



**Fresh
ingredients**



**Prepared
in the kitchen**



**Balanced
menus**



**Great
tastes**



**TASTIER
HEALTHIER
AND BETTER
ALL ROUND**

Every day the Harrison Catering Services team is hard at work in the kitchen transforming fresh ingredients into tasty home-cooked meals.

www.harrisoncatering.co.uk



School meals

A DELICIOUS EXPERIENCE!

Nothing gets children excited about healthy eating like a bit of hands-on cooking experience. We offer interactive workshops on salads, pasta and bread making which help children understand how the food on their plates gets there and encourage them to make healthier food choices.

We also work to broaden children's tastes by introducing new ingredients with tasting samples and featured dishes on our menu.

We understand eating a healthy, balanced diet is important to a child's health. Our team is dedicated to ensuring that our meals follow the school food standards and that children have an enjoyable dining experience. We create menus with local tastes and preferences in mind that include a selection of popular, delicious, full of flavour dishes that children want to eat.

Theme days throughout the year – ranging from barbecue days to celebrations of cuisines from around the globe – keep lunchtime fun and interesting and can also be linked to the school curriculum to further reinforce classroom learning.

As a fresh food caterer, we use ingredients from trusted suppliers and promote UK sourcing wherever possible. For example, our fresh chicken comes from the UK and our eggs are free-range and UK sourced. Using responsibly sourced, quality, seasonal, fresh ingredients, creates flavourful dishes for children to enjoy.



YUM!



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A nutritionist's view...

What our children eat, particularly in the primary years, affects their health and their ability to learn and perform in the classroom, so feeding them balanced meals and showing them how to make healthier food choices is tremendously important.

Equally important is the role food plays socially. Food is meant to be enjoyed. Eating together and learning about food is a key aspect of a child's education and enjoyment of life.

Fun food facts and learning

Colour-in, learn and cook with our fun information sheet



Quick quiz...

1. How many apples can you count in the picture?
2. What food is the main ingredient of guacamole?
3. What sweet food is made by bees?
4. The rice dish 'paella' comes from what country?
5. True or false? Three quarters of the weight of a banana is water.
6. Lures, reels, rods, hooks, baits and nets are common equipment used in what food gathering method?



Carrots were grown at least 5,000 years ago and were originally red, purple, white, yellow or black.



Lemon juice stops cut apples, pears, bananas and avocados from turning brown.



The Romans brought apples to the UK, and there are now over 1,200 different kinds here.



Kale and broccoli contain more vitamin C per 100g than oranges and strawberries.



Dried plums are called prunes.



Tomatoes are fruits, not vegetables.



Fruit smoothie recipe

You'll need an adult's help
Makes 2 servings

Ingredients

200g fresh strawberries
½ banana
300ml cranberry juice
100ml milk
200ml natural yoghurt

Method

1. Wash the strawberries in cool water. Remove the leaves and chop them into halves. Place them into a food blender.
2. Peel the banana, slice it and add to the food blender.
3. Add the cranberry juice, milk and natural yoghurt.
4. Blend until the mixture is smooth.
5. Pour into glasses and enjoy!

What's your favourite food?

Use this space to draw your favourite food.

