

What's on the menu?

St Mary Magdalene C of E Primary School

HARRISON
food with thought

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

Sweet Potato Hotpot
served with Rice **VE**

Macaroni Cheese
Wheat, Milk
served with a Chef's Salad

Carrots / Oven Roasted Courgettes

Cheese / Ham / Humous & Vegetable **VE** Filled Wraps
Dairy, Wheat
served with Crudites & Nachos

Traybake
Wheat, Egg, Milk
served with Custard
Milk

Chicken Sausage Roll
Wheat, Sulphites
served with Oven Roasted Potato Wedges

Oriental Style Sweet & Sour Stir Fry **VE**
served with Rice

Broccoli / Baked Beans

Cheese / Ham / Humous & Roast Vegetable **VE** Filled Wraps
Dairy, Wheat
served with Crudites & Nachos

Mixed Berry & Apple Oat Bar
Wheat, Oats

A Taste of Mexico:
Smokey BBQ Style Beef Chilli
Sulphites
or Bean Chilli **VE**
served with a Soft Taco & Rice
Wheat

Salsa, Lettuce, Cheese
Milk
Lime & Coriander Mayonnaise
Egg
Sweetcorn / Mexican Roasted Vegetables

Cheese / Ham / Humous & Vegetable **VE** Filled Wraps
Dairy, Wheat
served with Crudites & Nachos

Maryland Cookie
Wheat, Egg
served with Pineapple & Lime Compote

Tomato & Basil Pasta Bake with Mozzarella
Wheat, Milk

Chicken Casserole
served with Mashed Potatoes

Green Beans / Roasted Butternut Squash

Cheese / Ham / Humous & Vegetable **VE** Filled Wraps
Dairy, Wheat
served with Crudites & Nachos

Parsnip & Apple Cake
Wheat, Egg
served with Custard
Milk

Pesto Style Topped Pizza
Wheat, Milk
served with Oven Chips & Tomato Ketchup

Battered Fish
Wheat, Fish
served with Oven Chips & Tomato Ketchup
or New Potatoes

Peas / Baked Beans

Cheese / Ham / Humous & Vegetable **VE** Filled Wraps
Dairy, Wheat
served with Crudites & Nachos

Jam Drop Cookie
Wheat, Egg, Sulphites

WEEK TWO

Vegetarian Cottage Pie **VE**

Pesto Style Pasta
Wheat

Oven Roasted Tomatoes / Sweetcorn

Cheese / Ham / Humous & Roast Vegetable **VE** Filled Wraps
Dairy, Wheat
served with Crudites & Nachos

Wholemeal Carrot Cake
Wheat, Egg
served with Custard
Milk

Cornish Style Vegetable Pasty **VE**
Wheat
served with Garlic & Herb Roasted Potatoes

Piri Piri Style Chicken Fillet
served with Garlic & Herb Roasted Potatoes

Savoy Cabbage / Carrots

Cheese / Ham / Humous & Vegetable **VE** Filled Wraps
Dairy, Wheat
served with Crudites & Nachos

Apple & Cinnamon Flapjack
Wheat, Oats

A Taste of India:
Chana Chicken
or Vegetable Balti **VE**
served with: Lemon Rice, Bombay Potato Salad,
Tomato & Coriander Chutney

& Naan Style Bread
Wheat, Milk, Soybeans

served with Lemon Rice

Broccoli / Roasted Butternut Squash

Cheese / Ham / Humous & Vegetable **VE** Filled Wraps
Dairy, Wheat
served with Crudites & Nachos

Indian Tea Shop Style Biscuit
Wheat

Pizza Margherita
Wheat, Milk
or BBQ Style Beef Pizza
Wheat, Milk, Sulphites

both served with Sweet Pepper Pasta Side
Wheat

Sweetcorn / Oven Roasted Courgettes

Cheese / Ham / Humous & Vegetable **VE** Filled Wraps
Dairy, Wheat
served with Crudites & Nachos

Berry Swirl Sponge
Wheat, Egg, Milk
served with Custard
Milk

Battered Fish
Wheat, Fish
served with Oven Chips & Tomato Ketchup

Cheese & Onion Turnover
Wheat, Milk
served with Oven Chips & Tomato Ketchup

Baked Beans / Peas

Cheese / Ham / Humous & Vegetable **VE** Filled Wraps
Dairy, Wheat
served with Crudites & Nachos

Harrison Bear Shortbread
Wheat
served with Orange Wedges

WEEK THREE

Cheese & Chive Macaroni Bake
Wheat, Milk

Caribbean Style Chicken Curry
served with Rice

Oven Roasted Courgettes / Sweetcorn

Cheese / Ham / Humous & Vegetable **VE** Filled Wraps
Dairy, Wheat
served with Crudites & Nachos

St Clements Sponge
Wheat, Egg, Milk
served with Custard
Milk

Chicken Sausages with Mashed Potatoes

Chickpea & Herb Pattie **VE**

served with & Mashed Potatoes

Roasted Butternut Squash / Green Beans

Cheese / Ham / Humous & Vegetable **VE** Filled Wraps
Dairy, Wheat
served with Crudites & Nachos

Maple Flavoured Oat Cookie
Wheat, Oats
served with Peach Puree

A Taste of Italy:
Tomato & Oregano Sauce **VE**
Milk
or Beef Bolognese

served with Penne or Fusilli Pasta
Wheat

Pasta Bar Salads

Broccoli / Sweetcorn

Cheese / Ham / Humous & Vegetable **VE** Filled Wraps
Dairy, Wheat
served with Crudites & Nachos

Strawberry Ice Cream
Milk

Jacket Potato served with Cheddar Cheese
Milk
& Coleslaw
Egg

Chinese Style Vegetable Stir Fry
served with Rice

Savoy Cabbage / Carrots

Cheese / Ham / Humous & Vegetable **VE** Filled Wraps
Dairy, Wheat
served with Crudites & Nachos

Wholemeal Shortbread
Wheat
served with Spiced Apple Compote

Battered Fish
Wheat, Fish
served with Oven Chips & Tomato Ketchup

Cheese & Leek Pinwheel
Wheat, Milk
served with Oven Chips & Tomato Ketchup

Peas / Baked Beans

Cheese / Ham / Humous & Vegetable **VE** Filled Wraps
Dairy, Wheat
served with Crudites & Nachos

Strawberry Jelly

Available daily

Please ask the catering manager for food allergen information

Menu Items Available Daily: Salad Selection • Homemade Bread • Fresh Fruit • Jacket Potato with Fillings • Pasta and Sauce. **VE = Vegan**

WEEK ONE

w/c, 31st Aug, 21st Sep, 12th Oct, 2nd Nov,
23rd Nov, 14th Dec, 4th Jan, 25th Jan, 15th Feb,
8th Mar, 29th Mar, 19 Apr.

WEEK TWO

w/c, 7th Sep, 28th Sep, 19th Oct, 9th Nov,
30th Nov, 21st Dec, 11th Jan, 1st Feb,
22nd Feb, 15th Mar, 5th Apr, 26th Apr.

WEEK THREE

w/c, 14th Sep, 5th Oct, 26th Oct, 16th Nov,
7th Dec, 28th Dec, 18th Jan, 8th Feb, 1st Mar,
22nd Mar, 12th Apr.

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



St Mary Magdalene C of E 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 (UFSM)

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

Your older children may be entitled for free school meals. Please contact the school office to find out how to apply and access this benefit.

Payment of School Lunches

Please contact the school office for the payment process for your child's school lunch.

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 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.

