What's on the menu?

HARRISON
food with thought

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Sweet Potato Stir served with Rice Macaroni Cheese Wheat, Milk served with a Chef's Salad Winter Vegetable Hotpot Green Beans / Roasted Butternut Squash Chocolate Traybake Wheat, Egg, Milk served with Chocolate Sauce Milk	Pasta Arrabbiata Wheat Chicken Sausage Roll Wheat, Sulphites served with Oven Roasted Potato Wedges Oriental Style Sweet & Sour Stir Fry served with Rice Broccoli / Baked Beans Mixed Berry & Apple Oat Bar Wheat, Oats	**A Taste of Mexico:** Smokey BBQ Style Beef Chilli Sulphites or Bean Chilli served with a Soft Taco & Rice Wheat or Gram Flour Flatbread & Rice Salsa, Lettuce, Cheese Milk Lime & Coriander Mayonnaise Egg Jacket Potato served with Cheddar Cheese Milk Sweetcorn / Mexican Roasted Vegetables Chocolate & Cinnamon Cookie Wheat, Egg served with Pineapple & Lime Compote	Tomato, Basil & Mozzarella Pasta Bake Wheat, Milk Chicken Casserole served with Mashed Potatoes Butternut & Chickpea Curry served with Rice Carrots / Oven Roasted Courgettes Parsnip & Apple Cake Wheat, Egg served with Custard Milk	Pesto Style Topped Pizza Wheat, Milk served with Oven Chips & Tomato Ketchup or New Potatoes Battered Fish Wheat, Fish served with Oven Chips & Tomato Ketchup or New Potatoes Cajun Sweet Potato Fritters served with a Zesty Slaw Egg Oven Chips & Tomato Ketchup or New Potatoes Peas / Baked Beans Jam Drop Cookie Wheat, Egg, Sulphites
WEEK TWO	Mixed Bean Enchilada Wheat, Milk served with Vegetable Rice Vegetarian Cottage Pie Red Pesto Style Pasta Wheat Oven Roasted Tomatoes / Street Corn' Wholemeal Carrot Cake Wheat, Egg served with Custard Milk	Cornish Style Vegetable Pasty Wheat served with Roast Potatoes & Gravy Roast Chicken Fillet served with Roast Potatoes & Gravy Jacket Potato served with Baked Beans & Cheddar Cheese Milk Savoy Cabbage / Carrots Apple & Cinnamon Flapjack Wheat, Oats	**A Taste of India:** Curried Beef Chana or Vegetable Balti served with: Lemon Rice, Bombay Potato Salad, Tomato & Coriander Chutney & Naan Style Bread Wheat, Milk, Soybeans Cheesy Sweetcorn & Pepper Wrap Wheat, Milk served with Lemon Rice Broccoli / Roasted Butternut Squash Indian Tea Shop Style Biscuit Wheat	Pizza Margherita Wheat, Milk or BBQ Style Chicken Pizza Wheat, Milk, Sulphites both served with Sweet Pepper Pasta Side Wheat Roasted Root Vegetable Casserole served with Mashed Potatoes Sweetcorn / Oven Roasted Courgettes Berry Swirl Sponge Wheat, Egg, Milk served with Custard Milk	Carrot & Chickpea Falafel served with Sweet Chilli Dip, Oven Chips & Tomato Ketchup or New Potatoes Battered Fish Wheat, Fish served with Oven Chips & Tomato Ketchup or New Potatoes Cheese & Onion Turnover Wheat, Milk served with Oven Chips & Tomato Ketchup or New Potatoes Baked Beans / Peas Harrison Bear Chocolate Shortbread Wheat served with Orange Wedges
WEEK THREE	Chilli Bean Burrito Wheat Cheese & Chive Macaroni Bake Wheat, Milk Caribbean Style Chicken Curry served with Rice Broccoli / Carrots St Clements Sponge Wheat, Egg, Milk served with Custard Milk	Chicken Sausages with Mashed Potatoes & Baked Beans Vegetarian Sausages Wheat with Mashed Potatoes & Baked Beans Breaded Salmon Fishcakes Wheat, Fish served with Sweetcorn & Bean Salad & New Potatoes Roasted Butternut Squash / Savoy Cabbage Maple Flavoured Oat Cookie Wheat, Oats served with Peach Puree	**A Taste of Italy:** Tomato & Oregano Sauce with Mozzarella Milk or Beef Bolognese or Spinach, Cannellini Bean & Basil Sauce served with Penne or Fusilli Pasta Wheat Tomato & Herb Focaccia Wheat, Soybeans Pasta Bar Salads Chickpea Herb Bites served with Sweet Pepper Salsa & Rice Oven Roasted Courgettes / Sweetcorn Strawberry Ice Cream Milk with Italian Style Lemon Cake Bite Wheat, Egg, Milk	Jacket Potato served with Cheddar Cheese Milk & Coleslaw Egg Chinese Style Vegetable Stir Fry served with Rice Vegetable Jambalaya Green Beans / Carrots Wholemeal Shortbread Wheat served with Spiced Apple Compote	Chickpea & Onion Bhaji served with Raita Milk Oven Chips & Tomato Ketchup or New Potatoes Battered Fish Wheat, Fish served with Oven Chips & Tomato Ketchup or New Potatoes Cheese & Leek Pinwheel Wheat, Milk served with Oven Chips & Tomato Ketchup or New Potatoes Peas / Baked Beans Marbled Sponge Wheat, Egg, Milk served with Custard Milk

