

# What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
March 2021	Week One w/c 8 <sup>th</sup> March 29 <sup>th</sup> March	Pesto Style Pasta	Beef Meatballs with Rice	Sausages with Mashed Potatoes & Gravy	Pepperoni Pizza with Tomato Pasta Side	Breaded Fish Fillet with Tomato Sauce & Chips
		Pasta Italiane	Butternut Squash & Spinach Curry with Rice	Carrot & Leek Sausages with Mashed Potatoes & Gravy	Cheese & Tomato Pizza with Tomato Pasta Side	Mediterranean Style Vegetable Parcel with Chips
		Pineapple & Coconut Flapjack	Chocolate Shortbread with Orange Wedges	Apple Sponge with Custard	Strawberry Ice Cream with Fruit Wedges	Lemon Cake with Custard
	Week Two w/c 15 <sup>th</sup> March	Jamaican Style Lamb Pie with New Potatoes	BBQ Style Chicken with Rice	Macaroni Cheese	Beef Casserole with Mashed Potatoes	Battered Fish Fillet with Tomato Sauce & Chips
		Cheese & Chive Vegetable Pasta	BBQ Style Bean Ragout with Rice	Jacket Potato with Baked Beans	Sweet Potato Stir with Rice	Chilli Bean Wrap with Sweetcorn Salsa & Chips
		Ice Cream with Fruit Wedges	Apple & Cinnamon Crumble with Custard	Chocolate Sponge with Chocolate Sauce	Wholemeal Orange Shortbread with Fruit Wedges	Jelly with Peaches
	Week Three w/c 22 <sup>th</sup> March	Caribbean Style Vegetable Curry with Rice	Beef Bolognese with Penne Pasta, Garlic & Herb Bread	Herb Roast Chicken with Roast Potatoes & Gravy	Minced Beef Pastry Slice with Mashed Potato	Fish Fingers with Tomato Sauce & Chips
		Jacket Potato with Baked Beans & Cheddar Cheese	Vegetable Bolognese with Penne Pasta, Garlic & Herb Bread	Sweet Potato & Parsnip Wellington with Roast Potatoes & Gravy	Thai Style Salmon Fishcake with Sweet Chilli Sauce & New Potatoes	Vegetable & Noodle Stir Fry
		Wholemeal Lemon Shortbread with Fruit Wedges	Spiced Parsnip & Apple Cake with Custard	Chocolate Marbled Sponge with Chocolate Sauce	Oatmeal & Raisin Cookie with Fruit Wedges	Carrot & Pineapple Cake with Custard

**Available daily:** Choice of Salads ~ Selection of Vegetables ~ Freshly Baked Bread ~ Fresh Fruit ~ Yoghurt



Look out for monthly featured ingredients.



## Coulsdon C of E Primary School

### Welcome to Harrison Catering Service

The catering service at Coulsdon C of E 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 Coulsdon C of E Primary School

Our catering team will work with the school to tailor menus to the tastes and preferences of the pupils. We will 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. These activities 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 Coulsdon C of E Primary School our catering team will provide nutritious, balanced meals and we will 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, all our fresh meat is Red Tractor certified, British and fully traceable and all our fish holds the Marine Stewardship Council certification, meaning we are only serving fish from sustainable stocks and species not on the endangered list.

We have a comprehensive policy for children with food allergies. Please contact us for further information.



### Silver Food For Life Catering Mark

Harrison Catering Services has been awarded the Silver Food For Life Catering Mark at Coulsdon Primary School in recognition of the high-quality of our food, promotion of healthier choices and sustainable purchasing.

The Food for Life Catering Mark brings together all of the issues people care about—health, climate change and animal welfare. It recognises restaurants and caterers who serve fresh food which is free from controversial additives and better for animal welfare. More and more, people want to know where their food comes from and how it was produced. The Food for Life Catering Mark provides reassurance that the food we serve meets high standards of traceability, freshness and provenance.

### 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 Thame 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!

