

# What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week One</b>  W/c 3 <sup>rd</sup> September 24 <sup>th</sup> September 15 <sup>th</sup> October 12 <sup>th</sup> November 3 <sup>rd</sup> December 7 <sup>th</sup> January 28 <sup>th</sup> January	Pasta Bake with Herb Focaccia	Lamb Rogan Josh with Rice	Chicken Sausages with Mashed Potato	Roast Chicken with Roast Potatoes	Salmon and Broccoli Fishcake with Chips
	Asian Spiced Fish with Sweet Chilli Sauce and Rice	Jacket Potato with Baked Beans and Cheese	Carrot and Sage Pattie with Mashed Potato	Winter Vegetable Loaf with Roast Potatoes	Margherita Pizza with Chips
	Chickpea Dhal with Rice	Vegetable Chow Mein	Aloo Mutter ( Pea and Potato Curry ) with Coriander Naan	Bean Chilli on a Flour Tortilla with Rice	Fruity Friday: Selection of Fresh Fruit with Greek Yoghurt
<b>Week Two</b>  W/c 10 <sup>th</sup> September 1 <sup>st</sup> October 29 <sup>th</sup> October 19 <sup>th</sup> November 10 <sup>th</sup> December 14 <sup>th</sup> January 4 <sup>th</sup> February	Apple Pie with Custard	Frozen Strawberry Yoghurt with Fruit Puree	Lemon and Yoghurt Cake with Custard	Oat and Raisin Cooke with Fruit Wedges	
	Chilli Con Carne with Rice	Chicken Dhansak with Rice	Lamb Goulash with Mashed Potato	Jerk Style Chicken with Rice	Breaded Fish with Chips and Homemade Tomato Sauce
	Tomato and Basil Pasta with Herb Focaccia	Broccoli and Cauliflower Bake with New Potatoes	Provençal Bean Stew with Mashed Potato	Masoor Dhal ( Red Lentils ) with Rice	Piroshki ( Yeasted Dough Filled with Cheese and Cabbage ) with Chips
<b>Week Three</b>  W/c 17 <sup>th</sup> September 8 <sup>th</sup> October 5 <sup>th</sup> November 26 <sup>th</sup> November 17 <sup>th</sup> December 21 <sup>st</sup> January 11 <sup>th</sup> February	Root Vegetable Hot Pot with Parsley Potatoes	Butternut Squash and Red Bean Jollof	Macaroni Cheese	Moroccan Style Roasted Vegetable Tagine with Couscous	Yoghurt Bar: Natural Yoghurt with Various Toppings
	Ginger Cake with Custard	Lemon Shortbread with Orange Wedges	Oaty Plum Crumble with Custard	Pear and Chocolate Marbled Sponge with Chocolate Sauce	
	Spaghetti Bolognaise with Tomato and Basil Bread	Chicken and Leek Puff with New Potatoes and Onion Gravy	Roast Chicken with Garlic and Thyme and Roast Potatoes	Lamb and Onion Pie with New Potatoes	Fish Fingers with Chips and Homemade Tomato Sauce
	Vegetable Bolognaise with Tomato and Basil Bread	Rajma Curry (Red Kidney Beans) with Rice	Cheddar and Caramelised Red Onion Tortilla with Roast Potatoes	Winter Vegetable Gratin with New Potatoes	Mixed Bean Burrito with Tomato Salsa and Chips
	Jacket Potato with Tuna Mayonnaise	Sweet and Sour Vegetables with Rice	Mediterranean Vegetable Paella	Ratatouille with Penne Pasta	Fruity Friday: Selection of Fresh Fruit with Greek Yoghurt
	Peach Crumble with Custard	Apple and Cinnamon Cupcake with Apple Wedges	Pineapple and Coconut Sponge with Custard	Mixed Fruit Oat Bar with Custard	

**Available daily:** Salads. Seasonal Vegetables, Freshly Baked Bread, Fresh Fruit Platters, Fruit Yoghurt and Water.



Look out for monthly featured ingredients.



## West Acton

### Welcome to Harrison Catering Service

The catering service at West Acton 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 Thame 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!

