

# WHAT'S ON THE MENU?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	<p>Creamy Chicken Korma with Turmeric Spiced Rice</p> <p>Japanese Style Sweet Potato &amp; Chickpea Curry</p> <p>Mini Naan Bread &amp; Poppadom</p> <p>Fresh Vegetables</p> <p>Forest Fruit Yoghurt</p>	<p>Asian Style Chicken Stir Fry with Black Bean Sauce</p> <p>Falafel Stuffed Pitta</p> <p>Egg Fried Rice</p> <p>Fresh Vegetables</p> <p>Sticky Toffee Pudding with Butterscotch Sauce</p>	<p>Roast Turkey with Stuffing &amp; Gravy</p> <p>Lentil &amp; Root Vegetable Loaf with Gravy</p> <p>Roast Potatoes</p> <p>Honey Herb Roasted Carrots &amp; Steamed Savoy Cabbage</p> <p>Iced Carrot Cake</p>	<p>BBQ Chicken Thigh with Savoury Pilaf Rice</p> <p>Mac n Cheese with Garlic Bread</p> <p>Fresh Vegetables</p> <p>Warm Chocolate Brownie</p>	<p>Breaded Fish Fillet &amp; Chips</p> <p>Veggie Burger in a Bun &amp; Chips</p> <p>Garden Peas or Baked Beans</p> <p>Fresh Fruit Salad</p>
WEEK TWO	<p>Traditional Beef Lasagne al Forno</p> <p>Gnocchi with Rocket &amp; Basil Pesto</p> <p>Garlic Bread</p> <p>Fresh Chopped Salad</p> <p>Apricot Crumble with Custard</p>	<p>Mild Piri Piri Chicken Thighs</p> <p>Tacos with Quorn Chilli &amp; Sour Cream</p> <p>Sweet Potato Wedges</p> <p>Sweetcorn with Mixed Peppers</p> <p>Chocolate Tiffin Cake</p>	<p>Honey Roast Gammon, Pineapple &amp; Gravy</p> <p>Marinated Squash &amp; Baby Vegetable Frittata</p> <p>Roast Potatoes</p> <p>Glazed Carrots &amp; Curly Kale</p> <p>Fruits of the Forest Sponge with Custard</p>	<p>Turkey &amp; Pepper Fricassee</p> <p>Cheese &amp; Potato Quesadilla with Salsa</p> <p>Pilaf Rice</p> <p>Broccoli Florets</p> <p>Apricot Flapjack</p>	<p>Freshly Fried Fish</p> <p>Layered Macaroni Cheese with Homemade Bread</p> <p>Chipped Potatoes</p> <p>Garden Peas or Baked Beans</p> <p>Freshly Baked Carrot Cake</p>
WEEK THREE	<p>Chicken Fajitas with Guacamole &amp; Sour Cream</p> <p>Roast Vegetable &amp; Brie Galette</p> <p>Spiced Potato Wedges</p> <p>Fresh Chopped Salad</p> <p>Citrus Sponge with Custard</p>	<p>Cottage Pie topped with Cheddar Mash</p> <p>Moroccan Style Vegetable Stew with Coriander Cous Cous</p> <p>Steamed Broccoli &amp; Savoy Cabbage</p> <p>Steamed Syrup Sponge with Cream</p>	<p>Roast Chicken Thigh with Stuffing &amp; Gravy</p> <p>Vegetable Sausage Roll with Onion Jam</p> <p>Roast Potatoes</p> <p>Roasted Root Vegetables</p> <p>Apple Crumble with Custard</p>	<p>Penne Pasta with Beef Ragù Sauce</p> <p>Vegetable Paella with Sun Blushed Tomatoes &amp; Basil Oil</p> <p>Chopped Green Salad</p> <p>Garlic Bread Slices</p> <p>Berry Eton Mess</p>	<p>Breaded Fish Fillet with Tartare Sauce &amp; Lemon</p> <p>Roast Vegetable &amp; Bean Burrito</p> <p>Chunky Chips</p> <p>Garden Peas or Baked Beans</p> <p>Ice Cream Pots</p>

**Available daily:** Sandwiches • Wraps • Baguettes • Salad Bar • Wraps • Grab & Go Hot & Cold Snacks • Jacket Potato Bar with Toppings • Homebakes • Fresh Fruit



## Gildredge House

### About Your Catering Service

The catering service at Gildredge House 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 Gildredge House

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 Gildredge House, 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 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.

