What's on the menu?

HARRISON food with thought

		ICESDAI	WEDNESDAT	INUNSDAI	
Week	Meat Free Monday	Jacket Potato Bar		Portuguese Style Food Bar	
V/c 19 th April, 10 th May 7 th June 28 th June	Macaroni Cheese With Tomato & Herb Bread Kung Pao Cauliflower & Sweet Pepper with Rice Apple Oat Bar with Custard	Jacket Potato with choice of fillings: Mild Lamb Chilli or Baked Beans & Cheese Mild Lamb Chilli with Rice	Lamb or Beef Madras With Pilau Style Rice With Apple & Mint Chutney Pasta Italienne With Garlic Bread	Piri Piri Style Lemon and Herb Chicken or Red Pepper & Sweet Potato Pattie Sides: Mixed Vegetable Rice, Roast Vegetables & Salads Raspberry Ripple Ice Cream with	Breaded Fish with Chips and Homemade Tomato Ketchup Gram Flour Vegetable Turnover with Chips Harrison Bear Lemon Biscuit
19 ^h July		Chocolate Brownie with Orange Wedges	Carrot & Pineapple Cake with Custard	Melon Wedges	with Fruit Wedges
Week Two 26 th April 17 th May 14 th June 5 th July	Meat Free Monday Tomato and Basil Pasta With Garlic & Herb Bread Baked Sweet Potato, Carrot & Courgette Pakora With Chickpea Dhal & Rice Apple and Cinnamon Crumble with Custard	Deli Day Filled Rolls/Wraps: Roast Chicken Salad, Cheese and Tomato, Egg Mayonnaise Tuna & Sweetcorn Mayonnaise Hot Bites: Mini Chicken Sausage Roll or Mini Curried Vegetable Parcel Sides: Crudities, Hummus, Pesto Style Pasta & Sweetcorn & Red Salad Orange Shortbread with Fruit Wedges	Roast Chicken with Roast Potatoes and Gravy Carrot and Cheese Pinwheel with Roast Potatoes and Gravy Chocolate Sponge with Chocolate Sauce	Pizza Day Lamb or Beef & Mushroom Pizza Cheese and Tomato Pizza or Sweetcorn and Mixed Pepper Pizza Sides: Potato Salad, Tomato Wedges, Diced Cucumber, Grated Carrots & Mixed Leaf Salad Fruit Ice Lolly	Breaded Fish with Chips and Homemade Tomato Sauce Chickpea and Herb Balls with Italian Sauce and Chips Jelly with Fruit Wedges
Week Three	Meat Free Monday	Pasta Day		Asian Style Food Bar	
w/c	Jacket Potato with Cheese & Beans	Penne or Fusilli Pasta or Gnocchi with: Lamb/Beef Bolognaise, Tuscan	Chicken Sausages with Mashed Potatoes & Gravy	Chicken Curry Baked Onion Bhaji with Masoor Red Lentil Dhal or Indian Stye Gram Flour	Breaded Fish with Chips & Homemade Tomato Sauce
3 rd May 24 th May 21 st June 12 th July	Jamaican Style Vegetable Pattie with Baked New Potatoes	Style Tomato & Bean Sauce or Spinach & Sweetcorn Alfredo Style Sauce Antipasti & Herb Focaccia	Sweet Potato & Red Bean Sausages with Mashed Potato & Gravy	Sides: Lemon Rice, Naan Style Bread, Apple & Mint Chutney & Raita	Carrot & Chickpea Falafel in a Spinach Wrap with Hummus & Couscous Salad or Chips
	Strawberry Ice Cream with Fruit Wedges	Chocolate Shortbread with Orange Wedges	Peach & Berry Crumble with Custard	Fresh Fruit with Yoghurt Topping	Oat & Raisin Cookie with Fruit Wedges

WEDNESDAY

THURSDA

FRIDA

Try something

Available daily: Freshly baked bread, fresh fruit platter, salads, fruit yoghurt and water



