

# What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b> w/c 1 <sup>st</sup> Sept, 20 <sup>th</sup> Sept, 11 <sup>th</sup> Oct, 8 <sup>th</sup> Nov, 29 <sup>th</sup> Nov, 3 <sup>rd</sup> Jan & 24 <sup>th</sup> Jan	Beef Bolognaise Spaghetti in a Herb & Tomato Sauce with Parmesan Spaghetti Fresh Cauliflower with Fine Green Beans Apple Sponge with Custard Sauce	BBQ Chicken Aubergine, Chick Pea & Potato Balti Steamed Basmati Rice Fresh Citrus Carrots with Sweetcorn American Style Cookie Orange & Apple Wedges	Steak Pie with Gravy Penne Arrabiata Parsley Potatoes Braised Cabbage with Courgettes Chocolate & Peach Sponge with Chocolate Sauce	Seasoned Roast Chicken Cheddar & Red Onion Quiche Roast Potatoes Fresh Broccoli & Cauliflower Mix Flapjack	Breaded Fish Fillet Vegetable Roll Chunky Chips Baked Beans or Garden Peas Strawberry Jelly & Mandarins
<b>WEEK TWO</b> w/c 6 <sup>th</sup> Sept, 27 <sup>th</sup> Sept, 25 <sup>th</sup> Oct, 15 <sup>th</sup> Nov, 6 <sup>th</sup> Dec, 10 <sup>th</sup> Jan & 31 <sup>st</sup> Jan	Slow Cooked Balsamic Beef Leek & Lentil Pie New Potatoes in Garlic & Herbs Fresh Cauliflower with Garden Peas Chocolate & Pear Sponge with Chocolate Sauce	Blackened Cajun Chicken Sauté Sweet Potato with Mixed Beans Steamed Basmati Rice Fresh Broccoli / Citrus Carrots Carrot Cake Melon & Orange Wedges	Shepherd's Pie with Gravy Pasta Neapolitan Braised Carrots with Savoy Cabbage Canadian Style Gingerbread with Vanilla Sauce	Chicken Madras Linguine with Herby Tomato & Fresh Salmon Steamed Basmati Rice Roasted Butternut Squash / Fine Green Beans Citrus Shortbread	Pizza Margherita Pan Fried Fish Chunky Chips Baked Beans / Sweetcorn with Garden Peas Vanilla Ice Cream with Fruit
<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, 17 <sup>th</sup> Jan & 7 <sup>th</sup> Feb	Baked Chicken Sausages with Braised Onions & Gravy Feta & Vegetable Parcel Creamed Potatoes Braised Cabbage / Roasted Parsnips Wholemeal Lemon Sponge with Custard Sauce	Moroccan Style Kofte Vegetable Lasagne Steamed Basmati Rice Braised Carrots with Sweetcorn Chocolate Brownie Orange & Apple Wedges	Roast Beef with Yorkshire Pudding Macaroni Cheese Roast Potatoes Fresh Vegetable Medley Wholemeal Banana Sponge with Custard Sauce	Teriyaki Chicken Vegetarian Shepherd's Pie with Sweet Potato Mash Steamed Basmati Rice Fresh Broccoli / Citrus Carrots Malva Pudding with Vanilla Sauce	Panini Choice Spanish Omelette Chunky Chips Garden Peas / Baked Beans Frozen Yoghurt with Fruit

**Available daily:** Jacket Potato with a Choice of Fillings. Salad Selection. Organic Milk. Freshly Baked Wholemeal Bread. Fresh Fruit Platter. Fruit Yoghurt or Smoothie

Look out for monthly featured ingredients.



## Forest Academy

### About Your Catering Service

The catering service at Forest Academy 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 Forest Academy

Our catering team works with the school community 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 Forest Academy, 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 Thames 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!

