

WHAT'S ON THE MENU?

HARRISON
food with thought

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE w/c 8 th March, 29 th March, 4 th May, 24 th May, 21 st June, 12 th July	Szechuan Chicken Spaghetti in Herb and Tomato Sauce with Parmesan New Potatoes in Garlic and Herbs, Braised Savoy Cabbage with Sweetcorn Wholemeal Peach Crumble served with Custard Sauce	Beef Lasagne Mixed Bean Ratatouille Garlic Bread Fresh Broccoli Roasted Butternut Squash Apple Sponge served with Custard Sauce	Baked Chicken Sausages with Yorkshire Pudding Pasta Neapolitan Roast Potatoes Fresh Cauliflower with Fine Green Beans Chocolate Sponge served with Chocolate Sauce	Chicken Madras Sauté Sweet Potato with Mixed Beans Steamed Basmati Rice Citrus Carrots Sweetcorn Carrot and Parsnip Cake	Salmon Rosti Cake Crustless Quiche Chunky Chips Baked Beans Garden Peas Strawberry Jelly and Mandarins
WEEK TWO w/c 15 th March, 19 th April, 10 th May, 7 th June, 28 th June, 19 th July	Slow Cooked Balsamic Beef Macaroni Cheese Parsley New Potatoes Fresh Broccoli Citrus Carrots Dorset Apple Cake served with Custard Sauce	Blackened Cajun Chicken Oriental Stir Fry with Noodles Steamed Basmati Rice Braised Savoy Cabbage with Courgettes Wholemeal Shortbread Melon and Orange Wedges	Roast Turkey with Gravy Linguine with Pesto and Parmesan Roast Potatoes Fresh Cauliflower with Mange Tout Chocolate and Pear Sponge served with Chocolate Sauce	Beef Bolognaise Vegetable Bolognaise Pasta Roasted Butternut Squash Fine Green Beans Fruity Flapjack	Battered Fish Fillet Falafel Patty Chunky Chips Baked Beans Sweetcorn with Garden Peas Vanilla Ice Cream with Fruit
WEEK THREE w/c 22 nd March, 26 th April, 17 th May, 14 th June, 5 th July	Beef A La Mode Penne Arrabiata Creamed Potatoes Braised Carrots with Sweetcorn Wholemeal Lemon Sponge served with Custard Sauce	Teriyaki Chicken Chick Pea and Vegetable Tagine Steamed Basmati Rice Braised Cabbage Roasted Parsnips Chocolate Brownie	Steak Pie Bubble and Squeak Cake New Potatoes in Garlic and Herbs Fresh Cauliflower with Fine Green Beans Wholemeal Banana Sponge served with Custard Sauce	Meatballs in Herb and Tomato Sauce Vegetable Lasagne Spaghetti Fresh Broccoli Butternut Squash Sweet Potato Cake	Pizza Margherita Thai Style Fishcake Chunky Chips Garden Peas Baked Beans Frozen Yoghurt with Fruit

Available daily: Jacket Potato with a Choice of Fillings. Salad Selection. Fresh Fruit Pots. Fruit Yoghurt or Smoothie

Highshore School

About Your Catering Service

The catering service at Highshore 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 Highshore School

Our catering team works with the school council to tailor menus to the tastes and preferences of the students. 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 Highshore School, our catering team provides nutritious, balanced meals, and we work to educate the students 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 or contact the human resources department at our Thame office on 01844 216777.

