

# What's on the menu?

**HARRISON**  
food with thought

Autumn / Winter 2021-2022

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Week One

Fri 3<sup>rd</sup> September  
w/c  
6<sup>th</sup> September  
27<sup>th</sup> September  
18<sup>th</sup> October  
15<sup>th</sup> November  
6<sup>th</sup> December  
10<sup>th</sup> January  
31<sup>st</sup> January

Chicken Tikka Masala  
with Rice  
  
Sweet Potato, Carrot &  
Courgette Oven Baked  
Pakoras with Chickpea  
Dhal and Rice  
  
Cauliflower & Peas  
  
Apple & Cinnamon Cake  
with Custard

Chicken Sausages  
with Mashed Potatoes  
  
Red Bean & Vegetable  
Sausages with Mashed  
Potatoes  
  
Savoy Cabbage & Carrots  
  
Oatmeal & Raisin Cookie  
with Fruit Wedges

Thyme Roast Chicken,  
Sage & Onion Stuffing  
with Roast Potatoes  
  
Carrot, Leek & Cheese  
Pinwheel, Roast Potatoes  
  
Roast Butternut Squash &  
Green Beans  
  
Red Velvet Chocolate Cake  
with Chocolate Sauce

Beef Bolognaise  
with Fusilli Pasta  
& Herbed Garlic Bread  
  
Tomato & Basil Pasta with  
Herbed Garlic Bread  
  
Sautéed Courgettes &  
Corn  
  
Banana Cake & Custard

Battered Fish Fillet with  
Chips & Tomato Sauce  
  
Cheddar Cheese &  
Tomato Quiche with Chips  
  
Peas & Baked Beans  
  
Jelly with Peaches

### Week Two

w/c  
13<sup>th</sup> September  
4<sup>th</sup> October  
1<sup>st</sup> November  
22<sup>nd</sup> November  
13<sup>th</sup> December  
17<sup>th</sup> January  
7<sup>th</sup> February

Chicken, Tomato & Herb  
Pasta with  
  
Pasta Italiane  
Garlic & Herb Breadsticks  
  
Broccoli & Carrots Beans  
  
Pear Crumble with Custard

Mexican Beef Wrap with  
Sweetcorn Salsa & Rice  
  
Chilli Bean Wrap with  
Sweetcorn Salsa & Rice  
  
Garlic Greens & Corn  
  
Lemon Shortbread  
with Fresh Fruit Wedges

Roast Chicken with Roast  
Potatoes  
  
Sweet Potato & Parsnip  
Wellington with Roast  
Potatoes  
  
Roast Parsnips & Peas  
  
Chocolate & Orange Sponge  
with Chocolate Sauce

Margherita or Spicy Beef &  
Mushroom with a Tomato  
Pasta Side  
  
Creamy Salmon Pasta  
  
Green Beans & Roast  
Tomatoes  
  
Mixed Berry Oat Bar  
with Custard

Southern Style Coated  
Chicken with Chips  
  
Spanish Style Omelette &  
Chips  
  
Roast Courgettes & Corn  
  
Ice Cream with Fresh Fruit

### Week Three

w/c  
20<sup>th</sup> September  
11<sup>th</sup> October  
8<sup>th</sup> November  
29<sup>th</sup> November  
3<sup>rd</sup> January  
24<sup>th</sup> January

Chicken Jollof Rice  
  
Indian Style Vegetable  
Biryani with Dhal  
  
Cauliflower & Green Beans  
  
Peach Crumble  
with Custard Sauce

Italian Style Lamb Penne  
Pasta  
  
Macaroni Cheese  
  
Tomato & Basil Focaccia  
  
Broccoli & Roast Butternut  
Squash  
  
Harrison Bear Chocolate  
Shortbread with Orange  
Wedges

Herb Roast Chicken with  
Roast Potatoes  
  
Roast Root Vegetable Pie  
  
Carrots & Peas  
  
Berry Sponge with Custard

Macaroni Cheese with  
Tomato & Basil Focaccia  
  
BBQ Bean Wrap with Rice  
  
Butternut Squash & Green  
Beans  
  
Savoy Cabbage & Corn  
  
Chocolate Brownie

Beef Burger in a Bun  
with Rainbow Coleslaw &  
Chips  
  
Cheddar Cheese &  
Spinach Quiche with Chips  
  
Peas & Baked Beans  
  
Fruity Friday: Fresh Fruit  
Selection & Greek Yoghurt

**Available daily:** Seasonal Vegetables ~ Freshly Made Bread ~ Fresh Fruit Platter ~ 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!

