

What's on the menu?

£2.40/Meal £12.00/Week

Sept. 2017

HARRISON
food with thought

MONDAY

Week One
w/c
4th September
25th September
16th October
13th November
4th December
1st January
22nd January

Beef Bolognese with Spaghetti & Garlic Bread
Vegetable Bolognese with Spaghetti & Garlic Bread
Winter Berry Smoothie & Flapjack Bite
Fresh Fruit Platter
Yoghurt

TUESDAY

Chicken in a BBQ Sauce with Corn on the Cob & Savoury Rice
Jacket Potato with Tuna Mayonnaise & Sweetcorn or Baked Beans
Chocolate Sponge with Chocolate Sauce
Fresh Fruit Platter
Yoghurt

WEDNESDAY

Roast Pork, Apple Sauce & Roast Potatoes
Winter Vegetable Slice with Roast Potatoes
Tofee Apple Cake with Custard
Fresh Fruit Platter
Yoghurt

THURSDAY

Beef Burger in a Bun with Chef's Salad & Jacket Half Tomato & Basil Penne Pasta
Homemade Oatcake with Cheese & Apple Wedges
Fresh Fruit Platter
Yoghurt

FRIDAY

Breaded Fish with Chunky Chips & Homemade Tomato Sauce
Cherry Tomato & Spinach Quiche with Chunky Chips & Homemade Tomato Sauce
Fruity Friday

Autumn / Winter 2017-18

Week Two
w/c
11th September
2nd October
30th October
20th November
11th December
8th January
29th January

Beef Cobbler with New Potatoes
Macaroni Cheese
Peach Melba Cake with Custard
Fresh Fruit Platter
Yoghurt

Roast Beef with Yorkshire Pudding, Roast Potatoes & Parsnips
Cheese & Leek Pie with Roast Potatoes
Carrot Cake with Custard
Fresh Fruit Platter
Yoghurt

Turkey Meatballs with Tomato Sauce & Penne Pasta
Jacket Potato with Tuna Mayonnaise or Vegetable Chilli
Strawberry Jelly with Fruit Wedges
Fresh Fruit Platter
Yoghurt

Breaded Fish with Chunky Chips & Homemade Tomato Sauce
Vegetable Frittata with Chunky Chips & Homemade Tomato Sauce
Fruity Friday

Week Three
w/c
18th September
3rd October
6th November
27th November
18th December
15th January
5th February

Deep Pan Cheese & Tomato or Tuna & Sweetcorn Pizza
Vegetable Korma with Rice
Apple Lattice Pie with Custard
Fresh Fruit Platter
Yoghurt

Sausage & Mashed Potato
Carrot & Leek Sausage with Mashed Potato
Wholemeal Lemon Shortbread with Fruit Wedges
Fresh Fruit Platter
Yoghurt

Roast Gammon & Roast Potatoes
Filled Yorkshire Pudding with Roasted Root Vegetables & Roast Potatoes
Orange Drizzle Cake with Custard
Fresh Fruit Platter
Yoghurt

Beef Lasagne with Crusty Bread
Oriental Vegetable or Salmon Chow Mein
Berry Cupcake
Fresh Fruit Platter
Yoghurt

Breaded Fish with Chunky Chips & Homemade Tomato Sauce
Homemade Vegetable Cornish Pasty with Chunky Chips
Fruity Friday

Available daily: Seasonal Vegetables, Salad Bar, Fresh Homemade Bread, Fresh Fruit Platter, Yoghurt