

What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Vegan Mediterranean Style Vegetable Pasta Gluten Macaroni Cheese Gluten, Milk with Side Salad Yoghurt Milk with Fresh Fruit Slices	Chicken Sausages & Potato Wedges with Gravy Vegan Quorn Sausage Gluten & Potato Wedges with Gravy Wholemeal Lemon Shortbread Gluten with Fruit Wedges	Roast Chicken Breast with Roast Potatoes & Gravy Cheese & Leek Pinwheel Gluten, Milk with Roast Potatoes & Gravy Apple Crumble Gluten & Custard	Beef Bolognese with Spaghetti Gluten Vegan Vegetable Mince Bolognese with Spaghetti Gluten Flapjack Gluten	Chicken Nuggets Gluten, Celery with Chips & Tomato Sauce Vegan Quorn Nuggets Gluten with Chips & Tomato Sauce Yoghurt Milk & Fresh Fruit Slices
WEEK TWO	Margarita Pizza Gluten, Milk with Potato Wedges & Chef's Salad Vegan Tomato & Basil Pasta Gluten with Optional Cheese Milk Yoghurt Milk with Fresh Fruit Slices	Mild Beef Chilli with a Soft Taco Gluten Salsa & Rice Vegan Bean & Vegetable Chilli with a Soft Taco Gluten Salsa & Rice Vegan Orange Jelly with Orange Wedges	Roast Chicken Breast with Roast Potatoes & Gravy Quorn Roast Egg, Milk with Roast Potatoes & Gravy Oatmeal Cookie Gluten Egg with Fruit Slices	Barbecue Style Chicken with Rice Vegan Sweet Potato & Bean Curry with Rice Berry Swirl Sponge Milk, Egg with Custard Milk	Breaded Fish Fish, Gluten with Chips & Tomato Sauce Vegan Vegetable Burger Sesame, Gluten with Chips & Tomato Sauce Yoghurt Milk with Fresh Fruit Slices
WEEK THREE	Vegan Pesto Pasta Gluten with Optional Cheese Milk Vegan Pasta Marinara Gluten with Optional Cheese Milk Yoghurt Milk with Fresh Fruit Slices	Chicken Pie Milk, Gluten with Crushed New Potatoes Vegan Vegetable Pie Gluten with Crushed New Potatoes Wholemeal Lemon Shortbread Gluten with Fruit Wedges	Roast Turkey Breast with Roast Potatoes & Gravy Vegan Sweet Potato & Vegetable Wellington Gluten with Roast Potatoes & Gravy Carrot & Orange Cake Egg, Gluten with Custard Milk	Piri Piri Chicken with Rice Vegan Bean & Vegetable Chilli with Rice Apple Flapjack Gluten with Custard Milk	Battered Fish Fish, Gluten with Tomato Ketchup & Chips Vegan Cornish Style Vegetable Pasty Gluten & Chips & Tomato Ketchup Yoghurt Milk with Fresh Fruit Slices

Available daily

Please ask the catering manager for food allergen information

Available Daily: Freshly Prepared Salads, Yoghurt & Fresh Fruit Platter. Bread is Baked Daily.

WEEK ONE

w/c 31 Aug, 21 Sept, 12 Oct,
2 Nov, 23 Nov, 14 Dec

WEEK TWO

w/c 7 Sept, 28 Sept, 19 Oct
9 Nov, 30 Nov

WEEK THREE

w/c 14 Sept, 5 Oct, 26 Oct,
16 Nov, 7 Dec



Please see page 2 regarding
allergen information provided
on the menu.



Rutherford House School

About Your Catering Service

We are delighted to be working in partnership with your school. Founded in 1994, we are an award-winning company with a vision to encourage children to explore new tastes and make healthier food choices through their formative years, which will positively influence them for life.

A Delicious Balanced Menu

Our approach is focused on seasonal, fresh, sustainably sourced food, including ingredients, such as British free-range eggs and British sourced fresh meat and poultry, wherever possible.

Our menus are created with local tastes and preferences in mind and offer a range of popular, full of flavour dishes to encourage balanced meal choices and to help children grow, learn and stay active.

Core menus are reviewed by our consultant nutritionist, who ensures that they are structured for young growing bodies, who need a variety of food, including protein (in both meat-based and vegetarian dishes), fruit and vegetables, carbohydrates, and dairy products, while limiting foods high in fat, salt and sugars. We follow the school food standards.

We will introduce further interest and excitement to menus with planned additional food experiences, pop-ups, themed events with links to the school's curriculum, cultural and celebration dates, aimed at creating a fun, engaging and enjoyable dining experience.

Allergen Information

We recognise that some children may have an allergen or intolerance to one of the 14 common food allergens. We have robust processes in place to assist the school in managing. If your child has a food allergy or intolerance, please complete the allergen management form and return it to your school office. To view our process and obtain the allergen management form please visit:

<https://www.harrisoncatering.co.uk/food-allergies-food-intolerances>.

Talented Catering Team

The Harrison catering team are dedicated to providing a great catering service and receive training to complete their roles successfully, including how to prepare and serve healthier food through the company's bespoke Eat Well Live Well® training programme.

Universal Infant Free School Meals (UIFSM)

All children in reception, year 1 or year 2 are automatically entitled to free school meals under the Universal Infant Free School Meals scheme, irrespective of income.

Free School Meals

Your older children may be entitled for free school meals. Please contact the school office to find out how to apply and access this benefit.

Payment of School Lunches

Please contact the school office for the payment process for **your child's school lunch**.

We Welcome Your Feedback

We welcome and value all feedback. We regularly review our offer to continue to offer a positive dining experience for your child. Please refer your comments or suggestions to our Catering Manager.

Learn More

For more in-depth knowledge about Harrison Catering, recipe inspirations, health and wellbeing, our how-to-videos, charitable **activities and latest job opportunities**, please visit

www.harrisoncatering.co.uk

Red = Allergen

- All food is freshly prepared on site each day and if any of the 14 common food allergens present, they are listed in red against each menu item and are intended as a guide to help with the choice of meal. For operational reasons it may be necessary to alter a recipe at short notice and therefore **your child or the member of school staff who presents your child at the counter must check each time before being served with the food.**
- The Company handles many of the 14 common food allergens in our busy kitchens and so therefore cannot guarantee that our food is 100% free from specific food allergens
- There are foods not on the list of 14 common food allergens which can cause allergic reactions in a small number of people and if your child has such an allergy, **they or school member must check each time before being served with the food.**

Our allergen process is written to protect the welfare of the children.



Look out for monthly featured ingredients.

