

What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Margherita Pizza Wheat, Milk with a Garlic & Sweet Pepper Pasta Side Wheat Caribbean Vegetable Curry served with Rice Jacket Potato with Baked Beans & Veggie Balls Broccoli / Sweetcorn Chocolate Sponge Wheat, Egg, Milk with Chocolate Sauce Milk	Piri Piri Style Chicken served with Smoky Oven Roast Potato Wedges Piri Piri Vegetables served with Smoky Oven Roast Potato Wedges or Mashed Potato Rainbow Ribbon Pasta Wheat with a Mixed Leaf Salad Green Beans / Carrots Wholemeal Shortbread Wheat or Lemon Gram Flour Shortbread Both served with Fresh Fruit Wedges	Mexican Style Soft Chilli Beef served with a Soft Taco Wheat served with Rice Sweet Potato & Courgette Frittata Egg, Milk served with Mashed Potatoes Jacket Potato with Bean Chilli Butternut Squash / Savoy Cabbage Cinnamon & Cocoa Traybake Wheat, Egg, Milk	Chicken Pasta Bake served with Penne Pasta Wheat, Milk or Orzo Pasta Wheat, Milk Chinese Style Vegetarian Stir Fry served with Noodles Wheat, Egg or Rice Winter Vegetable Casserole served with Mashed Potato Broccoli / Carrots Orange Sponge Wheat, Egg, Milk with Custard Milk	Battered Fish Fillet Wheat, Fish served with Tomato Sauce & Chips Cauliflower & Broccoli Cheese Wheat, Milk served with Mashed Potato Jacket Potato with Baked Beans & Cheese Milk Courgettes / Baked Beans Strawberry Mousse Milk with Apple & Berry Compote
WEEK TWO	Macaroni Cheese with Macaroni Wheat, Milk or Orzo Pasta Wheat, Milk with a Winter Style Salad Sweet Potato Stir served with Rice Courgette & Lemon Pasta Wheat Butternut Squash / Peas Wholemeal Carrot Cake Wheat, Egg with Custard Milk	Roast Chicken Thigh served with Roast Potatoes Cheddar Cheese & Leek Pinwheel Wheat, Milk served with Roast Potatoes Jambalaya Rice served with Tomato & Herb Sauce Peas / Carrots Butterscotch Mousse Milk with Pineapple Compote	Green Pesto Style Orzo Pasta Wheat Salmon Fishcakes Wheat, Fish served with a Tomato & Bean Salsa & Mashed Potatoes Chicken Casserole served with Mashed Potatoes Broccoli / Butternut Squash Marbled Sponge Wheat, Egg, Milk with Chocolate Sauce Milk	Beef Bolognaise or Vegetarian Bolognaise served with Penne Pasta Wheat or Orzo Pasta Wheat or Rice Cheddar Cheese Omelette Egg, Milk served with Mashed Potato Courgettes / Sweetcorn Lemon Traybake Wheat, Egg, Milk	Battered Fish Fillet Wheat, Fish served with Tomato Sauce & Chips Falafel Bites served with a Sweet Chilli Dip & Chips or New Potatoes Sweet Potato Topped Caribbean Style Vegetable Pie Peas / Baked Beans Chocolate Shortbread Wheat or Orange Spiced Gram Flour Shortbread Both served with Fresh Fruit Wedges
WEEK THREE	Red Pesto Style Pasta Wheat with a Ribbon Salad Red Bean Dhal served with Vegetable Biryani or Mashed Potato Jacket Potato with Cheddar Cheese Milk & Coleslaw Egg, Milk, Mustard Butternut Squash / Peas Steamed Jam Sponge Wheat, Egg, Milk with Custard Milk	Chana Chicken served with Pilau Rice Vegetarian Cottage Pie Cheese & Chive Orzo Pasta Wheat, Milk Courgettes / Sweetcorn Orange Traybake with Chocolate Drizzle Wheat, Egg, Milk	BBQ Style Minced Chicken Sulphites served with a Wrap Wheat & Seasoned Oven Roast Potato Wedges or Mashed Potatoes Margherita Pizza Wheat, Milk with Seasoned Oven Roast Potato Wedges Cheddar & Vegetable Pie with Mashed Potato Topping Wheat, Milk Broccoli / Roast Tomatoes Banana Mousse Milk served with Spiced Apple Compote	Minced Beef & Vegetables served with a Puff Pastry Top Wheat & Mashed Potatoes Tikka Style Chickpea & Potato Cakes served with Apple & Mint Chutney & Rice Tomato & Basil Orzo Pasta Wheat Carrots / Savoy Cabbage Parsnip & Apple Sponge Wheat, Egg with Custard Milk	Battered Fish Fillet Wheat, Fish served with Tomato Sauce & Chips Cottage Pie served with Gravy Vegetable Balti served with Rice Courgettes / Baked Beans Wholemeal Lemon Shortbread Wheat or Cinnamon & Chocolate Gram Flour Shortbread Both served with Fresh Fruit Wedges

Available daily

Please ask the catering manager for food allergen information

Menu Items Available Daily: Salad Selection • Homemade Bread • Fresh Fruit • Yoghurt

WEEK ONE

w/c 1st Sept, 22nd Sept, 13th Oct,
10th Nov, 1st Dec, 5th Jan, 26th Jan

WEEK TWO

w/c 8th Sept, 29th Sept, 20th Oct,
17th Nov, 8th Dec, 12th Jan, 2nd Feb

WEEK THREE

w/c 15th Sept, 6th Oct, 3rd Nov,
24th Nov, 15th Dec, 19th Jan, 9th Feb



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



Liverty 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.

What's on the Menu

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

Our menus are created with local tastes and preferences in mind and offer a range of popular, delicious, full of flavour dishes to encourage balanced meal choices and we follow the school food standards.

We will introduce further interest and excitement to our 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) Key Stage 1

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 Meal for Key Stage 2

The Mayor of London's initiative continues to offer a free school meal to all pupils in Key Stage 2, regardless of income.

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 a more in-depth knowledge about Harrison Catering, recipe inspirations, 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.

