

Harrison Catering and Harrow High Schools Catering Consortium

Our objective is to provide healthy home-cooked foods, freshly prepared on site where possible and using fresh ingredients with minimal amounts of fried or processed foods. We also aim to maximise access to fruit and vegetables and offer a choice of cooked vegetables, salad bar, healthy snacks and fresh fruit daily.

Government Standards

Our new menus for 2009 continue to meet the much publicised Government standards. We recognise the food our students eat is critically important to their health and we are strongly committed to adopting healthier catering practices to encourage healthy and balanced eating by providing and promoting healthier choices.

We also recognise that eating a varied diet is an important part of eating well and coupled with a strong marketing programme we try to ensure a balanced variety whilst maintaining value for money.

Local Choice

We recognise that one central menu cannot meet the tastes and requirements of every student as they differ in each individual environment. Therefore we always try to work towards a localised menu that represents each school's personal preference within an agreed framework.

Marketing and Promotions

Throughout the year we run a programme of events. These promotions are aimed at encouraging students to eat a nutritionally balanced meal by creating additional interest and enjoyment.

Who are Harrison Catering?

We are a family run, independent caterer that takes pride in the freshness and quality of our food. Our purchasing policy works to limit food miles and the majority of our meat is British.

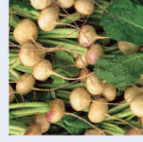
Staff training and development is also key to our service - we aim to create an environment where talent flourishes, where the efforts and skills of our staff are recognised, developed and rewarded, so that we attract and retain the best people.

Keeping in Touch

Keeping in regular contact with you is an essential part of getting things right. We would very much welcome your comments because they are important in influencing the way we develop the service. You can talk to our Catering Manager at school.

Partnership

Harrison Catering and the Harrow High Schools Catering Consortium realise the value of healthy eating and the contribution that school meals make to each student's diet and educational and social development. We work closely together to involve students and the school management team to continuously develop the service.



Harrow High Schools Catering Consortium

• Bentley Wood High School • Canons High School • Harrow High School
• Nower Hill High School • Park High School • Rooks Heath College
• Sacred Heart Language College • Whitmore High School

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>LUNCH</p> <p>Sweet and Sour Chicken with Rice Fisherman's Pie Roasted Vegetable Pasta Peas and Sweetcorn Mixed Salad Marbled Sponge with Custard</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>	<p>LUNCH</p> <p>Deep Dish Lasagne Pasta with Tomato and Fresh Herbs Cheese and Sweetcorn Flan with Potato Wedges Mixed Vegetables Baked Beans Fresh Fruit Salad</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>	<p>LUNCH</p> <p>Lamb Korma with Rice Pasta with Herbs, Olives and Feta Cheese Vegetable Fajitas Broccoli Florets Mixed Salad Oaty Fruit Crumble with Custard</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>	<p>LUNCH</p> <p>Roast Chicken with Roast Potatoes and Gravy Tomato and Vegetable Pasta Bake Chick Pea and Vegetable Curry with Rice Baton Carrots Savoy Cabbage Apple and Blackberry Strudel with Ice Cream</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>	<p>LUNCH</p> <p>Oven Baked Fillet of Fish with Chips Macaroni Cheese Vegetable Biryani with Rice Garden Peas Baked Beans Fruit Jelly Pot</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>
WEEK 2	<p>LUNCH</p> <p>Chilli con Carne with Rice Pasta with Tomato and Red Pepper Cauliflower and Broccoli Bake Broccoli Florets Mixed Salad Traditional Apple Pie with Ice Cream</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>	<p>LUNCH</p> <p>Chicken Enchilada Salmon Pasta Bake Roasted Vegetables with Cous Cous Mixed Vegetables Treatle Tart with Custard</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>	<p>LUNCH</p> <p>Lamb Rogan Josh with Rice Roasted Vegetable Pasta Spring Vegetable and New Potato Bake Sweetcorn Mixed Salad Fresh Fruit Salad</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>	<p>LUNCH</p> <p>Roast Beef with Roast Potatoes and Gravy Pasta Carbonara Country Vegetable Pie Baton Carrots Garden Peas Chocolate Pear Sponge with Chocolate Sauce</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>	<p>LUNCH</p> <p>Oven Baked Fillet of Fish with Chips Tomato Pasta Bake Vegetable Stroganoff Garden Peas Baked Beans Bakewell Tart with Custard</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>
WEEK 3	<p>LUNCH</p> <p>Beef and Onion Pie with Creamed Potatoes Pasta with Bacon with Arrabiatta Sauce Vegetable Hot Pot Baked Beans Mixed Vegetables Apple Crumble with Custard</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>	<p>LUNCH</p> <p>Chicken and Vegetable Casserole Vegetable Lasagne Cheese and Onion Pasties Broccoli Florets Mixed Salad Chocolate Sponge with Chocolate Sauce</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>	<p>LUNCH</p> <p>Beef Madras with Rice Tuna and Pasta Bake Roasted Vegetable Crumble Baked Beans Roasted Vegetables Fresh Fruit Salad</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>	<p>LUNCH</p> <p>Roast Turkey with Roast Potatoes and Gravy Penne Pasta with Tomato and Basil Sauce Cauliflower and Broccoli Bake Carrots Savoy Cabbage Rice Pudding</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>	<p>LUNCH</p> <p>Oven Baked Fillet of Fish with Chips Pasta Bolognese Vegetable Fajitas Baked Beans Garden Peas Shortbread Fingers with Custard</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>
WEEK 4	<p>LUNCH</p> <p>Cottage Pie Tomato Pasta Bake Wraps with Salmon and Stir Fried Vegetables Peas Baked Beans Rhubarb and Apple Crumble with Custard</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>	<p>LUNCH</p> <p>Lamb Hot Pot Pasta Carbonara Roasted Vegetables with Cous Cous Roasted Vegetables Broccoli Florets Pineapple Upside Down Pudding with Custard</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>	<p>LUNCH</p> <p>Chicken Tikka with Rice Pasta with Fresh Herbs, Olives and Feta Cheese Cheese and Onion Quiche with New Potatoes Mixed Vegetables Broccoli Florets Fresh Fruit Salad</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>	<p>LUNCH</p> <p>Chilli Beef Fajitas Tuna Pasta Bake 5 Bean Chilli with Jacket Potato Baton Carrots Broccoli Florets Jam Sponge with Custard</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>	<p>LUNCH</p> <p>Oven Baked Fillet of Fish with Chips Pasta with Tomato and Green Peppers Caribbean Vegetable Curry with Rice Peas and Sweetcorn Baked Beans Chocolate Crunch with Chocolate Sauce</p> <p>AVAILABLE DAILY</p> <p>Salad Bar and Prepared Salad Boxes Jacket Potato with a Selection of Fillings Cheese Panini Wholemeal Baguettes and Sandwiches Fresh Fruit Yoghurt and Fresh Fruit Pots Milk or Fruit Juice</p>