

# What's on the menu?

Spring / Summer 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week One	<p>Lamb and Mushroom Pizza</p> <p>Cheese and Tomato (V) Pizza</p> <p>Peach Crumble with Custard</p>	<p>BBQ Chicken with Rice (G, D, E)</p> <p>Vegetable Korma with Rice (E) (V)</p> <p>Chocolate Mousse (G)</p>	<p>Lamb Bolognese with Penne Pasta (D,E)</p> <p>Jacket Potato with Cheese and Baked Beans (G,E) (V)</p> <p>Jelly with Peaches (G)</p>	<p>Herb Roast Chicken with Roast Potatoes and Gravy (G,D,E)</p> <p>Vegetable Pinwheel with Roast Potatoes and Gravy. (V)</p> <p>Chocolate Sponge with Chocolate Sauce</p>	<p>Fish Finger with Chips &amp; Homemade Tomato Ketchup (D,E)</p> <p>Vegetable and Bean Chilli with Chips. (G,D,E) (V)</p> <p>Gram Flour Harrison Bear Lemon Biscuit with Fresh Fruit Wedges (G).</p>
Week Two	<p>Lamb Pasta Bake (E).</p> <p>Pasta Italiane (D,E) (V).</p> <p>Apple Flapjack with Apple Wedges</p>	<p>Chicken Madras with Rice (G,D,E)</p> <p>Vegetable Stir Fry with Rice (G,D,E) (V)</p> <p>Jelly with Fresh Fruit Wedges (G)</p>	<p>Savoury Lamb Turnover (Gram Flour) with New Potatoes and Gravy (G,D,E)</p> <p>Macaroni Cheese E. (V)</p> <p>Lemon Sponge with Custard</p>	<p>Chicken Sausages with Mashed Potato and Gravy (G,D,E)</p> <p>Cheese and Leek Pie with Mashed Potato and gravy (E)(V)</p> <p>Strawberry Ice Cream with Watermelon Wedges</p>	<p>Homemade Cheese &amp; Tomato Pizza with Chips</p> <p>Spanish Style Omelette with Chips (V)</p> <p>Gram Flour Chocolate Spiced Shortbread (G)</p>



Look out for monthly featured ingredients.



# Harrison Catering Services

**HARRISON**  
food with thought

## North Faling School

Week Three	Jacket Potato with Mild Lamb Chilli or Jacket Potato with Baked Beans and Cheese (G.E)	Chicken and Sweetcorn Pie with Mashed Potato and Gravy	Lamb Lasagne with Homemade Herb Bread	Roast Chicken with Roast Potatoes and Gravy (G.D.E)	Breaded Fish with Chips
	Jacket Potato with Salmon and Mayonnaise (G) (V)	Gram Flour Vegetable Turnover with Mashed Potato and Gravy (G) (V)	Sweet Potato Stir with Rice (G.D.E) (V)	Butternut Squash and Red Pepper Loaf with Roast Potatoes and Gravy (G.D) (V)	Bean Pattie With Chips and Tomato Sauce. (G.D.E) (V)
	Apple Sponge with Custard	Wholemeal Orange Shortbread with Orange Wedges	Jelly with Fresh Fruit Wedges' (G)	Carrot cake with Custard	Oatmeal Cookie with Fruit Wedges

**Available daily:** Seasonal Vegetables, Salad Bar, Fresh Homemade Bread, Fresh Fruit Platter, Yoghurt (G – Gluten free, D- Dairy free, E- Egg free, V- Vegetarian)



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



We use locally sourced ingredients when available and in season!



## North Ealing School

### Welcome to Harrison Catering Service

The catering service at North Ealing is provided by Harrison Catering Services, an independent, family-owned company founded in 1994.

The Harrison proposition is centred around the on-site preparation and cooking of top-quality meals made with fresh ingredients. Over 100 clients across the UK enjoy a Harrison food service, with more than 100,000 meals being served each day by approximately 2,000 staff across more than 270 locations.

### Working in Partnership with North Ealing Primary School

Our catering team will work with the school to tailor menus to the tastes and preferences of the pupils. We will introduce further interest and excitement to our menus through themed lunches ranging from holidays like Easter and Christmas to cuisines from around the world, tying these into the school curriculum whenever possible. These activities further reinforce the importance of eating a balanced diet of nutritious food.

### Providing Healthy School Meals

Harrison understands that what children eat affects their health and their ability to learn and perform in the classroom. At North Ealing our catering team will provide nutritious, balanced meals and we will work to educate the pupils on how to make healthier food choices. Our goal is to instil a love and understanding of fresh, healthy food at a young age that will positively influence them throughout life. All Harrison staff receive training in how to prepare and serve healthier food through the company's bespoke Eat Well Live Well© training programme.

In addition, our focus on fresh food means that only minimal amounts of fried foods appear on our menus—generally in the form of much-loved British favourites like fish and chips. We also aim to maximise access to fruit and vegetables by offering a choice of cooked vegetables, salads, healthier snacks and fresh fruit daily. Every egg we use is British-sourced and free range and the majority of our meat is British-sourced as well.

We have a comprehensive policy for children with food allergies. Please contact us for further information.

### We Welcome Your Feedback

Hearing your thoughts on our catering service is an essential part of getting things right and developing the foodservice at your school. Please feel free to speak to our catering manager if you have any comments.

### Join the Harrison Family

The great food and service that Harrison provides is only possible because of our talented staff. We aim to create an environment where every team member's efforts and skills are recognised, developed and rewarded, so that we can attract and retain the best people.

If you are interested in joining the Harrison family, please visit our website for the latest job opportunities at [www.harrisoncatering.co.uk/job-opportunities.html](http://www.harrisoncatering.co.uk/job-opportunities.html) or contact the human resources department at our Thame office on 01844 216777.



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