

# What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>SUMMER TERM 2021</b>	<b>Week One</b>  w/c 19 <sup>th</sup> April, 10 <sup>th</sup> May 7 <sup>th</sup> June 28 <sup>th</sup> June 19 <sup>h</sup> July	<b>Meat Free Monday</b>  Macaroni Cheese With Tomato & Herb Bread  Kung Pao Cauliflower & Sweet Pepper with Rice  Apple Oat Bar with Custard	<b>Jacket Potato Bar</b>  Jacket Potato with choice of fillings:  Mild Lamb Chilli or Baked Beans & Cheese Butternut Squash & Chickpea Curry with Jacket Potato or Rice Chocolate Brownie with Orange Wedges	Lamb Madras With Pilau Style Rice With Apple & Mint Chutney  Pasta Italiana With Garlic Bread  Carrot & Pineapple Cake with Custard	<b>Portuguese Style Food Bar</b>  Piri Piri Style Lemon and Herb Chicken Red Pepper & Sweet Potato Pattie <b>Sides:</b> Mixed Vegetable Rice, Roast Vegetables & Salads Raspberry Ripple Ice Cream with Melon Wedges	Breaded Fish with Chips and Homemade Tomato Ketchup  Gram Flour Vegetable Turnover with Chips  Harrison Bear Lemon Biscuit with Fruit Wedges
	<b>Week Two</b>  w/c 26 <sup>th</sup> April 17 <sup>th</sup> May 14 <sup>th</sup> June 5 <sup>th</sup> July	<b>Meat Free Monday</b>  Tomato and Basil Pasta With Garlic & Herb Bread  Baked Sweet Potato, Carrot & Courgette Pakora With Chickpea Dhal & Rice  Apple and Cinnamon Crumble with Custard	<b>Deli Day</b> <b>Filled Rolls/Wraps:</b> Roast Chicken Salad, Cheese and Tomato, Egg Mayonnaise <b>Hot Bites:</b> Mini Chicken Sausage Roll or Mini Curried Vegetable Parcel <b>Sides:</b> Crudities, Hummus, Pesto Style Pasta  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	<b>Pizza Day</b>  Lamb Mushroom Pizza Cheese and Tomato 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
	<b>Week Three</b>  w/c 3 <sup>rd</sup> May 24 <sup>th</sup> May 21 <sup>st</sup> June 12 <sup>th</sup> July	<b>Meat Free Monday</b>  Jacket Potato with Cheese & Beans  Jamaican Style Vegetable Pattie with Baked New Potatoes  Strawberry Ice Cream with Fruit Wedges	<b>Pasta Day</b>  Penne Pasta or Gnocchi with: Lamb Bolognese, Tuscan Style Tomato & Bean Sauce  Antipasti & Herb Focaccia  Chocolate Shortbread with Orange Wedges	Chicken Sausages with Mashed Potatoes & Gravy  Sweet Potato & Red Bean Sausages with Mashed Potato & Gravy  Peach & Berry Crumble with Custard	<b>Asian Style Food Bar</b>  Chicken Saag, Baked Onion Bhaji with Masoor Red Lentil Dhal or Indian Style Gram Flour Parcel <b>Sides:</b> Lemon Rice, Naan Style Bread, Apple & Mint Chutney & Raita  Fresh Fruit with Yoghurt Topping	Breaded Fish with Chips & Homemade Tomato Sauce or Thai Style Salmon Fishcake with Sweet Chilli Dip & Chips  Carrot & Chickpea Falafel in a Spinach Wrap with Hummus & Couscous Salad or Chips  Oat & Raisin Cookie with Fruit Wedges

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

## Welcome to Harrison Catering Service

The catering service in the London Borough of 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 the London Borough of Ealing.

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 Harrison's 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 Thames office on 01844 216777.



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



We use locally sourced ingredients when available and in season!

