

About Your Child's School Caterer

Harrison Catering Services is an **independent, family-owned business** with a simple approach: we prepare fresh food every day from fresh ingredients. This means that all your child's delicious meals are prepared daily by our trained cooks.

HARRISON
food with thought



We're delighted to work in partnership with the London Borough of Ealing, and we look forward to serving your children great food!

1

Our menus meet school food standards and offer a wide range of dishes tailored to the individual needs of each school.

2

We use high-quality, sustainably-sourced, seasonal food. Our menus feature organic ingredients, British free-range eggs, Red Tractor-certified cheddar cheese, pole and line caught tuna, and fresh, British-sourced meat and poultry.

3

We are proud to have been awarded the Soil Association's Silver Food for Life Served Here Award, which means our methods have been independently audited and proven to be of exceptional quality.

We use locally sourced ingredients when available and in season!

Our very own company nutritionist, Dr Juliet Gray, advises on all our menus!



If you have any comments, we'd be delighted to hear from you. You can contact our local office on 020 8280 0311 or email ealing@harrisoncatering.co.uk

To make a payment for school meals please visit www.ealingmeals.co.uk or telephone 020 8280 0319

For all enquiries regarding free meal entitlement, please telephone 020 8825 5566 or email pupilssupport@ealing.gov.uk

Discover more about us or try the delicious recipes on our website! www.harrisoncatering.co.uk

**Week 1
w/c**

19th February
12th March
16th April
7th May
4th June
25th June
16th July

Monday

Lamb and Vegetable Pie with New Potatoes
Pasta Neapolitan (v)
Chickpea Kofta with Curry Sauce and Rice (v)
Apple Strudel with Custard

Tuesday

Chicken Tikka Masala with Rice
Jacket Potato with Cheese and Baked Beans (v)
Soy and Ginger Fish with Rice
Strawberry Jelly with Fruit

Wednesday

Beef Lasagne with Tomato and Basil Focaccia
Carrot and Courgette Lasagne with Tomato and Basil Focaccia (v)
Bean and Sweet Potato Stir with Rice (v)
Chocolate and Banana Cake with Custard

Thursday

Roast Lemon and Thyme Chicken with Roast Potatoes
Vegetable and Herb Loaf with Roast Potatoes (v)
Vegetable Biryani (v)
Apricot Flapjack

Friday

Fish Fingers with Chips and Homemade Tomato Ketchup
Sweet Potato and Red Pepper Pattie with Paprika Mayonnaise and Chips (v)
Fruity Friday:
Selection of Fresh Fruit and Greek Yoghurt

**Week 2
w/c**

26th February
19th March
23rd April
14th May
11th June
2nd July
23rd July

Monday

Lamb Bolognaise with Spaghetti
Aloo Gobi with Rice (v)
Vegetable Bolognaise with Spaghetti (v)
Vanilla Ice Cream with Fruit

Tuesday

Chicken and Sweetcorn Pie with New Potatoes
Vegetable Balti with Rice (v)
Jacket Potato with Tuna Mayonnaise
Carrot and Oat Muffin Cake with Custard

Wednesday

Cottage Pie
Tomato and Basil Pasta (v)
Vegetarian Cottage Pie (v)
Wholemeal Shortbread with Orange Wedges

Thursday

Cajun Spiced Chicken with Rice
Singapore Noodles (v)
Jamaican Vegetable Pattie with New Potatoes (v)
Lemon and Yoghurt Cake with Custard

Friday

Salmon Paella
Homemade Cheese and Tomato Pizza with Chips (v)
Fruity Friday:
Selection of Fresh Fruit and Greek Yoghurt

**Week 3
w/c**

5th March
26th March
30th April
21st May
18th June
9th July

Monday

Chicken Sausages with Mashed Potatoes and Gravy
Carrot and Sage Vegetarian Sausage with Mashed Potatoes (v)
Piri Piri Vegetables with Rice (v)
Fruit Compote with Natural Yoghurt

Tuesday

Lamb Ragu with Penne Pasta
Roasted Vegetables with Penne Pasta (v)
Spanish Omelette with New Potatoes (v)
Strawberry Ice Cream with Fruit

Wednesday

Roast Turkey with Roast Potatoes
Savoury Pin Wheel with Roast Potatoes (v)
Butternut Squash and Red Bean Jollof Rice (v)
Chocolate and Beetroot Cake with Chocolate Sauce

Thursday

BBQ Meatballs with Rice
Macaroni Cheese (v)
Chickpea Dahl with Rice (v)
Peach Crumble with Custard

Friday

Breaded Fish with Chips and Homemade Tomato Ketchup
Mixed Bean Enchilada with Chips (v)
Fruity Friday:
Selection of Fresh Fruit and Greek Yoghurt

Dishes may vary due to local choice at your school

(v) = vegetarian

**Available
Daily**

We also serve a choice of salads, seasonal vegetables, freshly baked bread, fresh fruit platters, fruit yoghurt and water every day.



Look out for
monthly featured
ingredients.

Try
something
NEW!

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