



**Soil Association**  
**FOOD FOR LIFE**

**GOLD CATERING**

**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)**

**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

**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**



