

# What's on the menu?

LUNCH MENU 2019/2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Week One

W/c  
2<sup>nd</sup> September  
23<sup>rd</sup> September  
14<sup>th</sup> October  
11<sup>th</sup> November  
2<sup>nd</sup> December  
6<sup>th</sup> January  
27<sup>th</sup> January

Chicken Curry with Rice  
  
Baked Fish with New Potatoes  
  
  
  
Jacket Potato with Baked Beans  
  
  
  
Berry Sponge with Custard

Jacket Potato with Mild Beef Chilli  
  
Tortilla Stacks with Bakes Wedges  
  
Jacket Potato with Mild Halal Beef Chilli  
  
  
Strawberry Ice Cream with Fruit Wedges

Roast Chicken with Roast Potatoes and Gravy  
  
Quorn Roast with Roast Potatoes and Gravy  
  
Baked Vegetable Filled Yorkshire Pudding with Roast Potatoes  
  
Carrot and Pineapple Cake with Custard

Lamb Pie with New Potatoes  
  
Macaroni Cheese  
  
Halal Lamb Pie with New Potatoes  
  
  
Banana and Chocolate Mousse

Fish Fingers and Chips  
  
Indian Style Biryani  
  
  
  
Fruity Friday

### Week Two

W/c  
9<sup>th</sup> September  
30<sup>th</sup> September  
28<sup>th</sup> October  
18<sup>th</sup> November  
9<sup>th</sup> December  
13<sup>th</sup> January  
3<sup>rd</sup> February

Beef Bolognese with Pasta  
  
Vegetable Bolognese with Pasta  
  
Jacket Potato with Tuna Mayonnaise  
  
Apple and Cinnamon Sponge with Custard

Chicken Korma with Rice  
  
Macaroni Cheese  
  
Halal Chicken Korma with Rice  
  
  
Jelly with Fruit Wedges

Roast Beef with Roast Potatoes and Gravy  
  
Quorn Roast with Roast Potatoes and Gravy  
  
Vegetarian Pasta Bake  
  
  
Peach Oat Bar with Custard

Piri Piri Style Chicken with Optional Dressings  
  
Red Pepper & Sweet Potato Pattie  
  
Halal Piri Piri Style Chicken with Optional Dressings  
  
Sides: Spicy Vegetable Rice, Piri Piri Roast Vegetables, Crunchy Coleslaw, Bean & Green Salad  
  
Chocolate Brownie with Orange Wedges

Pizza Bar: Cheese & Tomato or Sweetcorn & Pepper  
  
Salmon Fishcakes  
  
Pizza Bar Salad Selection  
  
Natural Yoghurt with Assorted Fruit Puree Topped with Homemade Granola

### Week Three

W/c  
16<sup>th</sup> September  
7<sup>th</sup> October  
4<sup>th</sup> November  
25<sup>th</sup> November  
16<sup>th</sup> December  
20<sup>th</sup> January  
10<sup>th</sup> February

Chicken Jollof Rice  
  
Cauliflower and Broccoli Cheese Bake with Chunky Bread  
  
Quorn Stir Fry with Rice  
  
Lemon and Lime Cake with Custard

Lamb Lasagne with Herb and Garlic Bread  
  
Jacket Potato with Cheese and Beans  
  
Halal Lamb Lasagne with Herb and Garlic Bread  
  
Raspberry Ripple Ice Cream with Watermelon

Roast Beef with Roast Potatoes and Gravy  
  
Vegetarian Pinwheel with Roast Potatoes and Gravy  
  
Tomato Pasta Bake  
  
Pineapple Sponge with Custard

Chicken Sausages with Mashed Potato and Gravy  
  
Quorn Sausages with Mashed Potato and Gravy  
  
Halal Chicken Sausages with Mashed Potato and Gravy  
  
Oat and Raisin Cookie with Apple Wedges

Breaded Fish with Chips  
  
Chinese Style Stir Fry with Noodles  
  
  
Chocolate Cake Bar with Fruit Wedges

**Available daily:** Salads. Seasonal Vegetables, Freshly Baked Bread, Fresh Fruit Platters, Fruit Yoghurt and Water.

## Whitehall School Lunch Menu

### Welcome to Harrison Catering Service

The catering service at Whitehall 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 Whitehall School.

Our catering team will work with Whitehall 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 Whitehall 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 and the majority of our meat is British-sourced as well.

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

### 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!

