

# What's on the menu?

LUNCH MENU 2019

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Week One

W/c  
7<sup>th</sup> January  
28<sup>th</sup> January  
25<sup>th</sup> February  
18<sup>th</sup> March  
22<sup>nd</sup> April  
13<sup>th</sup> May  
10<sup>th</sup> June  
1<sup>st</sup> July  
22<sup>nd</sup> July

Lamb Pasta Bake with Herb Focaccia bread

Lemon and Pepper Crusted Fish with New Potatoes

Baked Potatoes with Baked Beans

Apple Pie with Custard

Cottage Pie ( Minced Beef in Gravy Topped with Mashed Potato)

Quorn Sausages with Mashed Potatoes and Gravy

Halal Cottage Pie (Halal Minced Beef in Gravy Topped with Mashed Potato)

Frozen Strawberry Yoghurt with Fruit Puree

Roast Turkey with Roast Potatoes and Gravy

Quorn Roast with Roast Potatoes and Gravy

Pasta Neapolitan ( Cheese & Tomato Pasta)

Lemon and Yoghurt Cake with Custard

Chicken Sausages with Mashed Potatoes and Gravy

Roasted Vegetable Pasta Bake

Halal Chicken Sausages with Mashed Potatoes and Gravy

Oat and Raisin Cookie with Fruit Wedges

Fish Finger and Chips with Homemade Tomato Sauce

Jacket Potato with Cheese

Fruity Friday:  
Selection of Fresh Fruit with Greek Yoghurt

### Week Two

W/c  
14<sup>th</sup> January  
4<sup>th</sup> February  
4<sup>th</sup> March  
25<sup>th</sup> March  
29<sup>th</sup> April  
20<sup>th</sup> May  
17<sup>th</sup> June  
8<sup>th</sup> July

Cornish Pasty (Lamb mince with potato and onion) with Potatoes

Quorn Shepherd's Pie (Quorn and Vegetables in Gravy Topped with Mashed Potatoes)

Vegetable Pasta Bake

Ginger Cake with Custard

Chicken Tikka Masala with Rice

Jacket Potato with Cheese

Halal Chicken Tikka Masala with Rice

Lemon Shortbread with Orange Wedges

Roast Turkey with Roast Potatoes and Gravy

Quorn Roast with Roast Potatoes and Gravy

Tuna Pasta Bake

Oaty Plum Crumble with Custard

Beef Lasagne (Minced Beef and Pasta Topped with a Cheese Sauce) with Focaccia bread

Jacket Potato with Beans

Halal Beef Lasagne (Halal Minced Beef and Pasta Topped with a Cheese Sauce) with Focaccia bread

Pear and Chocolate Marbled Sponge with Chocolate Sauce

Breaded Fish with Chips and Homemade Tomato Sauce

Tortilla Stacks and Chips (Layers of Tortilla Wraps with Pizza Sauce and Cheese)

Yoghurt Bar:  
Natural Yoghurt with Various Toppings

### Week Three

W/c  
21<sup>st</sup> January  
11<sup>th</sup> February  
11<sup>th</sup> March  
1<sup>st</sup> April  
6<sup>th</sup> May  
3<sup>rd</sup> June  
24<sup>th</sup> June  
15<sup>th</sup> July

Spaghetti Bolognaise ( Beef)

Quorn Spaghetti Bolognaise

Jacket Potato with Tuna Mayonnaise

Peach Crumble with Custard

Chicken and Vegetable Pastry with New Potatoes and Onion Gravy

Macaroni Cheese

Halal Chicken and Vegetable Pastry with New Potatoes and Onion Gravy

Chocolate and Beetroot Cake

Roast Turkey and Roast Potatoes with Gravy

Quorn Roast with Roast Potatoes and Gravy

Vegetable Pasta Bake

Pineapple and Coconut Sponge with Custard

Shepherd's Pie (Minced Lamb in Gravy Topped with Mashed Potato)

Jacket Potato with Baked Beans

Halal Shepherd's Pie (Halal Minced Lamb in Gravy Topped with Mashed Potato)

Oat Bar with Fresh Fruit

Cheese & Tomato Pizza with Chips

Salmon & Broccoli Fish Cake with Chips

Fruity Friday:  
Selection of Fresh Fruit with Greek Yoghurt

**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!

