

**Week 1
w/c**

1st September
21st September
12th October
9th November
30th November
4th January
25th January

Monday
Sweet and Sour Chicken with Rice
Cajun Spiced Fish with Rice
Jacket Potato with Cheese and Beans
Toffee Apple Crumble with Custard

Tuesday
Lamb and Vegetable Pie with New Potatoes
Macaroni Cheese
Lemon Drizzle Cake with Custard

Wednesday
Roast Chicken with Roast Potatoes and Gravy
Savoury Pin Wheel with Roast Potatoes and Gravy
Vanilla Ice Cream with Chocolate Shortbread

Thursday
Lamb Bolognese
Vegetable Bolognese
Pineapple Upside Down Cake with Custard

Friday
Battered Fish with Chunky Chips
Vegetarian Goulash with Rice
Fresh Fruit Salad

**Week 2
w/c**

7th September
28th September
19th October
16th November
7th December
11th January
1st February

Monday
Lamb Keema with Rice
Quorn and Noodle Stir Fry
Baked Hake in a Tomato & Basil Sauce with Rice
Raspberry Ripple Ice Cream with Fruit

Tuesday
Chicken and Sweetcorn Pie with Mashed Potatoes
Pasta Neapolitan
Sticky Ginger Cake with Custard

Wednesday
Shepherd's Pie
Jacket Potato with Tuna Mayonnaise
Vegetarian Shepherd's Pie
Banana Flapjack

Thursday
Piri Piri Chicken with Rice
Winter Vegetable Stew with Mashed Potatoes
Chocolate Sponge with Chocolate Sauce

Friday
Tandoori Fish with Chunky Chips
Homemade Cheese and Tomato Pizza with Chunky Chips
Pineapple Crumble with Custard

**Week 3
w/c**

14th September
5th October
2nd November
23rd November
14th December
18th January
8th February

Monday
Lamb Pasta Bake
Vegetable Biryani
Roasted Pepper and Onion Frittata with New Potatoes
Frozen Strawberry Yoghurt with Fruit

Tuesday
Chicken Korma with Rice
Jacket Potato with Cheese and BBQ Beans
St Clement's Cake with Custard

Wednesday
Lamb Stew with Mashed Potatoes
Tomato and Basil Pasta
Salmon and Broccoli Slice with Mashed Potatoes
Chocolate Brownie

Thursday
Jerk Chicken with Rice
Vegetable Lasagne with New Potatoes
Pear Crunch Cake with Custard

Friday
Battered Fish with Chunky Chips
Homemade Bean Burger with Chunky Chips
Apple and Berry Pie with Custard

Available Daily

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



Look out for monthly featured ingredients.



HARRISON
food with thought

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.



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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 Catering Mark, 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.

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