

# What's on the menu?

Autumn / Winter 2017-18

|   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|---|---|--|--|
| <b>Week One</b><br>w/c<br>4 <sup>th</sup> September<br>25 <sup>th</sup> September<br>16 <sup>th</sup> October<br>13 <sup>th</sup> November<br>4 <sup>th</sup> December<br>1 <sup>st</sup> January<br>22 <sup>nd</sup> January   | Pasta Bar: <ul style="list-style-type: none"> <li>• Beef Bolognese</li> <li>• Vegetable Bolognese</li> <li>• Salmon and Broccoli</li> </ul> Homemade Garlic and Rosemary Bread<br><br>Carrot Cake served with Custard | BBQ Chicken served with Rice<br><br>Vegetable Chilli served with Rice<br><br>Flapjack served with Apple Wedge                   | Roast of the Day<br><br>Mexican Vegetable Burrito served with Roast Potatoes<br><br>Marbled Sponge served with Vanilla Sauce  | Chicken and Vegetable Pie served with New Potatoes<br><br>Jacket Potato served with Beans and Cheese<br><br>Pear Sponge served with Custard  | Battered Fish served with Homemade Tomato Sauce and Chunky Chips<br><br>Cheese and Broccoli Quiche served with Chunky Chips<br><br>Fruity Friday – a selection of Fresh Fruit with Greek Yoghurt       |
| <b>Week Two</b><br>w/c<br>11 <sup>th</sup> September<br>2 <sup>nd</sup> October<br>30 <sup>th</sup> October<br>20 <sup>th</sup> November<br>11 <sup>th</sup> December<br>8 <sup>th</sup> January<br>29 <sup>th</sup> January    | Sweet Chilli Chicken served with Rice<br><br>Vegetarian Cottage Pie<br><br>Ice Cream served with Fruit Wedge  | Jamaican Lamb Pie served with New Potatoes<br><br>Macaroni Cheese<br><br>Rice Pudding served with Fruit Compote                 | Roast of the Day<br><br>Vegetable Fajita served with Roast Potatoes<br><br>Sticky Ginger Cake served with Custard   | Beef Meatballs served with Rice<br><br>Singapore Style Noodles<br><br>Peach Melba Cake served with Custard   | Fish Fingers served with Homemade Tomato Sauce and Chunky Chips<br><br>Cheese and Leek Puff served with Chunky Chips<br><br>Fruity Friday – a selection of Fresh Fruit with Greek Yoghurt              |
| <b>Week Three</b><br>w/c<br>18 <sup>th</sup> September<br>9 <sup>th</sup> October<br>6 <sup>th</sup> November<br>27 <sup>th</sup> November<br>18 <sup>th</sup> December<br>15 <sup>th</sup> January<br>5 <sup>th</sup> February | Beef Jollof Rice<br><br>Vegetable Lasagne<br><br>Crusty Garlic Herb Bread<br><br>Banana Cake served with Custard  | Chicken Sausage served with Mashed Potatoes<br><br>Vegetable Sausage served with Mashed Potatoes<br><br>Jelly served with Fruit | Roast of the Day<br><br>Yorkshire Pudding filled with Root Vegetables and served with Roast Potatoes<br><br>Chocolate and Mandarin Cake served with Chocolate Sauce | Spicy Chicken Pizza served with New Potatoes<br><br>Cheese and Tomato Pizza served with New Potatoes<br><br>Spinach and Chickpea Curry served with Rice<br><br>Apple Crumble served with Custard | Battered Fish served with Homemade Tomato Sauce and Chunky Chips<br><br>Homemade Vegetable Cornish Pasty served with Chunky Chips<br><br>Fruity Friday – a selection of Fresh Fruit with Greek Yoghurt |

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



Look out for monthly featured ingredients.



## St Mark's C of E Primary Academy

### Welcome to Harrison Catering Service

The catering service at St Mark's C of E Primary Academy 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 St Mark's C of E Primary Academy

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 St Mark's C of E Primary Academy 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!

