with
Apple Wedges

WEEK TWO

w/c
13th September
4th October
1st November
22nd November
13th December
17th January
7th February

Mexican Style Beef Wrap
with Salsa & Rice

Pasta Marinara with
Chef's Salad (v)

Apple Pie

Provençal Style Chicken &
Herb Pasta Bake

Jacket Potato with Cheese
& Baked Beans (v)
or Jacket Potato with Pesto
Style Salmon

Mixed Berry Oat Bar

Beef Burger in a Freshly
Baked Bun with Rainbow
Coleslaw & Potato Wedges

Mediterranean Vegetable
Wrap with Rainbow
Coleslaw & Potato Wedges
(v)

Strawberry Ice Cream with
Watermelon

Pot Roast Chicken with
Mashed Potatoes

Pasta Italiane (v)

Chocolate & Orange
Sponge

Battered Fish with Chips &
Tomato Sauce

Vegetable Cornish Pasty with
Chip (v)

Harrison Bear Lemon
Shortbread with Fruit Wedges

WEEK THREE

w/c
20th September
11th October
8th November
29th November
3rd January
24th January

Beef Bolognese with
Fusilli Pasta

Vegetable Bolognese
with Fusilli Pasta (v)

Berry Sponge

Macaroni Cheese (v)

Sweet Potato Stir with Rice
(v)

Chocolate Shortbread with
Fresh Fruit Wedges

BBQ Style Chicken with
Mashed Potatoes

Pesto Style Pasta (v)

Jelly with Peaches

Beef Meatballs in a Tomato
& Herb Sauce with Rice

BBQ Bean Wrap with Rice
(v)

Marbled Sponge

Battered Fish with Chips &
Tomato Sauce

Spinach & Cheese
Empanada with Chips (v)

Apple Flapjack with Fruit
Wedges

Available daily: Seasonal Vegetables ~ Salad Selection ~ Freshly Baked Bread

(v) = vegetarian v2



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, 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 Keston Primary School 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 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!

