

What's on the menu?

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|--|
| WEEK ONE w/c 2 nd Sept, 23 rd Sept, 14 th Oct, 1 st Nov & 2 nd Dec | Beef Bolognese & Spaghetti with a Garlic & Herb Bread (GL) Vegetable & Lentil Pasta Bake with a Garlic & Herb Bread (GL) Peach Crumble with Custard (GL,D) | Pork Sausages (GL) with Caramelised Onions, Mash Potato & Gravy Vegetable & Leek Sausages (GL) with Mash Potato & Gravy Pineapple Upside Down Cake (GL,E) | Roast Beef with Yorkshire Pudding (GL,E,E) & Roast Potatoes Cheese & Potato Puff Pastry Pin Wheel (GL,D,E) Chocolate Sponge with Chocolate Custard (GL,D,E) | Jamaican Style Jerk Chicken with Savoury Rice & Sweetcorn Chinese Style Noodles with Fresh Coriander (GL,E) Vanilla Ice Cream with Lemon & Poppy Seed Shortbread (GL,D) | Breaded Fish with Chips & Tomato Sauce (GL,E) Vegetable Mixed Bean Chilli with Long Grain Rice Strawberry Jelly with a Fruit Compote |
| WEEK TWO w/c 9 th Sept, 30 th Sept, 21 st Oct, 18 th Nov & 9 th Dec | Chicken Kabul Korma (D) with Rice & Mango Chutney Northern Indian Style Palak Dhal Raspberry Ripple Ice Cream with Watermelon (D) | Mexican Style Chilli Beef with a Tomato Salsa & Cheddar Cheese (D) Vegetable Burrito (GL) with Tomato Sauce & Cheddar Cheese (D) Marbled Sponge Cake with Vanilla Custard (GL,E,D) | Baked Gammon with Roast Potatoes & Gravy Baked Vegetable Puff Pastry Wellington (GL,E) Carrot Cake (GL,E) | Sticky BBQ Chicken with Rice & Peas Macaroni Cheese with Garlic & Herb Focaccia (GL,D) Orange Jelly with Orange Wedges | Battered Fish with Chips & Tomato Sauce (GL,E,D) Ratatouille Penne Pasta (GL) Pear Crumble with Vanilla Custard (GL,D) |
| WEEK THREE w/c 16 th Sept, 7 th Oct, 4 th Nov, 25 th Nov & 16 th Dec | Sweet & Sour Style Pork with Egg Fried Rice (E) Jacket Potato Bar with a Choice of Fillings Lemon & Lime Drizzle Cake with Custard (GL,E,D) | Shepherd's Pie topped with Mashed Potato Tomato & Basil Penne Pasta (GL) Cinnamon, Oat & Sultana Cookie (GL) | Roast Chicken with Sage & Onion Stuffing (GL) Roasted Pepper & Red Onion Frittata (E) Vanilla Syrup Sponge Cake with Custard (GL,E,D) | Beef Lasagne with a Garlic & Herb Bread (GL,D) Roasted Vegetable Lasagne with a Garlic & Herb Bread (GL,D) Strawberry Ice Cream with Fruit Topping (D) | Fish Finger Sandwich (GL,E,D) with Oven Roasted New Potatoes Sour Dough Cheese & Tomato Pizza (GL,D,E) Fruity Friday |

Available daily: Seasonal Vegetables • Salad Bar • Jacket Potatoes with Baked Beans & Cheese (D) or Tuna Mayonnaise (E) • Selection of Fruit Yoghurt (D) & Toppings • Fresh Fruit Platter

GL = Contains Gluten, E = Contains Egg, D = Contains Dairy

Look out for monthly featured ingredients.



Gorse Ride School

About Your Catering Service

The catering service at Gorse Ride 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 Gorse Ride 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 Gorse Ride 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!

