

# What's on the menu?

|   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|---|--|---|--|
| <b>WEEK ONE W/C</b><br>02/09/24<br>23/09/24<br>14/10/24<br>11/11/24<br>02/12/24<br>06/01/25<br>27/01/25   | Spaghetti in Herb & Tomato Sauce with Cheddar<br>Spinach & Potato Bake<br>Glazed Carrots with Garden Peas<br>Carrot & Orange Cake                      | Chicken Hotpot<br>Bean & Vegetable Pilaf<br>Braised Savoy Cabbage<br>Roasted Parsnips<br>Apple and Orange Wedges                        | Roast Beef with Yorkshire Pudding & Gravy<br>Macaroni Cheese<br>Roast Potatoes<br>Fresh Broccoli with Swede Cheese and Biscuits              | Thai Style Sticky Chicken<br>Oriental Noodles with Sweet Chilli<br>Steamed Basmati Rice<br>Fine Green Beans with Butternut Squash<br>Chocolate & Courgette Cake served with Chocolate Sauce | Fresh Salmon Fishcake<br>Pizza Margherita<br>Chunky Chips<br>Baked Beans<br>Garden Peas<br>Vanilla Ice Cream with Peaches                            |
| <b>WEEK TWO W/C</b><br>09/09/24<br>30/09/24<br>21/10/24<br>18/11/24<br>09/12/24<br>13/01/25<br>03/02/25   | Linguine with Pesto & Parmesan<br>Feta & Vegetable Parcel with Garlic & Herb New Potatoes<br>Braised Carrots with Sweetcorn<br>Apple and Orange Wedges | Meatballs in Herb & Tomato Sauce<br>Leek & Lentil Pie<br>Spaghetti<br>Roasted Butternut Squash with Fresh Broccoli<br>Sweet Potato Cake | BBQ Chicken<br>Chickpea & Potato Balti<br>Jollof Rice<br>Roasted Parsnips with Fine Green Beans<br>Cheese and Biscuits                       | Steak Pie<br>Penne Arrabiatta<br>Parsley Potatoes<br>Braised Savoy Cabbage with Citrus Carrots<br>Chocolate & Pear Sponge served with Chocolate Sauce                                       | Battered Fish Fillet<br>Falafel Patty<br>Chunky Chips<br>Baked Beans<br>Garden Peas<br>Frozen Yoghurt  |
| <b>WEEK THREE W/C</b><br>16/09/24<br>07/10/24<br>04/11/24<br>25/11/24<br>16/12/24<br>20/01/25<br>10/02/25 | Rice & Vegetable Bake<br>Mixed Bean Ratatouille with Parsley New Potatoes<br>Braised Carrots with Green Beans<br>Cheese and Biscuits                   | Chicken Tagine<br>Bean Stew with Roasted Squash<br>Steamed Basmati Rice<br>Garden Peas with Sweetcorn<br>Apple Flapjack                 | Roast Turkey<br>Pasta Neapolitan<br>Roast Potatoes<br>Fresh Broccoli with Glazed Carrots<br>Wholemeal Lemon Sponge served with Custard Sauce | Beef Lasagne<br>Vegetarian Cannelloni<br>Garlic Bread<br>Braised Savoy Cabbage with Roasted Butternut Squash<br>Apple and Orange Wedges   | Baked Chicken Sausage in a Roll with Braised Onions<br>Cheese & Potato Pinwheel<br>Chunky Chips<br>Baked Beans<br>Garden Peas<br>Flavoured Ice Cream |

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



Look out for monthly featured ingredients.



# Harrison Catering Services

## 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 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) Key Stage 1

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 Meal for Key Stage 2

The Mayor of London initiative, offers a free school meal to all pupils in Key Stage 2, regardless of income. This is for 2 academic years from September 2023.

### 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, charitable activities and latest job opportunities, please visit [www.harrisoncatering.co.uk](http://www.harrisoncatering.co.uk)



We use responsibly sourced ingredients when available and in season.