

# Harrison Catering Services at Carshalton High School for Girls

## About Your Catering Service

The catering service at Carshalton High School for Girls 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 2,600 staff across more than 400 sites.

## Working in Partnership with Carshalton High School for Girls

Harrison Catering is an independent family business with a simple, intelligent approach: we prepare fresh food everyday from scratch. Our sustainable and ethical approach to sourcing high quality, seasonal foods ensures that the following are served on our menus: British Free Range Eggs, Red Tractor Cheese, Pole and line caught Tuna and Fresh British Sourced Meat and Poultry. We are delighted to provide great food in our schools that whilst delivering great nutritional value also helps for children to gain an understanding and appreciation of fresh food, whilst representing great value for money.

## We Welcome Your Feedback

Hearing your thoughts on our catering service is an essential part of getting things right and developing our food service, please feel free to speak to our catering manager at the school if you have any comments.

## Providing Healthy School Meals

Healthy eating is particularly important to students and young people. It can not only have an effect on their physical development, but on their performance in the classroom.

Harrison is committed to providing balanced meals that meet nutritional standards and to helping to educate pupils on how to make healthy food choices.

Our focus on fresh food means that only minimal amounts of fried or processed 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, 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.

In addition, all Harrison staff are trained in how to prepare and serve healthier food through the company's bespoke Eat Well Live Well training programme.

## 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.

# What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	<p>Deep Dish Lasagne Mushroom Pasta Garlic Bread Tossed Salad Creamy Coleslaw Lemon Sponge</p>	<p>Cumberland Sausages with onion gravy Vegetarian Sausages Mashed Potatoes Mange Tout Carrots Chocolate Date Brownies</p>	<p>Roast Turkey with Herb Stuffing Tomato &amp; Chilli Pasta Roast Potatoes Parsnips Cabbage Apple &amp; Blackberry Crumble</p>	<p>Turkey Jalfrezi with Mango Chutney Vegetable Curry Pilaf Rice Curried Vegetables Jamaican Ginger Cake with vanilla sauce</p>	<p>Battered White Fish with lemon wedge and tartar sauce Cheam Pizza Slice Selection Chipped Potatoes Peas Fresh Fruit &amp; Ice Sundae</p>
WEEK TWO	<p>Spaghetti Beef Bolognese Leek &amp; Broccoli Tagliatelle Garlic Bread Coleslaw Vanilla Sponge with Custard</p>	<p>Hearty Beef &amp; Paprika Stew Chunky Winter Vegetable Soup with rustic bread Dumplings Potato &amp; Butternut Crush Chocolate &amp; Pear Cake with Chocolate Sauce</p>	<p>Roast Chicken Thigh with sage &amp; onion stuffing Tomato &amp; Basil Pasta Swede &amp; Turnip Mash Green Beans Whole Apple Crumble with Custard</p>	<p>Cottage Pie Vegetable Enchiladas Carrots Broccoli Syrup Sponge with custard</p>	<p>Battered White Fish with lemon wedge and tartar sauce Cheam Pizza Slice Selection Chipped Potatoes Peas Fresh Fruit and Ice Cream Sundae</p>
WEEK THREE	<p>Lamb Moussaka Macaroni Cheese Baton Carrots Mange Tout Chocolate Sponge with Chocolate Sauce</p>	<p>Green Thai Turkey Curry Singapore Noodles with Asian Dressed Salad Coconut Rice Creamy Asian Rice Pudding</p>	<p>Roast Gammon Roasted Vegetable Pasta Herby Roast Potatoes Cauliflower Broccoli Sweetcorn Peach Crumble with Custard</p>	<p>Chicken Tikka Masala with Saag Aloo &amp; Mango Chutney Vegetable Goulash Basmati Rice Naan Bread Steamed Jam Sponge with custard</p>	<p>Battered White Fish with lemon wedge and tartar sauce Cheam Pizza Slice Selection Chipped Potatoes Peas Fresh Fruit and Ice Cream Sundae</p>

A varied selection of freshly made snacks, sandwiches, baguettes, salads, fresh fruit, fruit yoghurt, hot and cold beverages.