



**HARRISON**  
EST.1994



# EAT GOOD LIVE HAPPY

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.

We're delighted to work in partnership with the London Borough of Ealing, and serving your children great food! If you have any comments, please get in touch.

020 8280 0311 or [ealing@harrisoncatering.co.uk](mailto:ealing@harrisoncatering.co.uk)

For all enquiries regarding free meal entitlement, please contact your child's school or telephone 020 8825 5566 or email:

[pupilssupport@ealing.gov.uk](mailto:pupilssupport@ealing.gov.uk)



Find out more at [harrisoncatering.co.uk/harrison-schools/our-services](http://harrisoncatering.co.uk/harrison-schools/our-services)



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

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. We also now offer reduced sugar content in our desserts.



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.



# WEEKLY MENU

Please note Dishes may vary due to local choice at your school

(v) = vegetarian

|  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|--|---|--|--|
| <b>Week 1 w/c</b><br>25th February<br>18th March<br>22nd April<br>13th May<br>10th June<br>1st July<br>22nd July | Mexican Style Lamb Open Tortilla with Sweetcorn Salsa<br>Jacket Potato with Cheese and Baked Beans (v)<br>Chickpea Dhal with Naan (v)<br>Blueberry and Lemon Sponge          | Soy and Ginger Chicken with Rice<br>Tomato and Basil Pasta (v)<br>Jerk Style Baked Fish with Rice<br>Strawberry Ice Cream with Melon Wedge                         | Roast Turkey with Roast Potatoes<br>Butternut Squash and Red Pepper Loaf with Roast Potatoes (v)<br>Aloo Mutter (Pea and Potato) with Rice (v)<br>Peach Oat Bar with Custard                              | Lasagne with Herb Focaccia<br>Carrot and Lentil Lasagne with Focaccia (v)<br>Roast Pepper and Herb Jambalaya (v)<br>Chocolate Cupcake with Orange Wedges | Battered Fish with Chips and Homemade Tomato Ketchup<br>Mixed Bean Burrito with Salsa and Chips (v)<br>Orange Jelly with Fruit   |
| <b>Week 2 w/c</b><br>4th March<br>25th March<br>29th April<br>20th May<br>17th June<br>8th July                  | Chicken Tikka Masala with Rice<br>West Indian Lentil Pattie with Sweet Potato Mash (v)<br>Butternut Squash and Spinach Curry with Rice (v)<br>Vanilla Ice Cream with Peaches | Lamb Keema with Rice<br>Jacket Potato with Tuna and Sweetcorn<br>Moroccan Style Roasted Vegetable Tagine with Couscous (v)<br>Carrot Cake Cookie with Fruit Wedges | Lemon and Garlic Roast Chicken with Roast Potatoes<br>Salmon Teriyaki with Rice<br>Singapore Noodles (v)<br>Pineapple and Coconut Sponge with Custard   | Meatballs in a BBQ Sauce with Mashed Potato.<br>Macaroni Cheese (v)<br>Masoor Dhal (Red Lentils) with Rice (v)<br>Red Velvet Cake with Chocolate Sauce   | Battered Fish with Chips and Homemade Tomato Ketchup<br>Sweet Potato and Chickpea Falafel Pitta with Cucumber and Yoghurt Dip and Chips (v)<br><b>Fruity Friday:</b><br>Selection of Fresh Fruit and Greek Yoghurt |
| <b>Week 3 w/c</b><br>11th March<br>1st April<br>6th May<br>3rd June<br>24th June<br>15th July                    | Spaghetti Bolognese with Herb and Garlic Bread<br>Vegetable Bolognese with Herb and Garlic Bread (v)<br>Aloo Gobi with Rice (v)<br>Berry Sponge with Custard                 | Chicken Sausages with Mashed Potato<br>Quorn Sausage with Mashed Potato (v)<br>Chickpea and Sweet Pepper Paella (v)<br>Strawberry Jelly with Peaches               | Saag Gosht (Lamb and Spinach Curry) with Rice<br>Sweetcorn and Pepper Pizza with Mix and Match Salad (v)<br>Rajma (Red Bean) Curry with Turmeric Rice (v)<br>Raspberry Ripple Ice Cream with Fruit Wedges | Chicken Pie with New Potatoes<br>Pasta Neapolitan (v)<br>Broccoli and Cheese Frittata with New Potatoes (v)<br>Lemon and Lime Cake with Custard          | Battered Fish with Chips and Homemade Tomato Ketchup<br>Asian Spiced Vegetable Parcel with Chips and Raita (v)<br><b>Yoghurt Bar:</b><br>Natural Yoghurt with Assorted Toppings                                    |

AVAILABLE DAILY

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