



National Food days!

At **The London Catering Company**, we appreciate the value that businesses and staff place on social breaks in the workplace. We know that teams love to gather, take a break from their desks, and share an experience together. Food is a fantastic focal point, and a great team lunch can be priceless.

It can be tricky for organisers to come up with fresh themes, so we've created a handy guide to some of the top 'National Food Days' recognised in the UK and around the world. Of course, our ever-expanding menu covers everything from a simple sandwich lunch to a full buffet or fine dining experience. Whatever your occasion, we have—or can create—the perfect menu to match.

Dates for your diary:

January 4th – National Spaghetti day
January 12th - (International) Curry day
January 23rd – National Pie day
February 13th – National Tortellini day
Moveable Feb/ March – Pancake day
1st full week of March – National Pie week
March 14th – National Crisp day
March 17th – St Patricks day (Irish food)
1st Thursday of April – National Burrito day
April 12th – National Toastie day
June 5th National Sausage Roll day
Third Wednesday in July – National Hot Dog Day
July 6th – National Fried Chicken day
July 14th – National Mac & Cheese day
July 29th – National Lasagne day
July 29th – National Chicken Wing day
August 19th – National Baked Potato day
1st week of October - National curry week
October 1st National Sausage day
October 4th – National Taco Day
October 17th National Pasta day
October 25th – World Pasta day
Last week of October – UK Sausage week
November 6th – National Nacho Day
December 1st - National Curry Day
December 2nd – National Full English Breakfast day

Irish Stew (good all year but especially St Patricks day)



Traditional beef Irish stew. With **beef**, stout (Guinness) broth, carrots, potato and onion with side of crusty or soda bread and butter.



Traditional Vegan Irish stew. With **portobello mushroom**, stout (Guinness) broth, carrots, potato and onion with side of crusty or soda bread and butter.



National Mexican days



Our authentic and delicious **Mexican Fajita** meal is a real winner with guests. Our Seasoned Chicken or Portobello mushrooms are triple cooked to seal in the flavour.

When we add our home made salsa, flame grilled pepper and onions the whole meal becomes a Mexican Fiesta!

Served in a large 10" flour wrap accompanied with grated cheese, guacamole and sour crème.



For more casual dining our sharing **Mexican Nachos** meal will certainly get the party talking.

Made with a variety of interchangeable toppings we can meet all diets – especially as nachos are gluten free!

Traditionally topped with home made salas, melty cheese, ground beef (or chicken or vegan), two types of beans, and pickled jalapeños to name a few

Our 3rd offering is **Mexican Burritos** offers guests a delicious treat that can be served in a variety of flavours to meet a wide range of dietary requirements.

Our Seasoned **minced beef**, **chicken** or **beef soya** fillings are mixed with crunchy black and red beans, cheese, guacamole, sweet relish or salsa and Mexican rice. All this is blended into a 12" flour tortilla wrap and sealed in a roll of foil.

When we add our home made crunchy side salad the whole meal becomes a Mexican Fiesta!

Hand in hand with our delicious Fajitas is our fresh and authentic **Mexican Salad**. Made with Kidney beans, sweetcorn, onion, cucumber or courgette, peppers, tomatoes, coriander finished with a light home made dressing



National Pasta days



We offer a wide range of **Pastas** and delicious toppings for a variety of diets.

All our meals have that home cooked feel and made fresh for each event.

Our pasta dishes are usually served with a side salad and moist and crunchy garlic bread



Pastas ideas include:

- Chicken, ham or veg **carbonara**
- Prawn alfredo
- **Spaghetti bolognese**
- Beef ragu
- Penne alla norma
- Linguine Arrabbiata
- **Lasagne** – beef, veg and chicken versions
- Mac n Cheese

Pastas can be standard, vegan, or gluten free – so something for everyone





National Jacket Potato day

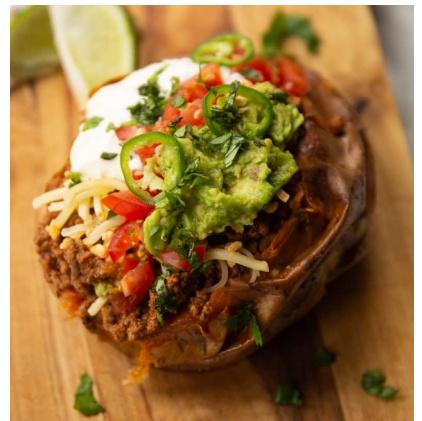
Our Oven baked **jacket potatoes** offer great flexibility and on the day choices for guests.

Almost every diet can be catered for without preplanning and there is almost always something for everyone.

The range of toppings can be endless but typically include: served with choices such as:

- cheese
- beans
- chilli con carne
- mushroom chilli
- tuna and sweetcorn
- cauliflower and cheese with bacon
- Prawn cocktail
- Chicken Tikka
- Taco beef

All the above can be served with a side salad, crispy onions, coleslaw



Curry from around the world

Curry is often cited as the UK's favourite meal. There is a huge range from around the world including south Asia, Thailand, Japan, South Africa and even England. What ever the event we can make a curry to meet all diets and add a little spice to the day!

- Katsu (Japanese)
- Bunnychow (south African)
- Balti (British)
- Chicken tikka masala, madras, jalfrezi
- Rogan josh
- Thai green or red curry

Our bunnychow is served in a loaf of bread, but more commonly our currys come with basmati rice and a variety of sides such as naan bread, poppadoms, onion bhajis, vegetable pakora, samosa and salads





National Pie and Mash day, week and month

When it comes to pies we know a thing or two! All our pies are made to our own unique recipes and hand finished for that home cooked feel. We have an ever expanding range of pies, from standard to gourmet. Our meal offers a choice of freshly prepared pies

- Traditional mince beef
- Chicken and mushroom
- Chicken and root veg
- Steak and ale
- Meat and potato
- Roasted Veg
- Cauliflower and cheese
- Cheese and onion
- Fisherman's pie
- Australian pie
- Chip shop curry pie

Our normal serving is with mash, mushy peas, (eel) liquor or gravy – but you can change or add – such as new potatoes, alternative or more than one veg.



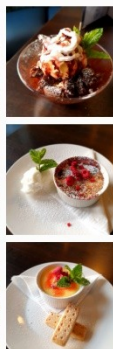


Other meal ideas for themed days

With a large compliment of professional chefs working for us, we are able to design and create a wide range of meals to suit any occasion. Here are just a few ideas:

- Toad in the hole
- Greek Wrap
- Bangers and mash
- Shepherds pie
- Chinese duck noodles
- Loaded hot dogs
- Loaded pulled pork burgers
- Full roast dinner
- Mac n Cheese
- Fish and Chips
- Bacon or sausage rolls to full english breakfast

On top of all of that we are able to provide a full buffet catering service – whether a team “packed lunch”, buffets, desserts, snacks – we can service all your catering needs from our premises in **Hackney, Central London**.



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Example clients - We are proud to have worked with a great bunch of companies, many of whom repeat book us around the country.



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