

# WHAT'S ON THE MENU?

**HARRISON**  
food with thought

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Week One

Jerk Style Chicken & Coconut Rice  
Macaroni Cheese  
Sweet & Sour Vegetable & Noodle Pot  
Roasted Butternut Squash  
Green Beans  
Apple Crumble with Custard

### Taco Tuesday

Chilli Beef Soft Taco  
BBQ Chicken & Black Bean Soft Taco  
Chilli Bean Vegan Soft Taco  
Toppings: Salsa, Sour Cream, Lettuce, Onion, Tomatoes  
'Street Corn'  
Cilantro-Lime Coleslaw  
Mexican Style Rice  
Sticky Ginger Cake

Chicken and Vegetable Pie with Mashed Potato & Gravy  
Roasted Pepper & Basil Frittata with Herbed New Potatoes  
Jollof Rice Pot  
Cabbage  
Glazed Carrots  
Chocolate & Vanilla Marbled Sponge with Chocolate Sauce

### Pasta Bar

Selection of Pasta & Toppings with Garlic & Herb Breadsticks  
Beef Bolognaise  
Pesto Style Salmon  
Creamy Alfredo Style Sauce with Broccoli & Sweet Pepper  
Broccoli  
Sweetcorn  
Mixed Berry Oat Bar

Battered Fish Fillet with Chips & Tomato Sauce  
Butternut Squash & Chickpea Curry with Bombay Style Potatoes or Rice  
Portuguese Style Lemon & Herb Chicken Pasta Pot  
Citrus Shortbread

### Week Two

Mexican Beef Style Wrap with Chefs Salad  
Pasta Primavera with Paprika and Garlic Bread  
Thai Style Vegetable & Noodle Pot  
Herb Baked Courgettes  
Rainbow Coleslaw  
Steamed Pineapple & Coconut Sponge with Custard

### Curry Bar

Chicken Jalfrezi  
Onion Bhaji with Masoor Style Lentil Dhal  
Sweet Potato & Chickpea Korma  
Bombay Potato Salad  
Kachumber Salad  
Pilau Rice & Naan Style Bread  
Strawberry Mousse Sundae

Beef Bolognaise with Penne Pasta & Herbed Garlic Bread  
Macaroni Cheese with Herb Crumb  
Vegetable Jambalaya Pot  
Broccoli  
Roasted Tomatoes  
Carrot Cake with Orange Drizzle

### Chinese Theme

Chicken Chow Mein  
Kung Pao Chickpea, Cauliflower & Sweet Pepper with Lemon Rice  
Vegetable Chow Mein  
Chinese Cabbage  
Carrot Stir Fry  
Lemon Shortbread

Battered Fish with Chips & Tomato Sauce  
Carrot & Chickpea Falafels in a Wholemeal Pitta with Tomato Relish  
Tomato & Basil Pasta Pot  
Glazed Carrots  
Peas  
Apple & Cinnamon Cake with Custard

### Week Three

Barbeque Style Chicken with Vegetable Rice  
Cheese & Chive Pasta With Tomato & Basil Focaccia  
Pasta Marinara Pot  
Broccoli  
Sweetcorn  
Chocolate & Pear Sponge with Custard

### Pizza Bar

Margherita  
Spicy Beef & Mushroom  
Chicken Tikka & Red Onion  
Garlic & Herb Pasta Side  
Chef's Salad  
Sautéed Courgettes  
Fresh Fruit Salad

Chicken Sausages with Mashed Potato and Caramelized Onion & Thyme Gravy  
Cheese and Leek Pie with Mashed Potatoes  
Jollof Rice Pot  
Carrots  
Peas  
Apple Flapjack

### Mexican Theme

Chilli Beef Burrito  
Sweet Pepper & Bean Enchilada  
Chicken Fajitas  
Salsa, Sour Cream, Re-Fried Beans & Spiced Vegetable Rice  
Sweetcorn  
Roasted Courgettes with Garlic, Lime & Coriander  
Berry & Lemon Sponge with Custard

Battered Fish with Chips & Tomato Sauce  
Vegetable Dhansak with Turmeric Rice  
Sweet Chilli Chicken Noodle Pot  
Peas  
Baked Beans  
Red Velvet Cake with Chocolate Sauce

**Available daily:** Jacket Potato Bar - Salad Boxes - Sandwiches & Baguettes - Fresh Fruit Pots - Mousses

# HARRISON CATERING SERVICES

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## Ernest Bevin College

### About Your Catering Service

The catering service at Ernest Bevin College 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 100000 meals being served each day by approximately 2000 staff across more than 270 locations.

### Working in Partnership with Ernest Bevin College

Our catering team works with the school council to tailor menus to the tastes and preferences of the students. 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 young people eat affects their health and their ability to learn and perform in the classroom. At Ernest Bevin College our catering team provides nutritious balanced meals and we work to educate the students 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](http://www.harrisoncatering.co.uk/job-opportunities.html) or contact the Human Resources department at our Thame office on 01844 216777.

