

FOOD WITH THOUGHT



Welcome to the Harrison **'Food with thought'** triannual newsletter!

We truly understand the importance of engaging with and making a positive impact in the communities we serve. As a caterer rooted in strong, independent family values, our commitment to our people, the food we prepare and our environment is at the heart of what we do. We are genuinely passionate about providing fresh, nutritious meals.

That's why we are excited to share our latest updates, which include the fantastic work of our teams and news from our various sites and the business as a whole.

*Geoffrey Harrison, Claire Aylward
and Gareth Harrison*



OUR FOOD

Delivering delicious, well-balanced meals, along with an exceptional food service, enjoyed daily, makes us proud. In this section, we share our latest delicious seasonal recipes, which are easy for you to make at home. So, why not give these dishes a try?



Korean-Inspired Chicken Burger

→ [See recipe](#)



Fresh Strawberry Tart

→ [See recipe](#)



Heritage Tomato and Mozzarella Salad

→ [See recipe](#)

OUR PEOPLE

With a reputation for cultivating a thriving workplace and nurturing exceptional talent through award-winning training, we have shared the latest updates about our teams...

Celebrating and recognising our exceptional graduates

→ [Read article](#)

We prioritise our people and invest in growth through training, so celebrating our latest graduates' achievements is essential, as seen in our graduation ceremony and lunch.



HEALTH & WELLBEING

We are committed to providing fresh, seasonal food packed with flavour, offering balanced choices. To promote fresh food and healthier eating, our Consultant Nutritionist shares insights on the following topics...



Can food boost your mood?

→ [Read article](#)



How to eat for an active lifestyle

→ [Read article](#)



Healthy Summer Snacking

→ [Read article](#)

OUR WORLD

For us, it's essential to support charities close to our hearts and inspire young people to enhance their education and skills. Here, we have shared updates that reflect this commitment...

Through our charity, the Geoffrey Harrison Foundation, we have raised over £1 million - funding that has helped support 2,511 young people build catering skills and promote personal growth.

→ [Learn more](#)

We have supported the English Schools' Orchestra for 30 years, who are dedicated to nurturing the exceptional talent of young musicians from all corners of the country...

→ [Learn more](#)



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Oxford House, Oxford Road
Thame, Oxon OX9 2AH
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