

Monday 9th November - Focus on Hydration

Hydration Stations:
Orange, Lemon & Lime
Watermelon, Cucumber & Mint

Tuesday 10th November - Focus on Vegetables

Roast Parsnips
Orange Glazed Carrots
Braised Red Cabbage & Apple
Green Beans & Peas

Wednesday 11th November - Focus on Freshly Made Salads

Ribbon Salad
Crunchy Green Salad
Half Moon Cucumber Slices
Cherry Tomatoes
Watermelon, Halloumi & Mint
Milk
Sweetcorn & Red Pepper Medley
Lemon & Herb Dressing
Balsamic & Tomato Vinaigrette
Sulphites
Garlic & Herb Croutons
Wheat

Thursday 12th November - Focus on Freshly Made Bread

Garlic & Herb Breadsticks
Wheat, Soybeans
Carrot & Cumin Bread
Wheat, Soybeans
Freshly Made Bread
Wheat, Soybeans
Decorative Loaves (Plaits, Mini Cobs)
Wheat, Soybeans

Friday 13th November - Focus on Home Baking

Orange Traybake with Chocolate Drizzle
Wheat, Egg, Milk
Blueberry & Lemon Muffin Slice
Wheat, Egg, Milk
Chocolate Gram Flour Whoopie Pie

Allergens are indicated in red text. Food is freshly prepared each day, with menus and allergens correct at time of publication and provided as a guide. However, it may be necessary to change a recipe at short notice and therefore you must always check with the catering team at each service.

Harrison Catering Services uses many of the 14 common food allergens in our busy kitchens and cannot guarantee that any food is free from any specific food allergen.

Visit **www.harrisoncatering.co.uk/food-allergies-and-food-intolerances** for more information.

HARRISON
FOOD WITH THOUGHT