Available daily
Please ask the catering manager for food allergen information

Menu Items Available Daily: Salad Selection • Homemade Bread • Fresh Fruit • Yoghurt • Jelly • Gram Flour Shortbread

WEEK ONE
w/c 2nd Sept, 21st Sept, 12th Oct, 9th Nov, 30th Nov, 4th Jan, 25th Jan

WEEK TWO
w/c 7th Sept, 28th Sept, 19th Oct, 16th Nov, 7th Dec, 11th Jan, 1st Feb

WEEK THREE
w/c 14th Sept, 5th Oct, 2nd Nov, 23rd Nov, 14th Dec, 18th Jan, 8th Feb

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

Harrison Catering Services

HARRISON
food with thought

Elm Court School

About Your Catering Service

Welcome to Harrison Catering Services, we are an independent, award-winning company founded in 1994 and are delighted to be your caterer.

Our proposition is clear: we believe food tastes great when it's made fresh, daily, from quality ingredients, by well-trained people.

What's on the Menu

We use ingredients from trusted suppliers and are advocates of using seasonal, sustainably sourced, quality fresh food wherever possible, including UK free-range eggs, UK sourced fresh meat and poultry.

Our menus are created by our inspired chefs, with local tastes and preferences considered. The menus feature a range of popular, delicious, full of flavour dishes, making it easier to choose a balanced meal and to suit your budget.

We introduce further interest and excitement to the catering service with planned food experiences, promotions, pop ups, themed events, links to the school curriculum, cultural and celebration dates, including cuisines from around the world.

Providing Healthy School Meals

Harrison understands that what you eat affects your health and ability to learn and perform in the classroom. Our catering team provide, balanced meals, and we work to support you in making healthier food choices. Our goal is to instil a love and understanding of fresh, healthy food that will positively influence you throughout life.

In addition, our focus on fresh food means that we aim to maximise access to fruit and vegetables by offering a choice of cooked vegetables, salads, healthier snacks and fresh fruit daily.

Our talented Harrison team, receive training in how to prepare and serve healthier food through the company's bespoke Eat Well Live Well© training programme and we aim to create an environment where every team member's effort and skill are recognised, developed and rewarded, so that we can attract and retain the best people.

Paying for Lunch

We operate a cashless system. For further details how on how to top up your account, please view the school's website or contact the school office.

Allergen Information

We recognise that some people may have an allergen or intolerance to one of the 14 common food allergens. We have a robust and clear process in place. If you have a food allergy or intolerance, please view our process by visiting:
https://www.harrisoncatering.co.uk/food-allergies-food-intolerances

Hospitality Careers

The Geoffrey Harrison Foundations contributes to Saturday morning, Junior Chef's classes held at leading hospitality colleges Westminster Kingsway College, Loughborough College and University of West London. The courses are aimed at Year 10 and 11 students and provide a great insight for those interested in a career in an exciting, vibrant and rewarding hospitality industry. To find out more, visit www.geoffreyharrisonfoundation.org.uk

We Welcome Your Feedback

We are committed to providing the best catering service at your school and to make sure that it caters to your needs, we welcome all customer feedback. Please feel free to speak to the catering manager to share your comments.

Learn More

For a more in-depth knowledge about Harrison Catering, recipe inspirations, our how to videos and charitable activities, please visit 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.