

# What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b> w/c 30 <sup>th</sup> Aug, 20 <sup>th</sup> Sept, 1 <sup>st</sup> Oct, 29 <sup>th</sup> Nov & 20 <sup>th</sup> Dec	Vegetable Korma with Basmati Rice  Macaroni Cheese  Broccoli & Sweetcorn  Apple & Cinnamon Cake with Custard	Chicken Sausages with Mashed Potato  Vegetarian Sausages with Mashed Potato  Cauliflower & Green Beans  Fruity Flapjack & Apple Wedges	Roast Chicken with Sage & Onion Stuffing & Roast Potatoes  Roasted Root Vegetable Wellington & Roast Potatoes  Peas & Spinach  Lemon Shortbread	Beef Ragù Pasta Bake  Roasted Root Vegetable Pasta Bake with Garlic Bread  Carrots & Courgettes  Vanilla Ice Cream with Peaches	Battered Fish & Chips with Tomato Sauce  Sweet Pepper & Bean Enchilada with Salsa & Rice or Chips  Roasted Mushrooms & Peppers  Berry & Lemon Cupcake
<b>WEEK TWO</b> w/c 6 <sup>th</sup> Sept, 27 <sup>th</sup> Sept, 18 <sup>th</sup> Oct, 15 <sup>th</sup> Nov & 6 <sup>th</sup> Dec	Homemade Pepperoni or Cheese & Tomato Pizza  Salmon Jambalaya  Sweetcorn & Spinach  Carrot Cake with Custard	Provençal Style Chicken & Herb Pasta Bake  Piri Piri Roasted Vegetables with Potato Wedges  Cauliflower & Carrots  Shortbread with Fruit Wedges	BBQ Roast Beef & Roast Potatoes  Vegetable Pinwheel & Roast Potatoes  Green Beans & Peas  Vanilla Sponge with Orange Sauce	Chicken Tikka with Rice & Naan Style Bread  Pasta Twists with a Tomato & Basil Sauce  Roasted Courgettes & Peppers  Peach Oat Bar	MSC Golden Crumb Fish Fingers with Rainbow Coleslaw & Chips  Vegetable Sliders in a Bun with Rainbow Coleslaw & Chips  BBQ Beans & Peas  Strawberry Ice Cream with Watermelon
<b>WEEK THREE</b> w/c 13 <sup>th</sup> Sept, 4 <sup>th</sup> Oct, 1 <sup>st</sup> Nov, 22 <sup>nd</sup> Nov & 13 <sup>th</sup> Dec	Beef Bolognese with Fusilli Pasta & Herbed Garlic Bread  Vegetable & Lentil Bolognese with Fusilli Pasta & Herbed Garlic Bread  Cauliflower & Sweetcorn  Lemon Iced Sponge	Homemade Beef Sausage Roll with Mashed Potato  Butternut Squash & Chickpea Curry with Rice  Broccoli & Peppers  Shortbread Biscuit with Orange Wedges	Roast Turkey with Roast Potatoes  Cheese & Leek Slice with Roast Potatoes  Green Beans & Spinach  Berry Sponge with Custard	Piri Piri Style Chicken with Vegetable Rice  Vegetable Chilli with Rice  Peas & Carrots  Jelly with Peaches	Battered Fish & Chips with Tomato Sauce  Vegetable Burrito & Chips  Baked Beans or Mushy Peas  Apple Shortbread with Fruit Wedges

**Available daily:** Jacket Potato with Various Fillings • Homemade Bread of the Day • Crafted Salads (Mixed Leaf, Cucumber, Tomato, Sliced Peppers, Sliced Carrots, Sweetcorn, Coleslaw & Lemon Potato Salad)

## The Belham School

### About Your Catering Service

The catering service at The Belham 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 Belham 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 The Belham 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](http://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!

