

# What's on the menu?

**HARRISON**  
food with thought

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January to April 2021	WEEK ONE w/c 4 <sup>th</sup> January 25 <sup>th</sup> January 22 <sup>nd</sup> February 15 <sup>th</sup> March	Pork Sausages with Mashed Potatoes  Carrot & Leek Sausages with Mashed Potatoes  Fruit Yoghurt  Fresh Fruit	Macaroni Cheese with Beef Topping  Pasta Italianne  Fruit Yoghurt  Fresh Fruit	Herb Roast Chicken with Roast Potatoes  Root Vegetable Wellington with Roast Potatoes  Fruit Yoghurt  Fresh Fruit	Chicken Korma with Rice  Butternut Squash & Spinach Curry with Rice  Fruit Yoghurt  Fresh Fruit	Breaded Fish Fillet with Tomato Sauce & Chips  Mediterranean Style Vegetable Parcel with Chips  Chocolate & Pear Marbled Sponge with Chocolate Sauce  Fruit Yoghurt Fresh Fruit
	WEEK TWO w/c 11 <sup>th</sup> January 1 <sup>st</sup> February 1 <sup>st</sup> March 22 <sup>nd</sup> March	Macaroni Cheese  Salmon, Lemon & Herb Pasta  Fruit Yoghurt  Fresh Fruit	Minced Beef Slice with Mashed Potatoes  Cheese, Carrot & Leek Pinwheel with Mashed Potatoes  Fruit Yoghurt  Fresh Fruit	Roast Gammon with Roast Potatoes  Red Pepper & Sweet Potato Pattie with Roast Potatoes  Fruit Yoghurt  Fresh Fruit	BBQ Style Chicken with Vegetable Rice  BBQ Style Bean Ragout with Vegetable Rice  Fruit Yoghurt  Fresh Fruit	Battered Fish Fillet with Tomato Sauce & Chips  Chilli Bean Wrap with Sweetcorn Salsa & Chips  Oatmeal & Raisin Cookie with Fresh Fruit Wedges  Fruit Yoghurt Fresh Fruit
	WEEK THREE w/c 18 <sup>th</sup> January 8 <sup>th</sup> February 8 <sup>th</sup> March 29 <sup>th</sup> March	Beef Bolognaise with Penne Pasta  Vegetable Bolognaise with Penne Pasta  Fruit Yoghurt  Fresh Fruit	Crispy Chinese Style Chicken with Sweetcorn Rice  Sweet & Sour Vegetables with Sweetcorn Rice  Fruit Yoghurt  Fresh Fruit	Roast Pork with Roast Potatoes  Sweet Potato & Parsnip Wellington with Roast Potatoes  Fruit Yoghurt  Fresh Fruit	Tomato Topped Macaroni Cheese  Pasta Arrabiata  Fruit Yoghurt  Fresh Fruit	Breaded Fish Fillet with Tomato Sauce & Chips  Cornish Style Pasty with Chips  Carrot & Pineapple Cake with Custard  Fruit Yoghurt Fresh Fruit

**Available daily:** Selection of Vegetables ~ Salad Selection



Look out for monthly featured ingredients.



## St Vincent's Catholic Primary School

### Welcome to Harrison Catering Service

The catering service at St Vincent's Catholic 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 St Vincent's Catholic 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 St Vincent's Catholic 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, all our fresh meat is Red Tractor certified, British and fully traceable and all our fish holds the Marine Stewardship Council certification, meaning we are only serving fish from sustainable stocks and species not on the endangered list.

We have a comprehensive policy for children with food allergies. Please contact us for further information.



### Silver Food For Life Catering Mark

Harrison Catering Services has been awarded the Silver Food For Life Catering Mark at St Vincent's Catholic Primary School in recognition of the high-quality of our food, promotion of healthier choices and sustainable purchasing.

The Food for Life Catering Mark brings together all of the issues people care about—health, climate change and animal welfare. It recognises restaurants and caterers who serve fresh food which is free from controversial additives and better for animal welfare. More and more, people want to know where their food comes from and how it was produced. The Food for Life Catering Mark provides reassurance that the food we serve meets high standards of traceability, freshness and provenance.

### 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!

