

# What's on the menu?

## St James C of E Primary School

**HARRISON**  
food with thought

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	<p>Margherita Pizza or <b>Wheat, Milk</b></p> <p>Mediterranean Roast Vegetable Pizza <b>Wheat, Milk</b></p> <p>Broccoli &amp; Garlic Pesto Pasta Side <b>Wheat</b></p> <p>Garlic &amp; Herb Focaccia Style Bread <b>Wheat, Soya Beans</b></p> <p>Oven Roasted Courgettes / Sweetcorn</p> <p>Toffee Apple Flapjack <b>Wheat, Oats</b></p>	<p>Piri Piri Style Chicken</p> <p>Crunchy Coleslaw <b>Egg, Milk, Mustard</b></p> <p>Rice</p> <p>Red Pepper &amp; Sweet Potato Pattie</p> <p>Green Beans / Carrots with Lemon</p> <p>Portuguese Style Orange Cake <b>Wheat, Egg, Milk</b></p> <p>Custard <b>Milk</b></p>	<p>Beef Lasagne <b>Wheat, Dairy</b></p> <p>Garlic Bread <b>Wheat, Dairy</b></p> <p>Chinese Style Stir Fry (Eat Curious)</p> <p>Egg Noodles <b>Wheat, Egg</b></p> <p>Broccoli / Roasted Butternut Squash</p> <p>Jelly with Fresh Fruit Wedges</p>	<p>Mexican Style Chicken Burrito served with Sweetcorn &amp; Tomato Salsa &amp; a Chef's Salad <b>Wheat</b></p> <p>Rice / Chef's Salad</p> <p>Carrot &amp; Leek Sausages with a Smoky BBQ Relish served with Parsley Potatoes <b>Wheat</b></p> <p>Sweetcorn / Savoy Cabbage</p> <p>Marbled Shortbread <b>Wheat</b></p> <p>Fresh Fruit Wedges</p>	<p>Battered Fish with Tomato Ketchup <b>Wheat, Fish</b></p> <p>Chips</p> <p>Chickpea &amp; Herb Vegetable Bites served with a Rainbow Salad</p> <p>Peas / Baked Beans</p> <p>Berry Swirl Sponge <b>Wheat, Egg, Milk</b></p> <p>Custard <b>Milk</b></p>
WEEK TWO	<p>Macaroni Cheese <b>Wheat, Milk</b></p> <p>Winter Style Salad</p> <p>Sweet Potato Stir served with Rice</p> <p>Carrots / Green Beans</p> <p>Wholemeal Carrot Cake <b>Wheat, Egg</b></p> <p>Custard <b>Dairy</b></p>	<p>Chicken Korma</p> <p>Pilau Rice</p> <p>Potato Wedges</p> <p>Cheddar &amp; Leek Pinwheel served with Potato Wedges <b>Wheat, Milk</b></p> <p>Naan Style Bread <b>Wheat, Soybeans</b></p> <p>Saag Aloo Style Kerala Style Peas</p> <p>Vanilla Ice Cream <b>Milk</b></p> <p>Fresh Fruit Wedges</p>	<p>Jacket Potato with Tuna Mayonnaise or Baked Beans &amp; Cheese <b>Egg, Milk, Fish, Mustard</b></p> <p>Fusilli Pasta <b>Wheat</b></p> <p>Roast Ratatouille Style Vegetables served with Fusilli Pasta <b>Wheat</b></p> <p>Vegetable Medley</p> <p>Marbled Sponge <b>Wheat, Egg, Milk</b></p> <p>Chocolate Sauce <b>Milk</b></p>	<p>Beef Bolognaise or Vegetarian Bolognaise (Vegetable Protein Mince)</p> <p>Penne Pasta or New Potatoes <b>Wheat</b></p> <p>Salmon Fishcake served with Tomato &amp; Bean Salsa <b>Wheat, Fish</b></p> <p>Oven Roast Courgettes / Sweetcorn</p> <p>Steamed Lemon Sponge <b>Wheat, Egg, Milk</b></p> <p>Custard <b>Milk</b></p>	<p>Chicken or Pork Sausage Roll with Tomato Ketchup <b>Wheat, Sulphites</b></p> <p>Chips</p> <p>Falafel Bites with Sweet Chilli Dip</p> <p>Broccoli / Baked Beans</p> <p>Spiced Shortbread with Orange Wedges <b>Wheat</b></p>
WEEK THREE	<p>Pesto Style Pasta <b>Wheat</b></p> <p>Jacket Potato with Baked Beans &amp; Cheddar Cheese <b>Milk</b></p> <p>Basil &amp; Sweet Pepper Focaccia Style Bread <b>Wheat, Soybeans</b></p> <p>Salad Selection</p> <p>Roast Butternut Squash / Peas</p> <p>Jam Sponge <b>Wheat, Egg, Milk</b></p> <p>Custard <b>Milk</b></p>	<p>Baked Chicken Sausages</p> <p>Oven Roast Potato Wedges</p> <p>Gravy</p> <p>Vegetable Biryani served with Raita <b>Milk</b></p> <p>Salad Selection</p> <p>Broccoli / Baked Beans</p> <p>Jelly with Fresh Fruit Wedges</p>	<p>Classic Beef &amp; Vegetable Hotpot</p> <p>Rice</p> <p>Italian Style Tomato &amp; Herb Pasta served with Cheese <b>Milk, Wheat</b></p> <p>Carrots / Savoy Cabbage</p> <p>Chocolate Sponge <b>Wheat, Egg, Milk</b></p> <p>Chocolate Sauce <b>Milk</b></p>	<p>BBQ Style Chicken Wrap served <b>Wheat, Sulphites</b></p> <p>Zesty Coleslaw <b>Egg, Milk, Mustard</b></p> <p>Tex Mex Tomato Rice</p> <p>Vegetarian Cottage Pie (Pea Protein Mince)</p> <p>Salad Selection</p> <p>Green Beans / Mexican Style Corn</p> <p>Apple &amp; Berry Oat Bar <b>Wheat, Oats</b></p> <p>Custard <b>Milk</b></p>	<p>Battered Fish &amp; Tomato Ketchup <b>Wheat, Fish</b></p> <p>Chips</p> <p>Indian Style Tikki Style Chickpea &amp; Potato Cakes with Apple &amp; Mint Chutney</p> <p>Roast Courgettes / Baked Beans</p> <p>Wholemeal Lemon Shortbread <b>Wheat</b></p> <p>Fresh Fruit Wedges</p>

