

WHAT'S ON THE MENU?

HARRISON
food with thought

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	A TASTE OF MEXICO Chilli Minced Beef filled Tortilla Mexican Style Spicy Re-Fried Bean filled Tortilla Shredded Lettuce Salad / Mexicali Dip / Tomato Salsa Churros	ITALIAN STYLE TUESDAY Homemade Beef Mince Lasagne Homemade Quorn Mince Lasagne Italian Style Mixed Salad with Parmesan Cheese Carrot & Sultana Muffins	ROAST OF THE WEEK Roast Breast of Turkey served with Stuffing, Cranberry Sauce & Gravy Autumn Vegetable Hot Pot Roasted Potatoes Eves Pudding with Custard	A TOUCH OF SPICE Tandoori Chicken Biryani with Curry Sauce Vegetable Samosa with Biryani Rice Garlic & Coriander Naan Bread Choc Chip Cookie	FRIDAY FISH BAR Battered Fish served with Lemon Wedge & Tartar Sauce Chef's Choice Chunky Oven Chips Homemade Shortbread Slice
WEEK TWO	A TASTE OF ITALY Spaghetti Bolognese & Parmesan Cheese Arrabiatta Penne Pasta Homemade Garlic Bread Mini Tiramisu Pot	BEST OF BRITISH Homemade Cottage Pie with Gravy Quorn Mince Potato topped Pie Baked Beans Lemon Shortcake Slice	ROAST OF THE WEEK Roast Beef, Yorkshire Pudding & Horseradish Sauce Roasted Vegetable filled Yorkshire Pudding Crispy Roast Potatoes Traditional Apple Crumble with Custard	CURRY THURSDAY Kashmiri Style Rogan Josh Chicken Spinach, Potato & Onion Bhaji Braised Turmeric Rice Naan Bread / Coriander, Onion, Tomato & Yoghurt Dip Blueberry Muffin	FRIDAY FISH BAR Breaded Fishcake, Lemon Wedge & Tartar Sauce Chef's Choice Chunky Chips Garden Peas / Baked Beans Cherry & Coconut Biscuit
WEEK THREE	STUDENT FAVOURITE Sausages & Creamy Mashed Potatoes Vegetable Sausages & Creamy Mashed Potatoes Baked Beans Homemade Chocolate Shortbread	AUTUMN WARMERS Homemade Chicken & Leek Puff Pastry Pie Stuffed Peppers Boiled Parsley Potatoes Homemade Chocolate Brownie	ROAST OF THE WEEK Roast Pork with Stuffing Ball & Gravy Leek & Potato Bake Roasted Potatoes Steamed Rhubarb Sponge with Custard	CURRY THURSDAY Balti Chicken served with Pilau Rice Potato, Chick Pea & Tomato Bhaji with Pilau Rice Garlic & Coriander Naan Bread Ginger Cake	FRIDAY FISH BAR Baked Fish Cake served with Fresh Lemon Wedge & Tartar Sauce Chef's Choice Chunky Oven Chips Baked Beans or Garden Peas Mixed Fruit Yoghurt Pot

Available daily: Jacket Potato with a Choice of Fillings • Selection of Seasonal Vegetables • Baguettes • Sandwiches • Wraps • Rolls



Kingsdown 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

