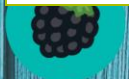


What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE w/c 6 th Sept, 27 th Sept, 18 th Oct, 15 th Nov, 6 th Dec, 10 th Jan, 31 st Jan, 28 th Feb & 21 st Mar	Homemade Margherita Pizza Homemade Mixed Pepper & Sweetcorn Pizza Baked Beans & Potato Wedges Selection of Fresh Fruit & Yoghurt	Minced Beef Chilli served with White Rice & Tortilla Chips Vegetarian Chilli served with White Rice & Tortilla Chips Jam Sponge with Custard Sauce	Roast Chicken with all the Trimmings Roast Quorn Fillet with all the Trimmings Selection of Fresh Fruit & Yoghurt	Oven Baked Sausage Roll served with Herby Diced Potatoes & Sweetcorn Vegetarian Sausage Roll served with Herby Diced Potatoes & Sweetcorn Selection of Fresh Fruit & Yoghurt	Breaded Fish served with Chips, Baked Beans or Peas Vegetarian Breaded Fish served with Chips, Baked Beans or Peas Oatmeal Cookie & Fresh Fruit
WEEK TWO w/c 13 th Sept, 4 th Oct, 1 st Nov, 22 nd Nov, 13 th Dec, 17 th Jan, 7 th Feb, 7 th Mar & 28 th Mar	Macaroni Cheese served with Garlic Bread & Mixed Salad Vegetable Curry served with Basmati Rice Garden Peas Selection of Fresh Fruit & Fruit Yoghurt	Italian Style Baked Chicken Pasta with Focaccia Bread Tomato Pasta Bake with Focaccia Bread Steamed Broccoli, Mixed Salad & Rainbow Slaw Apple Crumble with Custard	Pork Sausages with Yorkshire Pudding & Gravy Quorn Sausages with Yorkshire Pudding & Gravy Steamed Cauliflower & Honey Glazed Carrots Selection of Fresh Fruit & Fruit Yoghurt	Turkey Burger served with Savoury Rice & Mixed Salad Veggie Burger served with Savoury Rice & Mixed Salad Green Beans Selection of Fresh Fruit & Fruit Yoghurt	Breaded Fish served with Chips, Baked Beans or Peas Vegetable Wrap served with Chips, Baked Beans or Peas Oaty Flapjack & Fruit
WEEK THREE w/c 20 th Sept, 11 th Oct, 8 th Nov, 29 th Nov, 3 rd Jan, 24 th Jan, 21 st Feb & 14 th Mar	Cheese & Tomato Pasta Bake with Mixed Salad Vegetable Stir Fry with Sweet Chilli Noodles Stir Fried Vegetables Selection of Fresh Fruit & Fruit Yoghurt	Piri Piri Style Chicken & Savoury Rice Vegetable Burritos & Savoury Rice Oven Roasted Vegetables Mixed Salad Chocolate Sponge with Custard Sauce	Roast Turkey with all the Trimmings Roast Quorn Fillet with all the Trimmings Honey Glazed Parsnips & Cabbage Selection of Fresh Fruit & Fruit Yoghurt	Spaghetti Bolognese with Garlic Bread Vegetarian Bolognese with Garlic Bread Steamed Broccoli Selection of Fresh Fruit & Fruit Yoghurt	Breaded Fish served with Chips, Baked Beans or Peas Breaded Vegetable Fingers served with Chips, Baked Beans or Peas Shortbread Biscuit & Fresh Fruit

Available daily: Jacket Potato served with Cheese, Beans or Tuna Mayonnaise • Filled Rolls • Freshly Prepared Salad Bar • Homemade Bread
All dietary & allergen information is available from the school or catering department

Look out for monthly featured ingredients.



Hemblington Primary School

About Your Catering Service

The catering service at Hemblington Primary 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 Hemblington Primary 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 Hemblington Primary 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 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 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!

