


Oldham Catering Service Menu B Seasonal Menu B 2014

A selection of North West locally sourced seasonal produce is served daily within our menu cycle.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Homemade Pasta Bolognese	Chicken Korma with Rice	Homemade Meat Pie	Tandoori Chicken & Rice	Meat Free
	 MSC Cod Fishcakes	Mixed Pepper Pizza	 MSC Salmon Fish Fingers	Pilchard Parcels	Cheese & Tomato Quiche
	Jacket Wedges Baked Beans Garden Peas	Herby Diced Potatoes Medley of Vegetables Salad	Creamed Potatoes Sweetcorn Baked Beans	Roast & Creamed Potatoes Carrot Batons Cauliflower Cheese	Vegetable Biryani
	Baked Jacket Potato with Filling	Baked Jacket Potato with Filling	Baked Jacket Potato with Filling	Baked Jacket Potato with Filling	Chunky Chips Baked Beans Mixed Salad Bowl
	Syrup Sponge & Custard	Fruity Flapjack Squares	Iced Chocolate Slice	Cherry Pie & Custard Sauce	Banana Mousse made with Organic Milk
Selection of Fresh Fruit or Organic Fruit Yoghurt	Selection of Fresh Fruit or Organic Fruit Yoghurt	Selection of Fresh Fruit or Organic Fruit Yoghurt	Selection of Fresh Fruit or Organic Fruit Yoghurt	Selection of Fresh Fruit or Organic Fruit Yoghurt	
2	Homemade Beef Keema & Rice	Pasta Spirals in a spicy Tomato & Vegetable Sauce	Chicken & Lentil Curry with Rice	Beef & Spinach Curry & Rice	Meat Free
	 MSC Fish Fillet in Breadcrumbs	Pizza Margarita	 MSC Breaded Fish Cakes	Tuna/Cheese Wrap	Homemade Cheese & Onion Pie
	Herby Diced Potatoes Garden Peas Sliced Carrots	Potato Smiles Sweetcorn Baked Beans	Creamed Potatoes Medley of Vegetables	Baked Jacket Wedges Carrot Batons Broccoli	Vegetable Ravioli with a crusty wholemeal roll
	Baked Jacket Potato with Filling	Baked Jacket Potato with Filling	Baked Jacket Potato with Filling	Baked Jacket Potato with Filling	Chunky Chips Mushy Peas Mixed Salad Bowl
	Chocolate Sponge & Custard Sauce	Shortbread Rounds Milkshake	Eves Pudding & Custard Sauce	Fruit Jelly & Ice cream Cheese & Crackers	Baked Jacket Potato with Filling
Selection of Fresh Fruit or Organic Fruit Yoghurt	Selection of Fresh Fruit or Organic Fruit Yoghurt	Selection of Fresh Fruit or Organic Fruit Yoghurt	Selection of Fresh Fruit or Organic Fruit Yoghurt	Steamed Jam Sponge & Custard Sauce	
					Selection of Fresh Fruit or Organic Fruit Yoghurt







- A range of local organic and fair-trade produce is served
- High welfare chicken, eggs and meat produce are served
- All fish is served from MSC list
- Some information displayed on origin of produce.



- No undesirable food additives or hydrogenated fats.
- 75% of dishes are freshly prepared.
- Meat is produced to UK welfare standards and eggs are from cage free hens.
- Menus are seasonal.
- Well trained catering staff.
- No GM ingredients.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	Homemade Minced Beef & Onion Pie	Chicken & Lentil Curry & Rice	Meat & Potato Pie	Mediterranean Pasta Vegetable Samosa	Meat Free Vegetable Dhal & Rice Wholemeal bread pizza
	 MSC Cod Fish Finger	Homemade Vegetable Quiche	 MSC Salmon Nuggets	Baked Jacket Wedges Baked Beans Garden Peas	Chunky Chips Sweetcorn Mixed Salad Bowl
	Creamed Potatoes Baked Beans Garden Peas	Potato croquettes Green Beans Sweetcorn	Creamed Potatoes Sliced Carrots Broccoli	Baked Jacket Potato with Filling	Baked Jacket Potato with Filling
	Baked Jacket Potato with Filling	Baked Jacket Potato with Filling	Baked Jacket Potato with Filling	Chocolate & Mandarin Mousse	Artic Roll Cheese & Crackers
	Iced Lemon Drizzle Sponge & Custard	Apple Flapjack	Chocolate Sponge & Custard Sauce	Selection of Fresh Fruit or Organic Fruit Yoghurt	Selection of Fresh Fruit or Organic Fruit Yoghurt
	Selection of Fresh Fruit or Organic Fruit Yoghurt	Selection of Fresh Fruit or Organic Fruit Yoghurt	Selection of Fresh Fruit or Organic Fruit Yoghurt		
4	Homemade Beef Lasagne	Homemade Meatballs Onion Gravy	Homemade Keema Pie	Spicy Chicken & Sweetcorn Pizza	Meat Free Homemade Cheese & Bean Pie
	 MSC Fish Portion	Cheese Whirls	Veggie Bake	 MSC Breaded Fish Fingers	Vegetarian Ravioli & Crusty Wholemeal Bread Roll
	Baked Jacket Wedges Medley of Vegetables Baked Beans	Creamed Potatoes Sweetcorn & Peas	Roast Potatoes Sliced Carrots Broccoli	Diced Herby Potatoes Mixed Vegetables Baked Beans	Chunky Chips Garden Peas Mixed Salad Bowl
	Baked Jacket Potato with Filling	Baked Jacket Potato with Filling	Baked Jacket Potato with Filling	Baked Jacket Potato with Filling	Baked Jacket Potato with Filling
	Chocolate Sponge & Custard	Ginger Biscuit Milk Shake	Fruit Jelly & Cream	Marble Sponge & Custard	Fruit Salad & Ice Cream Cheese Crackers
Selection of Fresh Fruit or Organic Fruit Yoghurt	Selection of Fresh Fruit or Organic Fruit Yoghurt	Selection of Fresh Fruit or Organic Fruit Yoghurt	Selection of Fresh Fruit or Organic Fruit Yoghurt	Selection of Fresh Fruit or Organic Fruit Yoghurt	

Offered Daily is a freshly prepared salad bar with a range of locally produced salad products.

CERTIFIED
SUSTAINABLE
SEAFOOD
MSC
www.msc.org



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

Our Seasonal Menus meet all the current nutritional guidelines

With our suppliers assistance we source various products locally from farms around the North West and adjacent regions

In our recipes we use organic flour, milk and eggs. Organic yogurt is offered to our customers daily

We only use local organic or free range eggs



"Our fish is only purchased from suppliers who support and sourced from sustainable fish stocks. To acknowledge this we are certified to the Marine Stewardship Council's chain of custody standard (MMC-C-1009-22).

All food is freshly cooked on the premises by our catering teams

All special dietary, vegetarian or cultural requirements can be catered for by request.

We have five Meat free days within the four week menu cycle.

[The catering service will serve on the menu daily.](#)

Locally produced Jacket Potatoes with a choice of freshly prepared fillings

A freshly prepared salad bar with a range of locally produced salads

Wholemeal bread from a local Bakery

Seasonal fruit is served where possible along with Fair Trade Bananas