

# What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE w/c 27 <sup>th</sup> Feb, 20 <sup>th</sup> Mar, 24 <sup>th</sup> Apr, 15 <sup>th</sup> May, 12 <sup>th</sup> Jun & 3 <sup>rd</sup> Jul	Spaghetti in a Herb & Tomato Sauce with Parmesan Vegetable Bolognese Pasta	Chicken Fajita Oriental Noodles with Sweet Chilli Baked Potato Wedges Carrot & Parsnip Cake	Roast Turkey with Gravy Pasta Neapolitan Roast Potatoes	Beef Lasagne Aubergine, Chickpea & Potato Balti Garlic Bread Cheese & Biscuits	Homemade Sausage Roll Margherita Pizza Chunky Chips Baked Beans or Garden Peas Ice Cream Sponge Roll
WEEK TWO w/c 6 <sup>th</sup> Mar, 27 <sup>th</sup> Mar, 1 <sup>st</sup> May, 22 <sup>nd</sup> May, 19 <sup>th</sup> Jun & 10 <sup>th</sup> Jul	Linguine Puttanesca Spinach & Potato Bake Parsley New Potatoes	Blackened Cajun Chicken Mixed Bean Ratatouille Steamed Basmati Rice Chocolate Brownie	Steak Pie with Gravy Macaroni Cheese Roast Potatoes	Baked Chicken Sausages with Braised Onions & Gravy Linguine with Herby Tomato Sauce & Fresh Salmon Creamed Potatoes Pineapple Flapjack	Battered Fish Fillet Vegetable Roll Chunky Chips Baked Beans / Sweetcorn Ice Cream with Fruit
WEEK THREE w/c 13 <sup>th</sup> Mar, 17 <sup>th</sup> Apr, 8 <sup>th</sup> May, 5 <sup>th</sup> Jun, 26 <sup>th</sup> Jun & 17 <sup>th</sup> Jul	Penne Arrabbiata Leek & Lentil Pie New Potatoes in Garlic & Herbs	Szechuan Style Chicken Vegetarian Shepherd's Pie with Sweet Potato Mash Sweet Chilli Noodles Chocolate & Pear Sponge with Chocolate Sauce	Balsamic Beef with Yorkshire Pudding Linguine with Pesto & Parmesan Spanish Style Potatoes	Bombay Chicken Vegetable Lasagne Steamed Basmati Rice Wholemeal Citrus Shortbread	Breaded Fish Fillet Cheddar & Three Onion Quiche Chunky Chips Garden Peas / Baked Beans Frozen Yoghurt with Peaches

**Available daily:** Jacket Potato with a Choice of Fillings. Salad Selection. Seasonal Vegetables. Organic Milk. Freshly Baked Wholemeal Bread. Fresh Fruit Platter. Fruit Yoghurt or Smoothie

Look out for monthly featured ingredients.



## John Ruskin Primary School

### About Your Catering Service

The catering service at John Ruskin 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 John Ruskin Primary School

Our catering team works with the school community 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 children eat affects their health and their ability to learn and perform in the classroom. At John Ruskin Primary 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 Thames 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!

