

# What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	<p>Winter Vegetable Hotpot</p> <p>Vegetable Biryani (Wholegrain &amp; White) served with Apple &amp; Mint Chutney</p> <p>Macaroni Cheese <b>Wheat, Milk</b> with a Chef's Salad</p> <p>Carrots / Green Beans</p> <p>Steamed Chocolate Sponge <b>Wheat, Egg, Milk</b> served with Chocolate Sauce <b>Milk</b></p>	<p>Taco Tuesday (Soft Taco) <b>Wheat</b> served with Smokey BBQ Style Beef <b>Sulphites</b> or Chilli Beans &amp; Rice</p> <p>Salad Bar Style Toppings</p> <p>Jacket Potato with Baked Beans &amp; Cheese <b>Milk</b></p> <p>Sweetcorn / Zesty Coleslaw</p> <p>Lemon Shortbread served with Orange Wedges <b>Wheat</b> or Cinnamon &amp; Chocolate Gram Flour Shortbread served with Orange Wedges</p>	<p>Sweet Potato &amp; Bean Turnover served with Oven Baked Potato Wedges</p> <p>Chicken Sausage Roll with Gravy <b>Wheat, Sulphites</b> with New Potatoes</p> <p>Chickpea &amp; Herb No Meatballs in an Italian Style Tomato Sauce served with Pasta <b>Wheat</b></p> <p>Peas / Baked Beans</p> <p>Jelly with Fresh Fruit Wedges</p>	<p>Spanish Style Omelette <b>Egg, Milk</b> with Mixed Leaf Salad</p> <p>Beef Cottage Pie</p> <p>Pasta Arrabbiata with Spinach <b>Wheat</b> served with Tomato &amp; Basil Style Focaccia <b>Wheat, Egg, Milk, Soybeans</b></p> <p>Swede / Peas</p> <p>Apple Flapjack <b>Wheat</b> served with Custard <b>Milk</b></p>	<p>Sweetcorn &amp; Pepper Pizza / Margherita Pizza <b>Wheat, Milk</b> with Chips</p> <p>Battered Fish <b>Fish, Wheat</b> served with Tomato Sauce &amp; Chips</p> <p>Jacket Potato with Cheese &amp; Coleslaw <b>Egg, Milk, Mustard</b></p> <p>Baked Courgettes / Baked Beans</p> <p>Orange Traybake <b>Wheat, Egg, Milk</b></p>
WEEK TWO	<p>Indian Style Chickpea &amp; Potato Style Wrap <b>Wheat</b> served with Tomato &amp; Coriander Chutney</p> <p>Jacket Potato with Baked Beans &amp; Cheese <b>Milk</b></p> <p>Tomato &amp; Basil Pasta <b>Wheat</b> served with a Rainbow Ribbon Salad</p> <p>Butternut Squash / Broccoli</p> <p>Forest Fruit Flapjack <b>Wheat</b></p>	<p>Cheese &amp; Leek Puff Pastry Pinwheel <b>Wheat</b> served with New Potatoes</p> <p>Piri Piri Style Chicken served with Rice</p> <p>Jacket Potato with Tuna Mayonnaise <b>Egg, Milk, Fish, Mustard</b></p> <p>Carrot / Peas</p> <p>Red Velvet Sponge <b>Wheat, Egg, Milk</b> Custard <b>Milk</b></p>	<p>Sweet Potato &amp; Bean Pattie with Oven Baked Wedges served with a Roll <b>Wheat</b></p> <p>'Build Your Own' Beefburger served in a Roll <b>Celery, Wheat, Sulphites</b> with Seasoned Oven Baked Wedges</p> <p>Salad Bar Style Toppings</p> <p>Pesto Style Pasta <b>Wheat</b></p> <p>Sweetcorn / Winter Coleslaw <b>Egg, Milk, Mustard</b></p> <p>Ice Cream <b>Milk</b> with Apple Compote</p>	<p>Potato &amp; Vegetable Rosti served with Roasted Vegetables in a Lemon &amp; Herb Dressing</p> <p>Beef Bolognaise or Vegetable Bolognaise served with Penne Pasta <b>Wheat</b> or Rice or Garlic &amp; Herb Style Focaccia <b>Wheat, Egg, Milk, Soybeans</b></p> <p>Baked Courgettes &amp; Tomatoes / Green Beans</p> <p>Wholemeal Carrot Cake <b>Wheat, Egg</b> served with Custard <b>Milk</b></p>	<p>Courgette &amp; Carrot Pakora served with Kachumber Salad &amp; Chips</p> <p>Battered Fish <b>Wheat, Fish</b> served with Tomato Sauce &amp; Chips</p> <p>Jacket Potato with Cheese &amp; Spring Onion <b>Milk</b></p> <p>Baked Beans / Peas</p> <p>Chocolate Shortbread <b>Wheat</b> with Orange Wedges or Lemon Gram Flour Shortbread with Orange Wedges</p>
WEEK THREE	<p>Pizza Margherita <b>Wheat, Milk</b> with Garlic &amp; Herb Pasta Side</p> <p>Sweet Chilli Stir Fry served with Rice</p> <p>Jacket Potato with Vegetable Balti</p> <p>Sweetcorn / Roasted Root Vegetables</p> <p>Berry Swirl Sponge <b>Wheat, Egg, Milk</b> with Custard <b>Milk</b></p>	<p>Sweet Potato Stir with Rice</p> <p>Minced Beef &amp; Vegetable Pie <b>Wheat</b> served with New Potatoes</p> <p>Italian Style Tomato &amp; Herb Pasta <b>Wheat</b></p> <p>Savoy Cabbage / Carrots <b>Wheat, Milk</b></p> <p>Orange Shortbread <b>Wheat</b> served with Orange Wedges or Chocolate Gram Flour Shortbread served with Orange Wedges</p>	<p>Carrot &amp; Leek Sausages <b>Wheat</b> with a Smokey BBQ Style Relish &amp; Oven Baked Wedges</p> <p>Chicken Sausage Roll with a Smokey BBQ Style Relish &amp; Oven Baked Potato Wedges <b>Wheat, Sulphites</b></p> <p>Jacket Potato with Baked Beans &amp; Cheese <b>Milk</b></p> <p>Oven Baked Courgettes / Baked Beans</p> <p>Marbled Sponge <b>Wheat, Egg, Milk</b> with Chocolate Sauce <b>Milk</b></p>	<p>Butternut &amp; Chickpea Korma served with Rice</p> <p>Beef, Tomato &amp; Herb Pasta with Cheese Crumb Topping <b>Wheat, Milk</b></p> <p>Salmon and Broccoli Pasta <b>Wheat, Fish, Milk</b></p> <p>Green Beans/ Carrots</p> <p>Jelly with Peaches</p>	<p>Oven Baked Falafel served with Red Onion Chutney &amp; Chips</p> <p>Battered Fish <b>Wheat, Fish</b> served with Tomato Sauce &amp; Chips</p> <p>Jacket Potato with BBQ Style Beans &amp; Veggie Balls <b>Sulphites</b></p> <p>Peas / Baked Beans</p> <p>Lemon Traybake <b>Wheat, Egg, Milk</b></p>

