

# What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Spring / Summer 2019</b> <b>Week One</b> w/c 25 <sup>th</sup> February 18 <sup>th</sup> March 22 <sup>nd</sup> April 13 <sup>th</sup> May 10 <sup>th</sup> June 1 <sup>st</sup> July 22 <sup>nd</sup> July	Pepperoni or Margherita Pizza with Tomato Pasta	Beef Lasagne	Roast Gammon with Roast Potatoes	BBQ Style Chicken with Sweetcorn Rice	Battered Fish with Oven Baked Chips and Homemade Tomato Sauce	
	Jacket Potato with Baked Beans and Cheese	Ratatouille Style Vegetables with Rice	Cheese and Leek Pie with Roast Potatoes	Tomato and Basil Pasta	Mediterranean Style Vegetable Parcel with Oven Baked Chips	
	Raspberry Ripple Ice-Cream with Watermelon Wedges	Lemon and Lime Sponge with Custard	Chocolate and Orange Sponge with Chocolate Sauce	Carrot Cake Cookie with Orange Wedges	Fruity Friday: A Selection of Fresh Fruit with Greek Yoghurt	
	<b>Week Two</b> w/c 4 <sup>th</sup> March 25 <sup>th</sup> March 29 <sup>th</sup> April 20 <sup>th</sup> May 17 <sup>th</sup> June 8 <sup>th</sup> July	Chicken Korma with Rice	Meatballs in Tomato and Herb Sauce with Spaghetti	Roast Chicken and Stuffing with Roast Potatoes	Cottage Pie	Battered Fish with Oven Baked Chips and Homemade Tomato Sauce
		Macaroni Cheese	Jacket Potato with Baked Beans or Tuna Mayonnaise	Spring Vegetable Slice with Roast Potatoes	Bubble and Squeak with Baked Beans	Vegetable Korma with Rice
		Teriyaki Style Salmon and Rice	Chocolate Cupcake with Fruit Wedges	Lemon and Blueberry Sponge with Custard	Strawberry Jelly with Orange Wedges	Fruity Friday: A Selection of Fresh Fruit with Greek Yoghurt
	<b>Week Three</b> w/c 11 <sup>th</sup> March 1 <sup>st</sup> April 6 <sup>th</sup> May 3 <sup>rd</sup> June 24 <sup>th</sup> June 15 <sup>th</sup> July	Citrus Sponge with Pineapple Slices	Pork Sausages with Mashed Potatoes and Gravy	Roast Beef and Yorkshire Pudding with Roast Potatoes	Chicken Fajita with Rice	Battered Fish with Oven Baked Chips and Homemade Tomato Sauce
		Beef Bolognese with Penne Pasta	Vegetable Sausages with Mashed Potatoes and Gravy	Yorkshire Pudding filled with a medley of Roast Vegetables with Roast Potatoes	Pasta Italianae	Cheese and Chive Wholemeal Quiche with Oven Baked Chips
		Jacket Potato with Baked Beans or Tuna Mayonnaise	Wholemeal Lemon Shortbread with Orange Wedges	Red Velvet Style Cake with Chocolate Sauce	Vanilla Ice-Cream with Pineapple Wedges	Fruity Friday: A Selection of Fresh Fruit with Greek Yoghurt

Available daily: Choice of Salads ~ Selection of Vegetables ~ Freshly Baked Bread ~ Fresh Fruit Platters ~ Fruit Yoghurts



Look out for monthly featured ingredients.

Try something **NEW!**

## Harrison Catering Services

### Rowdown Primary School

#### Welcome to Harrison Catering Service

The catering service Rowdown 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 Rowdown 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. Rowdown 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 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!

