

# What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	<p>Chicken Jollof Rice Sweet Potato Stir Cauliflower &amp; Peas Orange Sponge with Custard</p>	<p>Margherita or Spicy Beef Pizza with Tomato Pasta Side Macaroni Cheese Broccoli &amp; Sweetcorn Pear Crumble with Custard</p>	<p>Thyme Roast Chicken with Roast Potatoes &amp; Gravy Winter Vegetable &amp; Quorn Casserole with Mashed Potatoes Carrots &amp; Cabbage Rice Pudding with Spiced Apple Purée</p>	<p>Shepherd's Pie Cheddar &amp; Vegetable Pie with Mashed Potato Topping Swede &amp; Green Beans Chocolate Sponge with Chocolate Sauce</p>	<p>Battered Fish Fillet with Chips &amp; Tomato Sauce Butternut Squash Frittata with Mashed Potatoes Peas &amp; Baked Beans Strawberry Mousse</p>
WEEK TWO	<p>Chicken Korma with Rice Caribbean Style Vegetable Curry with Rice Cauliflower &amp; Green Beans Apple Crumble with Custard</p>	<p>Macaroni Cheese with or without BBQ Style Meatballs Salmon, Lemon &amp; Herb Pasta Butternut Squash &amp; Peas Banana Mousse</p>	<p>Roast Chicken with Sage &amp; Onion Stuffing, Roast Potatoes &amp; Gravy Lentil &amp; Vegetable Pie with Cheesy Potato Topping Carrots &amp; Cabbage Chocolate &amp; Orange Sponge with Chocolate Sauce</p>	<p>Beef Bolognese Pasta Quorn Bolognese Pasta Broccoli &amp; Sweetcorn Ice Cream with Peaches</p>	<p>Breaded Fish Fillet with Chips &amp; Tomato Sauce Cheese &amp; Tomato Omelette with Mashed Potatoes Carrots &amp; Peas Berry Sponge with Custard</p>
WEEK THREE	<p>Piri Piri Style Chicken with Rice Piri Piri Style Vegetables with Rice Broccoli &amp; Sweetcorn Chocolate &amp; Pear Sponge with Chocolate Sauce</p>	<p>Beef Lasagne Butternut Squash &amp; Quorn Lasagne Carrots &amp; Herb Courgettes Butterscotch Mousse</p>	<p>Herb Roast Chicken with Roast Potatoes &amp; Gravy Vegetable Pie with Sweet Potato &amp; Plain Potato Topping Swede &amp; Cabbage Peach Crumble with Custard</p>	<p>Jamaican Style Beef Pie with Mashed Potatoes &amp; Gravy Macaroni Cheese Butternut Squash &amp; Green Beans Lemon Cake with Custard</p>	<p>Battered Fish Fillet with Chips &amp; Tomato Sauce Spanish Style Omelette with Mashed Potatoes Peas &amp; Baked Beans Ice Cream with Fresh Fruit</p>

**Available daily:** Freshly Made Bread, Fresh Fruit Platter and Yoghurt



Look out for monthly featured ingredients.



## College Park School

### About Your Catering Service

The catering service at College Park 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 College Park School

Our catering team works with the school to tailor menus to the tastes and preferences of the pupils. We 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. Whenever possible, we link our menus to the school's curriculum and activities to further reinforce the importance of eating a balanced diet of nutritious food.

### Providing Healthy School Meals

Harrison understands that what young people eat affects their health and their ability to learn and perform in the classroom. At College Park School, our catering team provides nutritious, balanced meals, and we 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 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!