## Available daily

Please ask the catering manager for food allergen information

Menu Items Available Daily: Salad Selection • Homemade Bread • Fresh Fruit • Yoghurt

### WEEK ONE

w/c 2<sup>nd</sup> Sep, 23<sup>rd</sup> Sep, 14<sup>th</sup> Oct, 11<sup>th</sup> Nov,  
2<sup>nd</sup> Dec, 6<sup>th</sup> Jan, 27<sup>th</sup> Jan

### WEEK TWO

w/c 9<sup>th</sup> Sep, 30<sup>th</sup> Sep, 28<sup>th</sup> Oct, 18<sup>th</sup> Nov,  
9<sup>th</sup> Dec, 13<sup>th</sup> Jan, 03<sup>rd</sup> Feb

### WEEK THREE

w/c 16<sup>th</sup> Sep, 7<sup>th</sup> Oct, 4<sup>th</sup> Nov, 25<sup>th</sup> Nov,  
16<sup>th</sup> Dec, 20<sup>th</sup> Jan, 10<sup>th</sup> Feb



Please see page 2 regarding  
allergen information provided  
on the menu.



## School

### About Your Catering Service

We are delighted to be working in partnership with Pegasus Academy Trust.

Founded in 1994, we are an award-winning company with a vision to encourage children to explore new tastes and make healthier food choices through their formative years, which will positively influence them for life.

### What's on the Menu

Our approach, wherever possible, is to use quality, sustainably-sourced, seasonal fresh food, including ingredients, such as British free-range eggs and British sourced fresh meat and poultry.

Our menus are created with local tastes, preferences in mind and offer a range of popular, delicious, full of flavour dishes to encourage balanced meal choices and we follow the school food standards.

We will introduce further interest and excitement to our menus with organised additional food experiences, pop-ups, themed events with links to the school's curriculum, cultural and celebration dates, aimed at creating a fun, engaging and enjoyable dining experience.

### Allergen Information

We recognise that some children may have an allergen or intolerance to one of the 14 common food allergens. We have robust processes in place to assist the school in managing. For more information, please contact our Catering Manager.

### Talented Catering Team

The Harrison catering team are dedicated to providing a great catering service and receive training to complete their roles successfully including how to prepare and serve healthier food through the company's bespoke Eat Well Live Well® training programme.

### Universal Infant Free School Meals (UIFSM)

All children in reception, year 1 or year 2 are automatically entitled to free school meals under the Universal Infant Free School Meals scheme, irrespective of income.

### Mayor of London - Free School Meal Funding 2023/24

Under the scheme introduced by The Mayor of London, Sadiq Khan, for the 2023/24 academic year, all primary school children in state-funded schools are entitled to free school meals.

### We Welcome Your Feedback

We welcome and value all feedback. We regularly review our offer to continue to offer a positive dining experience for your child. Please refer your comments or suggestions to our Catering Manager.

### Learn more

For a more in-depth knowledge about Harrison Catering, recipe inspirations, our how to videos and latest job opportunities, please visit [www.harrisoncatering.co.uk](http://www.harrisoncatering.co.uk)

### Red = Allergen

- All food is freshly prepared on site each day and if any of the 14 common food allergens present, they are listed in red against each menu item and are intended as a guide to help with the choice of meal. For operational reasons it may be necessary to alter a recipe at short notice and therefore **your child or the member of school staff who presents your child at the counter must check each time before being served with the food.**
- The Company handles many of the 14 common food allergens in our busy kitchens and so therefore cannot guarantee that our food is 100% free from specific food allergens
- There are foods not on the list of 14 common food allergens which can cause allergic reactions in a small number of people and if your child has such an allergy, **they or school member must check each time before being served with the food.**

Our allergen process is written to protect the welfare of the children.



Our very own company  
nutritionist, Dr Juliet Gray,  
advises on our menus!



Look out for monthly featured ingredients.

