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 4th – National Roast Dinner day

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 **Tofu**, **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 bolognaise**
- 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







National Roast Dinner day

A **Roast Dinner** is such a treat it shouldn't just be for Sundays!

Our Roast Dinner includes a whole quarter of succulent chicken, roast potatoes, Yorkshire puddings and mixed or choice of veg, all wrapped in our delicious gravy.

For the vegetarian/ vegan version we go with a filling Nut Roast

There are options to swap roast potatoes for mash or rice – the choice is yours!









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 bunny chow 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.**





















The London Catering Company
part of the famous – The London Pie and Mash Company Ltd

DEDICATED VEGAN MENU

We can make a range of hot staff served meals for 30-400 guests
All meals can be supplied in a variety of dietary requirements such as nut free, gluten free, vegetarian, vegan, halal, dairy free

Vegan Mac n Cheese

Roasted cauliflower, vegan cheese and pasta, finished off with a oat crumble topping, served with a side of vegan garlic breadcrumb **(GF, VEGAN)**



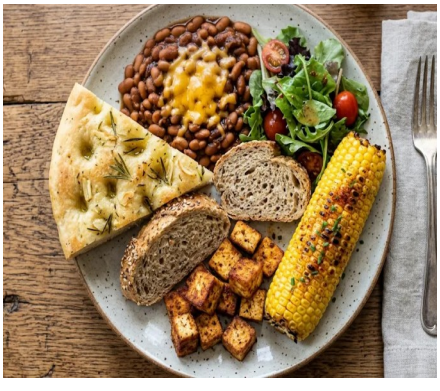
Smoky Vegan Mexican Grain Bowl

BBQ Boston Beans, with brown rice, and Mexican salad **(GF, VEGAN)**



Savoury Grill Plate

Seasoned Pan-Seared Tofu, Warm Garlic Herb Focaccia or Crusty Whole-Grain Bread, vegan cheese, beans, corn on the cob **(GF, VEGAN)**



Vegan Pie and mash



Our meal offers a choice of freshly prepared pies

- Roasted Veg
- Cauliflower and cheese
- cheese and onion

all the above served with Mash, mushy peas and gravy
(GF, VEGAN)

Vegan Nut roast



Roasted vegan nut roast with (mash, roast or boiled potatoes), choice of veg and thick gravy **(GF, VEGAN)**

Vegan Bangers and Mash



A delicious range of premium vegan sausages, served with mash, mushy peas and onion gravy**(GF, VEGAN)**

Open Fajita



Vegan mince fajita, served with chargrilled peppers, wrap, Mexican side salad, dips and sauces and garlic bread **(GF, VEGAN)**

Curry

Vegan curry, served with basmati rice, sauces and dips, mini naan and onion bhajis **(GF, VEGAN)**



Lasagne

Vegetarian lasagne, served with side salad and garlic bread **(GF, VEGAN)**

Jacket Potato

Oven baked jacket potatoes served with choices such as:

- • vegan cheese
- • beans
- • BBQ Boston beans
- • sweetcorn

All the above served with a side salad **(GF, VEGAN)**



Vegetable stew with dumplings

A delicious heart-warming Tofu stew, with a variety of seasonal ingredients, served with crusty bread **(GF, VEGAN)**



Mediterranean Vegetable Tart



Mediterranean Vegetable Tart (Vegan) is a delicious savoury tart with a pastry crust and a filling of Mediterranean vegetables.

Ideal with roasted potatoes and vegetable medley or for a summer twist served chilled with crunchy salad

(GF, VEGAN)

Beetroot & Butternut Squash Wellington



Our beetroot & Butternut Squash Wellington is made with beetroot, butternut squash, mushroom and red onion, wrapped in a flaky pastry shell.
Served with boiled new potatoes sand seasonal veg such as broccoli, cauliflower or spinach
and thick gravy **(GF, VEGAN)**

Vegan Shepherd's Pie



A vegan tray baked shepherd's pie, topped with dairy free mash and served with seasonal veg and thick gravy

Various Vegan Pasta dishes

A wide variety of pasta dishes can be supplied such as:



- **Cashew Cream & Nutritional Yeast Sauce:** A rich, velvety sauce blended from soaked raw cashews, garlic, lemon juice, vegetable broth, and nutritional yeast for a cheesy, savory depth.
- **Silken Tofu & Cauliflower Alfredo:** Steamed cauliflower and smooth silken tofu blended with roasted garlic and a touch of white miso, creating a high-protein, creamy sauce without the cashews.



- **Lentil & Walnut Ragù:** Brown or green lentils simmered with finely chopped walnuts, crushed tomatoes, garlic, onion, and Italian herbs to mimic the hearty, textured bite of traditional minced meat.
- **Textured Vegetable or Soy Mince:** High-protein soy granules cooked down in a rich red wine and tomato soffritto.
- **Crispy Roasted Aubergine (Eggplant):** Cubed or thick-sliced eggplant roasted until caramelized in olive oil, then tossed directly into a garlic-infused tomato sauce with fresh basil.
- **Vegan Ricotta Salata:** Topped with crumbled firm tofu tossed in lemon juice, salt, and nutritional yeast, or grated aged plant-based cheese to replicate the traditional salty cheese garnish.



A wide variety of pastas, flavours and styles available, all served with a seasonal side salad and garlic bread



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Salad selections:

GREEK PASTA SALAD (GF, VEGAN)
Baby Spinach, Cherry Tomatoes, Black Olives, Vegan Feta Cheese, Wine Vinegar & Olive Oil Dressing

ROASTED RED PEPPER & PASTA SALAD (GF, VEGAN)
Roasted Red Peppers, Mozzarella, Rocket, Basil And Olive Oil, Balsamic Vinegar & Honey Dressing

Summer Salad selections:

CHICKPEA SALAD
Chickpea, Tomato, Red Onion, Parsley, Coriander and Olive Oil, Hot Sriracha & Lemon Dressing

VEGAN FETA SALAD WITH FALAFEL
VEGAN Feta Cheese, Falafel, Romaine Lettuce, Red & Green Pepper, Red Onion, Cherry Tomato, Cucumber & Black Olives

Fruit and Veg Platter selections:

WHOLE FRUIT PLATTER (GF, VEGAN)
Grapes, Bananas, Apples, Oranges

MIXED FRESH FRUIT PLATTER (GF, VEGAN)
Seasonal Fruit Cut Up On A Platter

MINI FRUIT SKEWERS PLATTER (GF, VEGAN)
Kiwi, Pineapple, Strawberry & Grape

GRAPE PLATTER (GF, VEGAN)
Green & Black Grapes

WATER MELON PLATTER (GF, VEGAN)
Chunks Of Watermelon

PINEAPPLE PLATTER (GF, VEGAN)

VEGETABLE CRUDITÉS PLATTER (GF, VEGAN)
Cucumber, Red Pepper, Carrot & Celery. Served With A Generous Amount Of Houmous

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

