

# What's on the menu?

**HARRISON**  
food with thought

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b>	<p>Macaroni Cheese Wheat, Milk with a Chef's Salad</p> <p>Vegetable Biryani Served with Apple &amp; Mint Chutney</p> <p>Carrots / Green Beans</p> <p>Steamed Chocolate Sponge Wheat, Egg, Milk Served with Chocolate Sauce Milk</p>	<p>Taco Tuesday (Soft Taco) Wheat Served with Smokey BBQ Style Beef Sulphites or Chilli Beans &amp; Rice</p> <p>Salad Bar Style Toppings</p> <p>Sweet Potato &amp; Bean Turnover</p> <p>Sweetcorn Zesty Coleslaw Egg, Milk, Mustard</p> <p>Lemon Shortbread Wheat or Cinnamon &amp; Chocolate Gram Flour Shortbread Both Served with Orange Wedges</p>	<p>Chicken Sausage Roll with Gravy Wheat, Sulphites with Oven Baked Potato Wedges</p> <p>Chickpea &amp; Herb No Meatballs Served in an Italian Style Tomato Sauce with Oven Baked Potato Wedges</p> <p>Carrots / Savoy Cabbage</p> <p>Jelly with Fresh Fruit Wedges</p>	<p>Beef Cottage Pie</p> <p>Pasta Arrabbiata with Spinach Wheat Served with Tomato &amp; Basil Style Focaccia Wheat, Egg, Milk, Soybeans</p> <p>Swede / Peas</p> <p>Apple Flapjack Wheat Served with Custard Milk</p>	<p>Salmon &amp; Herb Fishcake Fish Served with Tomato Sauce &amp; Chips or New Potatoes</p> <p>Sweetcorn &amp; Pepper Pizza Wheat, Milk with Chips or New Potatoes</p> <p>Baked Courgettes / Baked Beans</p> <p>Orange Traybake Wheat, Egg, Milk</p>
<b>WEEK TWO</b>	<p>Tomato &amp; Basil Pasta Wheat Served with a Rainbow Ribbon Salad</p> <p>Jacket Potato With Cheese Milk &amp; Baked Beans</p> <p>Butter Squash / Broccoli</p> <p>Forest Fruit Flapjack Wheat</p>	<p>Piri Piri Style Chicken Served with Rice</p> <p>Cheese &amp; Leek Puff Pastry Pinwheel Wheat, Milk Served with New Potatoes</p> <p>Carrots / Peas</p> <p>Red Velvet Sponge Wheat, Egg, Milk Served with Custard Milk</p>	<p>"Build Your Own" Beefburger Served in a Roll Wheat, Celery, Sulphites with Seasoned Oven Roast Potato Wedges</p> <p>Sweet Potato &amp; Bean Pattie with Seasoned Oven Roast Potato Wedges Served with a Roll Wheat</p> <p>Salad Bar Style Toppings</p> <p>Sweetcorn Winter Coleslaw Egg, Milk, Mustard</p> <p>Ice Cream Milk with Apple Compote</p>	<p>Beef Bolognese Served with Penne Pasta Wheat or Rice with Garlic &amp; Herb Style Focaccia Wheat, Egg, Milk, Soybeans</p> <p>Potato &amp; Vegetable Rosti Served with Roast Vegetables in a Lemon &amp; Herb Dressing</p> <p>Baked Courgettes &amp; Tomatoes / Green Beans</p> <p>Wholemeal Carrot Cake Wheat, Egg Served with Custard Milk</p>	<p>Battered Fish Wheat, Fish Served with Tomato Sauce &amp; Chips or New Potatoes</p> <p>Courgette &amp; Carrot Pakora Served with Kachumber Salad &amp; Chips or New Potatoes</p> <p>Baked Beans / Peas</p> <p>Chocolate Shortbread Wheat with Apple Wedges or Lemon Gram Flour Shortbread with Apple Wedges</p>
<b>WEEK THREE</b>	<p>Pizza Margherita Wheat, Milk With Garlic &amp; Herb Pasta Side Wheat</p> <p>Sweet Chilli Stir Fry Served with Rice</p> <p>Sweetcorn / Roasted Root Vegetables</p> <p>Berry Swirl Sponge Wheat, Egg, Milk with Custard Milk</p>	<p>Minced Beef &amp; Vegetable Pie Wheat Served with Parsley New Potatoes</p> <p>Jacket Potato with Cheese Milk &amp; Baked Beans</p> <p>Savoy Cabbage / Carrots</p> <p>Orange Shortbread Wheat or Chocolate Gram Flour Shortbread Both Served with Orange Wedges</p>	<p>Chicken Sausages with a Smokey BBQ Style Relish &amp; Oven Baked Potato Wedges</p> <p>Carrot &amp; Leek Sausages Wheat with a Smokey BBQ Style Relish &amp; Oven Baked Potato Wedges</p> <p>Oven Baked Courgettes / Sweetcorn</p> <p>Marbled Sponge Wheat, Egg, Milk with Chocolate Sauce Milk</p>	<p>Beef, Tomato &amp; Herb Pasta with a Cheese Crumb Topping Wheat, Milk</p> <p>Butternut &amp; Chickpea Korma Served with Rice</p> <p>Green Beans / Carrots</p> <p>Jelly with Peaches</p>	<p>Battered Fish Wheat, Fish Served with Tomato Sauce &amp; Chips or New Potatoes</p> <p>Oven Baked Falafel Served with Red Onion Chutney &amp; Chips or New Potatoes</p> <p>Peas / Baked Beans</p> <p>Lemon Traybake Wheat, Egg, Milk</p>

## Available daily

Please ask the catering manager for food allergen information

Menu Items Available Daily: Salad Selection • Homemade Bread • Fresh Fruit • Yoghurt

### WEEK ONE

w/c 28<sup>th</sup> Oct, 18<sup>th</sup> Nov, 9<sup>th</sup> Dec, 13<sup>th</sup>  
Jan, 3<sup>rd</sup> Feb, 3<sup>rd</sup> Mar, 24<sup>th</sup> Mar

### WEEK TWO

w/c 4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec, 20<sup>th</sup>  
Jan, 10<sup>th</sup> Feb, 10<sup>th</sup> Mar, 31<sup>st</sup> Mar

### WEEK THREE

w/c 11<sup>th</sup> Nov, 2<sup>nd</sup> Dec, 6<sup>th</sup> Jan, 27<sup>th</sup>  
Jan, 24<sup>th</sup> Feb, 17<sup>th</sup> Mar

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

