

# WHAT'S ON THE MENU?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE w/c 30 <sup>th</sup> Aug, 20 <sup>th</sup> Sept, 11 <sup>th</sup> Oct & 8 <sup>th</sup> Nov	<p>Baked Beef Bolognese Penne Pasta</p> <p>Jerk Chicken with Rice &amp; Peas</p> <p>Roasted Courgette &amp; Mushroom Pasta Bake</p>	<p>Cottage Pie with Peas &amp; Carrots</p> <p>Braised Chicken Tagine with Cous Cous &amp; Fresh Mint</p> <p>Moroccan Vegetable Stew with Cous Cous &amp; Fresh Mint</p>	<p>Layered Macaroni Cheese with Bacon &amp; Chives</p> <p>Layered Macaroni Cheese with Sauté Leeks, Onions &amp; Peppers</p> <p>Spiced Chicken &amp; Sausage Jambalaya</p>	<p>Cajun Spiced Chicken with Coconut &amp; Bean Braised Rice</p> <p>BBQ Shredded Pork Burritos</p> <p>Sweet Potato, Spinach &amp; Chickpea Biryani</p>	<p>Fish &amp; Chip Friday</p> <p>Penne Pasta with Feta Cheese &amp; Olive in a Rich Tomato Sauce</p> <p>Spicy Bean Burger with Fried Halloumi</p>
WEEK TWO w/c 6 <sup>th</sup> Sept, 27 <sup>th</sup> Sept, 18 <sup>th</sup> Oct & 15 <sup>th</sup> Nov	<p>Chicken &amp; Chorizo Paella with Potatas Bravas</p> <p>BBQ Pulled Chicken &amp; Mixed Pepper Pizza</p> <p>Chickpea, Lentil &amp; Spinach Biryani</p>	<p>Thai Style Turkey Stir Fry with Ginger, Lime &amp; Coriander</p> <p>Meatballs with Fusilli Pasta in a Rich Tomato &amp; Garlic Sauce</p> <p>Roasted Vegetable Salsa with Spiced Potato Wedges &amp; Mozzarella Cheese</p>	<p>Chunky Braised Beef Chilli with Steamed Coconut &amp; Thyme Rice</p> <p>Penne Pasta with Creamy Chicken, Bacon &amp; Chive Sauce</p> <p>Rich Tomato &amp; Spinach Penne Pasta with Garlic &amp; Fresh Basil</p>	<p>Piri Piri Chicken with Tomato &amp; Chilli Braised Rice</p> <p>Sausage 'n' Mash with Onion Gravy, Peas &amp; Carrots</p> <p>Roasted Vegetable Moussaka topped with Feta</p>	<p>Fish &amp; Chip Friday</p> <p>Cheese &amp; Tomato Pasta Pot</p> <p>Torpedo Prawns with Sweet Chilli Sauce in a Ciabatta Bag</p>
WEEK THREE w/c 14 <sup>th</sup> Sept, 4 <sup>th</sup> Oct, 1 <sup>st</sup> Nov & 22 <sup>nd</sup> Nov	<p>Chicken Tikka Masala with Pilau Rice &amp; Coriander</p> <p>Mexican Style Spiced Chicken with Onions &amp; Peppers on Ciabatta Bread</p> <p>Cauliflower &amp; Broccoli Tikka Masala with Pilau Rice &amp; Coriander</p>	<p>Cajun Spiced Shredded Pork Penne Pasta, Roast Tomato &amp; Mixed Pepper</p> <p>Chilli Beef Carne with Potato Wedges with a Cheese &amp; Tortilla Crumb</p> <p>Sweet Potato &amp; Aubergine Tagine with Sweet Spiced Cous Cous</p>	<p>BBQ Pulled Pork &amp; Mozzarella Panini</p> <p>Spicy Chicken Noodles with Garlic, Ginger &amp; Chilli</p> <p>Gnocchi with Roasted Courgette &amp; Peppers in a Tomato &amp; Garlic Sauce</p>	<p>Slow cooked Beef Rendang with Pilau Rice &amp; Fresh Coriander</p> <p>Piri Piri Chicken with Chicken Chilli Rice</p> <p>Roasted Vegetable Lasagne with Garlic Bread</p>	<p>Fish &amp; Chip Friday</p> <p>Layered Macaroni Cheese with Roasted Tomato &amp; Garlic Croutons</p> <p>Jumbo Fish Finger Roll</p>

Available daily: Selection of Sandwiches, Rolls & Baguettes • Salads • Fresh Bakes

## The John Fisher School

### About Your Catering Service

The catering service at The John Fisher 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 The John Fisher School

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 The John Fisher School, 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.

