

What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Autumn/Winter 2018-2019	Week One w/c 3 rd September 24 th September 15 th October 12 th November 3 rd December 7 th January 28 th January	Beef Lasagne Mexican Beans with Corn Tortilla & Rice Homemade Garlic & Herb Bread Pineapple & Coconut Cake with Custard	BBQ Chicken with Rice Jacket Potato with: • Baked Beans or • Creamy Salmon & Broccoli Wholemeal Lemon Shortbread with Orange Wedges	Roast Beef with Roast Potatoes Vegetable Bruschetta with Roast Potatoes Ginger Cake with Custard	Chicken Korma with Rice Macaroni Cheese Apple & Cinnamon Cupcake with Apple Wedges	Battered Fish with Oven Baked Chunky Chips Cornish Style Vegetable Pasty with Oven Baked Chunky Chips Fruity Friday: A selection of Fresh Fruit with Greek Yoghurt
	Week Two w/c 10 th September 1 st October 29 th October 19 th November 10 th December 14 th January 4 th February	Beef Bolognese with Pasta Vegetable Bolognese with Pasta Wholemeal Carrot Cake with Custard	Pizza Bar: • Cheese & Tomato or • Cajun Chicken with New Potatoes Raspberry Ripple Ice Cream with Berry Compote	Thyme Roasted Chicken with Roast Potatoes Cauliflower & Broccoli Cheese Chocolate Sponge with Chocolate Sauce	Beef Meatballs with Pasta Jacket Potato with Tuna Mayonnaise or Baked Beans Plum & Apple Pie with Custard	Fish Fingers with Oven Baked Chunky Chips Winter Vegetable Puff with Oven Baked Chunky Chips Fruity Friday: A selection of Fresh Fruit with Greek Yoghurt
	Week Three w/c 17 th September 8 th October 5 th November 26 th November 17 th December 21 st January 11 th February	Pork Sausages with Mashed Potatoes Root Vegetable Pie with Mashed Potato Topping Lemon & Yoghurt Cake with Custard	Beef Ragu with Pasta Lentil, Cauliflower & Coconut Curry with Rice Banana Muffin with Fruit Wedges	Roast Gammon with Roast Potatoes Spanish Style Tortilla with Roast Potatoes Chocolate & Pear Marbled Sponge with Chocolate Sauce	Chinese Style Chicken with Noodles Jacket Potato with Baked Beans or Tuna Mayonnaise Mixed Fruit Oat Bar with Custard	Battered Fish with Oven Baked Chunky Chips Cheese & Leek Slice with Oven Baked Chunky Chips Strawberry Jelly with Peaches

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

Look out for monthly featured ingredients.



Harrison Catering Services

Rowdown Primary School

Welcome to Harrison Catering Service

The catering service at 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. At 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 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!

