



Soil Association
FOOD FOR LIFE

GOLD CATERING

Monday

3 Veg Mac
or
Bean Burger

Served with
Fresh Vegetables of the Day
Plain Pasta or Jacket Potato

Fruit Crumble
with Custard

Tuesday

Yummy Scrummy chicken & butternut
squash curry
or
3 Bean Casserole

Served with
Fresh Vegetables of the Day
Wholegrain rice or Jacket Potato

Cheesy Tuesday
Cheese platter with grapes, celery and
crackers

Week 1

Most of our Meat (which is purchased from the Rhug Estate), Fruit and Vegetables are Organic our Fish is purchased from sustainable sources Organic milk, eggs and flour are used in all our cooking and Organic Wholegrain Bread, Pasta, Rice and Spaghetti are used (all subject to availability)

Thursday

Mixed Grill
Bacon and organic Sausage
or
Scrambled Eggs

Served with
Hash Browns or Jacket Potato, Baked
Beans
Tomatoes and Mushrooms

Chocolate Mousse

Wednesday

Organic Roast Pork
or
Yorkshire Pudding filled with Roasted
Vegetables

Served with
Fresh Vegetables of the Day
Gravy and Roast or Jacket Potatoes

Fresh Salad
Ice Cream

Friday

Fish Fingers or Battered Fish
or Chefs Choice
or
Vegetable Fingers

Served with
Fresh Vegetables of the Day
Chips and Baked Beans

Fruity Friday
Prepared Variety of delicious Fresh
Fruits

Available every day
A selection of crudité salad, fresh fruit,
Homemade yogurt
Specific Dietary requirements





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Week 2

Most of our Meat (which is purchased from the Rhug Estate), Fruit and Vegetables are Organic our Fish is purchased from sustainable sources
Organic milk, eggs and flour are used in all our cooking and Organic Wholegrain Bread, Pasta, Rice and Spaghetti are used (all subject to availability)

Monday

Pasta with a choice of Tomato, Pesto or Cheese Sauce
or
Quorn and Vegetable Stir Fry

Served with
Fresh Vegetables of the Day
Plain Pasta or Jacket Potato

Apple Crumble
with Custard

Tuesday

Organic Sausages (Beef or Pork)
or
Vegetarian Sausages

Served with
Fresh Vegetables of the Day
Mash or Jacket Potato

Cheesy Tuesday
Cheese platter with grapes, celery and crackers

Thursday

Organic Beef Chili Con Carne
or
Bean Burritos

Served with
Fresh Vegetables of the day
Wholegrain steamed rice or
Jacket Potato

Fresh Salad

Chocolate Pudding with
Chocolate Sauce

Wednesday

Breaded Chicken Goujons
or
Vegetable Goujons

served with
Fresh Vegetables of the Day
Sweet Potato Wedges or Jacket
Potato

Lemon Mousse

Friday

Fish Fingers or Battered Fish
or Chefs Choice
or
Vegetable Fingers

Served with
Fresh Vegetables of the Day
Chips and Baked Beans

Fruity Friday
Prepared Variety of delicious Fresh
Fruits

Available every day
A selection of crudites salad, fresh fruit, Homemade yogurt
Specific Dietary requirements



Monday

Margarita Pizza
or
Tuna Pasta Bake

served with
Fresh Vegetables of the Day
Jacket Wedges or Jacket Potato

Strawberry Cheesecake

Tuesday

Sticky chicken drumsticks served with
oriental noodles
or
Stuffed Peppers

Served with
Fresh Vegetables of the Day
Sweet Potato Mash or Jacket Potato

Cheesy Tuesday
Cheese platter with grapes, celery and
crackers

Week 3

Most of our Meat (which is purchased from the Rhug Estate), Fruit and Vegetables are Organic our Fish is purchased from sustainable sources Organic milk, eggs and flour are used in all our cooking and Organic Wholegrain Bread, Pasta, Rice and Spaghetti are used (all subject to availability)

Thursday

Chicken Fajitas
or
Bean and Rice Burritos

Served with
Fresh Vegetables of the Day
Jacket Potato

Treacle Sponge and Custard

Friday

Fish Fingers or Battered Fish
or Chefs Choice
or
Vegetable Fingers

Served with
Fresh Vegetables of the Day
Chips and Baked Beans

Fruity Friday
Prepared Variety of delicious Fresh
Fruits

Wednesday

Organic Beef Lasagna
or
Vegetarian Lasagna

Served with
Fresh Vegetables of the Day
Garlic Bread or Jacket Potato

St Mary's Flapjack

Available every day
A selection of crudité salad, fresh fruit,
Homemade yogurt
Specific Dietary requirements .