



Who are Harrison Catering Services Limited?

We are a small, family owned business that is proud to work in partnership with The London Borough of Bexley, serving great, healthy, nutritious food to over 4,000 children every day. For more information about us, please visit our website at www.harrisoncatering.co.uk

What food will you be serving my child?

Our food is freshly cooked using good quality ingredients. Our menus continue to meet and exceed the government food and nutrient based standards, meaning your child will receive a healthy balanced meal. We work in partnership with the authority, the schools and the pupils to develop each menu to ensure it meets the diverse needs of each school.

Keeping in touch

We welcome your comments because they are important in influencing the way we develop the service. For more information please contact our local Harrison office on 01689 892542 or email bexley@harrisoncatering.co.uk

For all enquiries regarding free meal entitlement please telephone 020 8836 8274 or email pupilandstudentfinance@bexley.gov.uk

Try it yourself!

Below is the recipe for our delicious Baked Cajun Fish

Ingredients –

4 x 70g pollack fillets

½ lemon

½ tsp chopped parsley

½ tbsp cajun seasoning

½ tbsp olive oil

Method – Sprinkle the pollack with the cajun seasoning and parsley and place on a greased baking tray. Drizzle the fish with the oil and squeeze the juice of the lemon over the fish then bake at 200°C or gas mark 6 for 15 minutes or until cooked.



**Week 1
W/C**

3rd Sep
21st Sep
12th Oct
9th Nov
30th Nov
4th Jan
25th Jan

Monday

Jacket Potato
with Turkey Bolognaise, Tuna
Mayonnaise or Cheddar Cheese

Tomato and Basil Pasta

Marble Sponge
with Chocolate Sauce

Tuesday

Beef Lasagne

Homemade Bean Burger in a
Bun with Tomato Relish

Vegetable Lasagne

Fruit Juice with a Cookie

Wednesday

Roast Beef with Mini Yorkshire
Pudding, Roast Potatoes
and Gravy

Cheese and Leek Pie
with Roast Potatoes

Apple Crumble with Custard

Thursday

Tandoori Chicken Thigh
with Rice

Salmon Fish Cake
with Coriander Rice

Cheese and Onion Stuffed Jacket

Fruit Cup Cake

Friday

Oven Baked Sausages
with Mashed Potatoes

Baked Cajun Fish
with New Potatoes

Vegetable Korma
with New Potatoes

Banana Loaf with Custard

**Week 2
W/C**

7th Sep
28th Sep
19th Oct
16th Nov
7th Dec
11th Jan
8th Feb

Monday

Spaghetti Bolognaise

Vegetable Spaghetti

Sweet Potato Stir
with Crusty Bread

Peach Crumble with Custard

Tuesday

Mild Chicken Curry with Rice

Jacket Potato
with Tuna and Sweetcorn

Vegetable Chow Mein

Carrot Cake

Wednesday

Honey Roast Ham
with Roast Potatoes

Roasted Vegetable Wheel
with Roast Potatoes

Strawberry Jelly and Ice Cream

Thursday

Cottage Pie

Tuna Pasta Bake

Macaroni Cheese

Sticky Ginger Loaf with Custard

Friday

BBQ Chicken Melt
with Potato Wedges

Salmon Kedgeree

Cheese, Tomato and Basil Melt
with Potato Wedges

Fruit Milkshake with Shortbread

**Week 3
W/C**

14th Sep
5th Oct
2nd Nov
23rd Nov
14th Dec
18th Jan
8th Feb

Monday

Breaded Fish with Lemon
and Chipped Potatoes

Vegetable Chilli
with Chipped Potatoes

Jacket Potato with Baked Beans

Rice Pudding
with Chocolate Shortbread

Tuesday

Chicken Pasta Bake

Tuna Wrap with Rice

Pesto Pasta

Toffee Date Cake with Custard

Wednesday

Roast Lamb with Gravy
and Roast Potatoes

Cauliflower and Broccoli Cheese
with Roast Potatoes

Sultana Oat Bar
with Apple Wedges

Thursday

Soy and Ginger Chicken Thigh
with Baked New Potatoes

Roasted Vegetable Quiche
with Baked New Potatoes

Penne with Roasted Peppers

Apple Pie with Custard

Friday

Beef Stew and Mash

Homemade Tuna Pizza
with Coleslaw

Homemade Cheese and
Tomato Pizza with Coleslaw

Fruit Jelly

A choice of salads, seasonal vegetables, fresh bread, fresh fruit platter, fruit yoghurt, milk and drinking water are available daily.