

WHAT'S COMING UP

AUTUMN TERM 2017

SEPTEMBER

ISLAND COOKING
Sweet + Tangy
Excite flavors

Fun-tastic, vibrant dishes fresh from the Caribbean!

Check out the menu for more details

catering academy

OCTOBER

TEX IT TO THE MAX

A fusion of flavours from Texas + Mexico

Check out the menu for more details

catering academy

NOVEMBER

MADE IN MOROCCO
Warm + Spicy

Aromatic + vibrant dishes influenced by the diverse cooking styles of neighbouring countries

Check out the menu for more details

catering academy

DECEMBER

TASTE OF SPAIN
Fresh herbs + Spices

Enjoy a fiesta of flavours with delicious Spanish dishes

Check out the menu for more details

catering academy

Boost your Cupcake uptake!

Sprinkle a little happiness onto your September and celebrate National Cupcake Week from the 13th to the 19th

catering academy

The Spice of Life

Introduce a little heat to your October and join us from the 9th to the 15th to celebrate National Curry Week!

catering academy

Posh Burgers and Dogs

Celebrate Bonfire Night this November 5th with properly posh burgers and hot dogs!

catering academy

Twelve delicious days of Christmas

Jingle all the way with 12 days of festive food - Merry Christmas!

catering academy

WHAT'S IN SEASON

CRUNCHY AND Peppery

Offering a peppery, satisfying crunch with every bite, radishes are a nutritious root vegetable that can be eaten raw or cooked.

DID YOU KNOW?
Radishes are an excellent source of antioxidants, vitamins, dietary fiber and minerals. They're also low in calories and a good source of vitamin C.

RADISHES

catering academy

WHAT'S IN SEASON

SWEET AND Satisfying

Pumpkins are part of the squash family and have a sweet taste when cooked.

DID YOU KNOW?
Pumpkins are a great source of antioxidants such as vitamins A, C and E. They're rich in dietary fibre and minerals but low in calories and contain no saturated fat or cholesterol.

PUMPKIN

catering academy

WHAT'S IN SEASON

WHOLESOME AND Filling

This versatile vegetable is one of the most widely grown root crops in the world. It's also one of the cheapest staple food ingredients consumed all over the world.

DID YOU KNOW?
Potatoes are one of the richest sources of B-complex vitamins and are rich in dietary fibre. They're also a great source starch and minerals.

POTATOES

catering academy

WHAT'S IN SEASON

FESTIVE AND Tart

Cranberries are composed of numerous health benefiting substances that may offer protection from tooth cavities, urinary tract infections and inflammatory diseases.

DID YOU KNOW?
Cranberries are full of anti-oxidants and are a good source of vitamins. They can be eaten fresh, cooked or dried.

CRANBERRIES

catering academy