

# What's on the menu?

**HARRISON**  
food with thought

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b> Weeks Beginning: 8 January, 29 January	Pizza Margherita with Rainbow Salad  Indian Style Vegetable Biryani with Chickpea Dhal  Oven Roasted Courgettes/Peas  Berry Swirl Sponge with Custard	Cottage Pie with Caramelised Onions & Thyme Gravy  Tomato & Basil Pasta  Savoy Cabbage/Carrots  Chocolate Shortbread with Orange Wedges	Piri Piri Chicken with Sweetcorn Rice & Lemon & Herb Dressing  Red Pepper & Sweet Potato Pattie with Sweetcorn Rice  Green Beans/Crunchy Coleslaw  Oaty Apple Crumble with Custard	Beef Bolognaise with Fusilli Pasta  Caribbean Style Vegetable Plantain Curry with Rice  Broccoli/Herb Roasted Butternut Squash  Strawberry Jelly with Fresh Fruit Wedges	Battered Fish with Chips & Tomato Sauce  Cornish Style Vegetable Pasty with Winter Salad Chips & Tomato Sauce  Peas/Baked Beans  Pineapple & Lime Cake
<b>WEEK TWO</b> Weeks Beginning: 15 January, 5 February	Macaroni Cheese  Sweet Potato Stir with Vegetable Rice  Glazed Carrots/Green Beans  Marbled Sponge Cake with Custard	Jacket Potato with Mild Beef Chilli with Cheese & Salsa  Mexican Style Vegetable Burrito with Cheese & Salsa  Broccoli/Roasted Butternut Squash  Wholemeal Lemon Shortbread with Fruit Wedges	Chicken Tikka Masala  Baked Onion Bhaji with Red Bean Dhal & Pilau Rice  Spiced Roasted Cauliflower/Peas  Carrot & Orange Cake with Custard	Pesto Style Pasta with a Mediterranean Style Salad  Wholemeal Cheddar Cheese & Spinach Quiche with Herby New Potatoes  Vegetable Medley  Ice Cream & Fruit Wedges	Salmon Fishcakes or Fish Fingers with Chips & Tomato Sauce  Carrot & Chickpea Falafel with Pitta Bread, Tomato Relish & Chips  Street Corn/Roasted Courgettes  Apple & Berry Oat Bar
<b>WEEK THREE</b> Weeks Beginning: 22 January, 12 February	Italian Style Tomato & Herb Pasta with Cheese Topping  Oriental Style Stir Fried Vegetables with Rice  Peas/Herb Roasted Butternut Squash  Parsnip & Apple Sponge Cake with Custard	BBQ Style Chicken with Oven Roasted Potato Wedges  Roasted Red Pepper & Herb Jambalaya Style Rice  Broccoli/Carrots  Oatmeal Cookie with Orange Wedges	Mexican Style Chilli Beef Tortilla Wrap with Cheese & Salsa  Chilli Bean Tortilla Wrap with Cheese & Salsa  Garlic Green Beans/Mexican Style Corn  Chocolate Cake with Chocolate Sauce	Chicken Sausages with Mashed Potato  Vegetarian Sausages with Mashed Potato  Thyme Roasted Carrots/Savoy Cabbage  Fruit & Yoghurt Bar	Battered Fish with Chips & Tomato Sauce  Sweet Potato & Spinach Empanada with Chefs Salad, Chips & Tomato Sauce  Peas/Baked Beans  Pear & Chocolate Crumble with Custard

**Available daily:** Freshly Made Bread • Jacket Potato with Baked Beans, Cheddar Cheese or Tuna Mayo • Salad Selection • Fresh Fruit Platter & Yoghurt

## Deer Park School

### About Your Catering Service

The catering service at Deer Park 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 Deer Park School

Our catering team works with the school council to tailor menus to the tastes and preferences of the pupils. We 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. Whenever possible, we link our menus to the school's curriculum and activities to 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 Deer Park School, our catering team provides nutritious, balanced meals, and we 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 Welcome Your Feedback

Hearing your thoughts on our catering service is an essential part of getting things right and developing the food service 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!

