

# What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b> w/c 4 <sup>th</sup> Sept w/c 25 <sup>th</sup> Oct w/c 16 <sup>th</sup> Oct w/c 13 <sup>th</sup> Nov w/c 4 <sup>th</sup> Dec w/c 8 <sup>th</sup> Jan w/c 29 <sup>th</sup> Jan	Linguine with Pesto and Parmesan  Rice and Vegetable Bake  Citrus Carrots / Fine Green Beans	Chicken Balti  Chickpea and Vegetable Tagine  Steamed Basmati Rice  Braised Savoy Cabbage / Sweetcorn	Beef Casserole  Tuna Pasta Bake  Roast Potatoes  Fresh Cauliflower / Garden Peas  Chocolate and Pear Sponge with Chocolate Sauce	Jerk Chicken  Sauté Sweet Potato with Mixed Beans  Jollof Rice  Roasted Butternut Squash / Parsnips  Citrus Shortbread	Breaded Fish Fillet  Sweetcorn and Squash Fritter  Chunky Chips  Baked Beans / Garden Peas  Vanilla Ice Cream with Fruit
<b>WEEK TWO</b> w/c 11 <sup>th</sup> Sept w/c 2 <sup>nd</sup> Oct w/c 30 <sup>th</sup> Oct w/c 20 <sup>th</sup> Nov w/c 11 <sup>th</sup> Dec w/c 15 <sup>th</sup> Jan w/c 5 <sup>th</sup> Feb	Spaghetti in a Herb & Tomato Sauce with Cheddar  Spinach and Potato Bake  Braised Savoy Cabbage / Swede	Spanish Style Chicken  Mild Black-Eyed Bean and Vegetable Chilli  Steamed Basmati Rice  Citrus Carrots / Sweetcorn	Steak Pie with Gravy  Macaroni Cheese  Roast Potatoes  Roasted Parsnips / Fine Green Beans  Dorset Style Apple Cake with Custard Sauce	Chicken Kabsa  Leek and Lentil Pie  Roasted Butternut Squash / Seasoned Carrots  Fruit Flapjack	Margherita Pizza  Falafel Patty  Chunky Chips  Baked Beans / Garden Peas  Ice Cream with Fruit
<b>WEEK THREE</b> w/c 18 <sup>th</sup> Sept w/c 9 <sup>th</sup> Oct w/c 6 <sup>th</sup> Nov w/c 27 <sup>th</sup> Nov w/c 18 <sup>th</sup> Dec w/c 22 <sup>nd</sup> Jan w/c 19 <sup>th</sup> Feb	Penne Arrabiata  Vegetarian Shepherd's Pie with Sweet Potato Mash  Braised Savoy Cabbage / Carrots	BBQ Chicken  Chickpea with Spinach and Butternut Squash  Steamed Basmati Rice  Fine Green Beans / Fresh Cauliflower	Beef Lasagne  Linguine in Herb and Tomato with Fresh Salmon  Garlic Bread  Roasted Carrots / Parsnips  Canadian Gingerbread with Vanilla Sauce	Baked Chicken Sausages with Braised Onion Gravy  Mixed Bean Ratatouille  Creamed Potatoes  Fresh Broccoli / Butternut Squash  American Style Cookie	Battered Fish Fillet  Cheese and Potato Pinwheel  Chunky Chips  Baked Beans / Garden Peas  Frozen Yoghurt with Peaches

**Available daily:** Halal Choice. Salad Selection. Jacket Potato with a Choice of Fillings. 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

We are delighted to be working in partnership with your school. Founded in 1994, we are an award-winning company with a vision to encourage children to explore new tastes and make healthier food choices through their formative years, which will positively influence them for life.

### What's on the Menu

Our approach, wherever possible, is to use quality, sustainably sourced, seasonal fresh food, including ingredients, such as British free-range eggs and British sourced fresh meat and poultry.

Our menus are created with local tastes and preferences in mind and offer a range of popular, delicious, full of flavour dishes to encourage balanced meal choices and we follow the school food standards.

We will introduce further interest and excitement to our menus with planned additional food experiences, pop-ups, themed events with links to the school's curriculum, cultural and celebration dates, aimed at creating a fun, engaging and enjoyable dining experience.

### Allergen Information

We recognise that some children may have an allergen or intolerance to one of the 14 common food allergens. We have robust processes in place to assist the school in managing. If your child has a food allergy or intolerance, please complete the allergen management form and return it to your school office. To view our process and obtain the allergen management form please visit:

<https://www.harrisoncatering.co.uk/food-allergies-food-intolerances>

### Talented Catering Team

The Harrison catering team are dedicated to providing a great catering service and receive training to complete their roles successfully, including how to prepare and serve healthier food through the company's bespoke Eat Well Live Well® training programme.

### Universal Infant Free School Meals (UIFSM)

All children in reception, year 1 or year 2 are automatically entitled to free school meals under the Universal Infant Free School Meals scheme, irrespective of income.

### Free School Meals

Your older children may be entitled for free school meals. Please contact the school office to find out how to apply and access this benefit.

### Payment of School Lunches

Please contact the school office for the payment process for your child's school lunch.

### We Welcome Your Feedback

We welcome and value all feedback. We regularly review our offer to continue to offer a positive dining experience for your child. Please refer your comments or suggestions to our Catering Manager.

### Learn more

For a more in-depth knowledge about Harrison Catering, recipe inspirations, our how to videos and latest job opportunities, please visit [www.harrisoncatering.co.uk](http://www.harrisoncatering.co.uk)



Nutritionist, Dr Juliet Gray,  
advises us on our menus.



We use responsibly  
sourced ingredients when  
available and in season.

