



*Autumn / Winter 2011 & Spring / Summer 2012*

## Harrison gives Ealing a special Flavour

Harrison Catering is an independent family business with a simple, intelligent approach: we prepare fresh food every day from scratch. Last year we were awarded the Soil Association's Food for Life Bronze Catering Mark, which means our methods have been independently audited and proven to be of exceptional quality. We're delighted to work in partnership with the London Borough of Ealing and we look forward to serving you great food!



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](mailto:ealing@harrisoncatering.co.uk)

For all enquiries regarding free meal entitlement please telephone 020 8825 5566 or email [pupilsupport@ealing.gov.uk](mailto:pupilsupport@ealing.gov.uk)

**HARRISON**<sup>FL</sup>  
food with thought



Discover more about us or try the delicious recipes on our website:

[www.harrisoncatering.co.uk](http://www.harrisoncatering.co.uk)

*Week 01*  
*WC*

5th September  
26th September  
17th October  
14th November  
5th December  
9th January  
30th January  
27th February  
19th March  
23rd April  
14th May  
11th June  
2nd July  
23rd July

*Week 02*  
*WC*

12th September  
3rd October  
31st October  
21st November  
12th December  
16th January  
6th February  
5th March  
26th March  
30th April  
21st May  
18th June  
9th July

*Week 03*  
*WC*

19th September  
10th October  
7th November  
28th November  
2nd January  
23rd January  
20th February  
12th March  
16th April  
7th May  
28th May  
25th June  
16th July

**M**  
**O**  
**N.** Chicken Sausages with Mashed Potato and Gravy

Salmon Pasta with Lemon

Vegetarian Sausage with Mashed Potato and Gravy

Fruit Crumble with Custard

**T**  
**H**  
**E.** Chicken Tikka Masala with Rice

Cheese & Onion Whirl with Parsley Potatoes

Vegetable Sag with Rice

Fruit Jelly and Ice Cream

**W**  
**E**  
**D.** Pasta Bolognese  
Cod Mornay with New Potatoes

Vegetarian Bolognese

Black Forest Gateau

**T**  
**H**  
**U.** Roast Turkey with Roast Potatoes and Gravy

Vegetarian Loaf with Roast Potatoes and Gravy

Shortbread Cookie with Mandarins

**F**  
**R**  
**I.** Baked Wholemeal Breaded Fish Fillet with Chips

Lamb Enchilada

Cassoulet with Couscous

St Clements Sponge with Custard

**M**  
**O**  
**N.** Jacket Potato with a Selection of Fillings  
Tuna Pasta Bake

Peaches and Ice Cream

**T**  
**H**  
**E.** Andalusian Chicken with New Potatoes

Red Onion & Sweetcorn Quiche with New Potatoes

Marble Sponge with Custard

**W**  
**E**  
**D.** Shepherd's Pie  
Oriental Stir-Fry Noodles

Vegetarian Shepherd's Pie

Gingerbread with Custard

**T**  
**H**  
**U.** Chicken Chermoula with Fruit Couscous

Homemade Salmon Pasty with Parsley Potatoes

New Potato and Spinach Frittata

Tropical Fruit Salad with Finger Flapjack

**F**  
**R**  
**I.** Potato Topped Fish Pie  
Irish Stew

Homemade Pizza

Normandy Slice with Custard

**M**  
**O**  
**N.** Fish Fingers with Chips  
Pasta Italian

Apple Cinnamon Crumble Cake with Custard

**T**  
**H**  
**E.** Cajun Baked Chicken with Rice

Spinach, Cheese & Potato Cakes with Fresh Tomato Sauce

Vegetarian Chilli with Rice

Oatmeal Cookie

**W**  
**E**  
**D.** Homemade Pizza  
Indian Baked Lamb with Naan Bread

Arctic Ice Cream Roll

**T**  
**H**  
**U.** Homemade Chicken Pie with New Potatoes and Gravy

Tuna and Salad Wraps

Pad Thai

Chocolate Sponge with Chocolate Sauce

**F**  
**R**  
**I.** Macaroni Cheese  
Balti Baked Fish with Mashed Potato

Lamb Meatballs with Tomato Sauce and Mashed Potato

Fruit Fool



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