

# What's on the menu?

**HARRISON**  
food with thought

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	<p>Pizza Margherita <b>Wheat, Egg, Milk, Soybeans</b> or Sweetcorn &amp; Mixed Pepper Pizza <b>Wheat, Egg, Milk, Soybeans</b> with Rainbow Ribbon Salad</p> <p>Indian Style Vegetable Biryani with Chickpea Dhal</p> <p>Berry Swirl Sponge <b>Wheat, Egg, Milk</b> with Custard <b>Milk</b></p>	<p>Cottage Pie with Caramelised Onion &amp; Thyme Gravy</p> <p>Tomato &amp; Basil Pasta <b>Wheat</b></p> <p>Chocolate Shortbread <b>Wheat</b> with Orange Wedges</p>	<p>Piri Piri Chicken with Sweetcorn Rice &amp; Piri Piri Lemon &amp; Herb Dressing</p> <p>Red Pepper &amp; Sweet Potato Pattie with Sweetcorn Rice &amp; Piri Piri Lemon &amp; Herb Dressing</p> <p>Oaty Apple Crumble <b>Wheat</b> &amp; Custard <b>Milk</b></p>	<p>Beef Penne Pasta <b>Wheat</b> served with Cheese <b>Milk</b></p> <p>Caribbean Style Vegetable &amp; Plantain Curry with Rice</p> <p>Strawberry Jelly with Fresh Fruit Wedges</p>	<p>Battered Fish <b>Wheat, Fish</b> with Chips &amp; Tomato Sauce</p> <p>Cornish Style Vegetable Pasty (Gram Flour Pastry) with a Winter Salad &amp; Chips</p> <p>Pineapple &amp; Lime Cake <b>Wheat, Egg, Milk</b> with Custard <b>Milk</b></p>
WEEK TWO	<p>Macaroni Cheese <b>Wheat, Milk</b></p> <p>Sweet Potato Stir with Vegetable Rice</p> <p>Marbled Sponge <b>Wheat, Egg, Milk</b> with Chocolate Sauce <b>Milk</b></p>	<p>Jacket Potato with Mild Beef Chilli <b>Wheat</b>, Cheese <b>Milk</b> &amp; Salsa or Baked Beans &amp; Cheese <b>Milk</b></p> <p>Mexican Style Salmon Burrito <b>Wheat, Fish</b> with Tomato &amp; Coriander Salsa</p> <p>Wholemeal Lemon Shortbread <b>Wheat</b> with Fresh Fruit Wedges</p>	<p>Chicken Tikka Masala <b>Wheat, Milk</b> with Pilau Rice</p> <p>Baked Onion Bhajis with Red Bean Dhal &amp; Pilau Rice</p> <p>Carrot &amp; Orange Cake <b>Wheat, Egg</b> with Custard <b>Milk</b></p>	<p>Beef Bolognese with Fusilli Pasta <b>Wheat</b> or Rice</p> <p>Wholemeal Cheddar Cheese &amp; Spinach Quiche <b>Wheat, Egg, Milk</b> served with Herbed Potatoes</p> <p>Ice Cream <b>Milk</b> with Fresh Fruit Wedges</p>	<p>Battered Fish <b>Wheat, Fish</b> with Chips &amp; Tomato Sauce</p> <p>Carrot &amp; Chickpea Falafel served with Pitta <b>Wheat</b>, Tomato Relish &amp; Chips</p> <p>Apple &amp; Berry Oat Bar <b>Wheat</b> with Custard <b>Milk</b></p>
WEEK THREE	<p>Italian Style Tomato &amp; Herb Pasta <b>Wheat</b> served with Cheese <b>Milk</b></p> <p>Oriental Style Stir Fried Vegetables served with Rice</p> <p>Parsnip &amp; Apple Sponge <b>Wheat, Egg, Milk</b> with Custard <b>Milk</b></p>	<p>BBQ Style Chicken <b>Wheat</b> with Oven Roast Potato Wedges &amp; Fruity Coleslaw <b>Egg, Milk, Mustard</b></p> <p>Roasted Red Pepper &amp; Herb Jambalaya <b>Celery, Mustard</b></p> <p>Oatmeal Cookie <b>Wheat, Egg</b> with Orange Wedges</p>	<p>Mexican Style Soft Chilli Beef or Chilli Bean Soft Taco <b>Wheat</b> with Toppings (Cheese <b>Milk</b>, Salsa) with Mexican Style Rice</p> <p>Jacket Potato with Cheddar Cheese <b>Milk</b> &amp; Baked Beans</p> <p>Chocolate Sponge <b>Wheat, Egg, Milk</b> with Chocolate Sauce <b>Milk</b></p>	<p>Chicken Sausages or Sweet Potato &amp; Red Bean Sausage <b>Wheat</b> with Mashed Potatoes</p> <p>Pesto Style Pasta with a Mediterranean Style Salad with Croutons <b>Wheat, Egg, Milk, Soybeans</b></p> <p>Fruit &amp; Yoghurt Bar <b>Wheat, Milk</b></p>	<p>Battered Fish <b>Wheat, Fish</b> with Chips &amp; Tomato Sauce</p> <p>Sweet Potato, Spinach &amp; Bean Empanada (Gram Flour Pastry) Served with Chef's Salad &amp; Chips</p> <p>Pear &amp; Chocolate Crumble <b>Wheat</b> with Custard <b>Milk</b></p>

## Available daily

Please ask the catering manager for food allergen information

Salad Selection ~ Vegetable Selection ~ Homemade Bread **Wheat, Eggs, Milk, Soybeans** ~ Fresh Fruit Platter ~ Yoghurt **Milk**

### WEEK ONE

w/c 30<sup>th</sup> Oct w/c 20<sup>th</sup> Nov w/c 11<sup>th</sup> Dec  
w/c 15<sup>th</sup> Jan w/c 5<sup>th</sup> Feb w/c 4<sup>th</sup> March  
w/c 25<sup>th</sup> March

### WEEK TWO

w/c 6<sup>th</sup> Nov w/c 27<sup>th</sup> Nov w/c 18<sup>th</sup> Dec  
w/c 22<sup>nd</sup> Jan w/c 19<sup>th</sup> Feb w/c 11<sup>th</sup>  
March

### WEEK THREE

w/c 13<sup>th</sup> Nov w/c 4<sup>th</sup> Dec w/c 8<sup>th</sup> Jan w/c  
29<sup>th</sup> Jan w/c 26<sup>th</sup> Feb w/c 18<sup>th</sup> March



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