### Available daily

Please ask the catering manager for food allergen information

Available daily menu items here...

Jacket Potatoes, Pasta and Sauce on alternate days also available daily Fresh Bread and Salad

### WEEK ONE

W/C 27th Oct, 17th Nov, 8th Dec,  
29th Dec, 19th Jan, 9th Feb, 2nd  
Marc, 23rd Marc,

### WEEK TWO

W/C 3rd Nov, 24th Nov, 15th Dec, 5th  
Jan, 26th Jan, 16th Feb, 9th March,  
30th Mar,

### WEEK THREE

W/C 10th Nov, 1st Dec, 22nd Dec,  
12th Jan, 2nd Feb, 23rd Feb, 16<sup>th</sup>  
Mar,

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





## Your School

### About Your Catering Service

We are delighted to be working in partnership with your school. Founded in 1994, we are an award-winning company with a vision to encourage children to explore new tastes and make healthier food choices through their formative years, which will positively influence them for life.

### What's on the Menu

Our approach, wherever possible, is to use quality, sustainably sourced, seasonal fresh food, including ingredients, such as British free-range eggs and British sourced fresh meat and poultry

Our menus are created with local tastes and preferences in mind and offer a range of popular, delicious, full of flavour dishes to encourage balanced meal choices and we follow the school food standards.

We will introduce further interest and excitement to our menus with planned additional food experiences, pop-ups, themed events with links to the school's curriculum, cultural and celebration dates, aimed at creating a fun, engaging and enjoyable dining experience.

### Allergen Information

We recognise that some children may have an allergen or intolerance to one of the 14 common food allergens. We have robust processes in place to assist the school in managing. If your child has a food allergy or intolerance, please complete the allergen management form and return it to your school office. To view our process and obtain the allergen management form please visit: <https://www.harrisoncatering.co.uk/food-allergies-food-intolerances>.

### Talented Catering Team

The Harrison catering team are dedicated to providing a great catering service and receive training to complete their roles successfully, including how to prepare and serve healthier food through the company's bespoke Eat Well Live Well® training programme.

### Universal Infant Free School Meals (UFSM) Key Stage 1

All children in reception, year 1 or year 2 are automatically entitled to free school meals under the Universal Infant Free School Meals scheme, irrespective of income.

### Free School Meal for Key Stage 2

The Mayor of London initiative, offers a free school meal to all pupils in Key Stage 2, regardless of income. This is for 2 academic years from September 2023.

### We Welcome Your Feedback

We welcome and value all feedback. We regularly review our offer to continue to offer a positive dining experience for your child. Please refer your comments or suggestions to our Catering Manager.

### Learn More

For a more in-depth knowledge about Harrison Catering, recipe inspirations, our how to videos, charitable activities and latest job opportunities, please visit [www.harrisoncatering.co.uk](http://www.harrisoncatering.co.uk)

### Red = Allergen

- All food is freshly prepared on site each day and if any of the 14 common food allergens present, they are listed in red against each menu item and are intended as a guide to help with the choice of meal. For operational reasons it may be necessary to alter a recipe at short notice and therefore **your child or the member of school staff who presents your child at the counter must check each time before being served with the food.**
- The Company handles many of the 14 common food allergens in our busy kitchens and so therefore cannot guarantee that our food is 100% free from specific food allergens
- There are foods not on the list of 14 common food allergens which can cause allergic reactions in a small number of people and if your child has such an allergy, **they or school member must check each time before being served with the food.**

Our allergen process is written to protect the welfare of the children.



Look out for monthly featured ingredients.

