# What's on the menu?

HARRISON
food with thought

Spring / Summer 2022

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDA0Y |
|---|---|---|---|---|---|
| **Week One**<br>w/c<br>18th April<br>9th May<br>6th June<br>27th June<br>18th July | Pizza Margherita with Rainbow Pasta Salad<br><br>Indian Style Vegetable Biryani with Chickpea Dhal<br><br>Vanilla Ice Cream with Fresh Fruit Wedges | Chicken Jalfrezi with Pilau Rice & Naan Style Bread<br><br>Pesto Style Pasta with Chef's Salad<br><br>Berry & Lemon Cupcake | Roast Turkey with Roast Potatoes or Herbed New Potatoes<br><br>Spring Vegetable Slice with Roast Potatoes or Herbed New Potatoes<br><br>Chocolate Orange Sponge with Chocolate Custard | Beef Meatballs in an Italian Style Tomato Sauce with Pasta<br><br>Macaroni Cheese with Herb & Cheddar Crumb<br><br>Strawberry Mousse | Battered Fish with Chips & Tomato Sauce<br><br>Barbeque Bean Style Wrap with Sweetcorn Salsa & Chips<br><br>Oatmeal & Raisin Cookie with Fresh Fruit Wedges |
| **Week Two**<br>w/c<br>25th April<br>16th May<br>13th June<br>4th July | Sweet Potato & Chickpea Korma with Lemon Rice & Apple & Mint Chutney<br><br>Tomato & Basil Pasta with Herb Breadstick<br><br>Lemon Sponge with Custard | Beef Pasta Bake with Paprika & Garlic Bread<br><br>Jacket Potato with Barbeque Beans or Salmon & Lemon Mayonnaise<br><br>Chocolate Mousse | Jerk Style Chicken with Rainbow Coleslaw & Potato Wedges<br><br>Vegetable Quesadilla with Rainbow Coleslaw & Potato Wedges<br><br>Jelly with Fresh Fruit Wedges | Chicken Sausages with Mashed Potatoes<br><br>Pasta Primavera with Tomato & Herb Bread<br><br>Berry Swirl Sponge with Custard | Battered Fish with Chips & Tomato Sauce<br><br>Pepper, Olive & Pesto Style Pizza with Chips<br><br>Harrison Bear Chocolate Shortbread with Fruit Wedges |
| **Week Three**<br>w/c<br>2nd May<br>23rd May<br>20th June<br>11th July | Macaroni Cheese with Herbed Garlic Bread<br><br>Jacket Potato with Bean Chilli & Sour Cream<br><br>Chocolate Sponge with Chocolate Custard | Chicken Sausages with Potato Wedges<br><br>Sweet Potato Stir with Vegetable Rice<br><br>Apple & Berry Oat Bar | Beef Bolognaise with Fusilli Pasta & Cheddar & Herb Bread<br><br>Chickpea & Herb Balls with Barbeque Style Sauce & New Potato Salad<br><br>Strawberry Ice Cream with Watermelon Wedges | Piri Piri Chicken with Lemon & Herb or Piri Piri Dressing & Sweet Pepper Rice<br><br>Mediterranean Style Vegetable Wrap with Sweet Pepper Rice<br><br>Carrot & Orange Cake with Custard | Battered Fish with Chips & Tomato Sauce<br><br>Cheddar Cheese & Spinach Quiche with Chips<br><br>Lemon Shortbread with Fresh Fruit Wedges |

**Available daily:** Seasonal Vegetables ~ Salad Selection ~ Freshly Baked Bread ~ Fresh Fruit Platter

Look out for monthly featured ingredients.

Try something NEW!

# Harrison Catering Services

# Reay Primary School

HARRISON food with thought

**Welcome to Harrison Catering Service**

The catering service at Reay 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 Reay 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 Reay 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 Reay 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!