



# Catering

2016

## catering at nourishment

Our quality service, delicious food and personal touch is guaranteed to ensure your event is a perfect success.

**The catering team at Nourishment are highly skilled and experienced with the ability to cater for all tastes, dietary requirements, budgets and themes.**

**Our aim is to provide you with fresh, quality food, sourced locally wherever possible.**

**From working lunches, corporate events and conferencing, to wedding and other celebrations; we will work with you to ensure you have the perfect menu.**

**We have a range of menus for buffets, three, four and five course meals as well as lighter snacks. Or, if you prefer our Catering Manager can design a menu specifically for your event.**

**We can also provide you with some recommended drinks packages for your consideration or we can tailor a drinks package to complement your event and specific needs.**

**Nothing is too much trouble and anything is possible.**

**For further inspiration, menus and booking information, visit our website**

[www.stcatherines-wakefield.org.uk](http://www.stcatherines-wakefield.org.uk)

or

**contact our Events Coordinator on  
01924 211130.**



# menus at rishment

We have a range of menus which are available for you to choose from or to use as inspiration during the design of your own special menu.

## Buffets

Our cold buffets start from 5.00 per person and our hot fork buffets from 7.50 per person.

## Canapés

We have a huge selection of Canapés with packages starting from 3.00 per person.



## Banqueting

Three, four or five course meals with something for everyone starting from just 12.00 per person.

## Working Lunches

When time is paramount our 'grab a bag' lunch on the go is ideal at 5.00 per person.



## Snacks and Light Bites

Our cafe area provides a range of options for more informal events.

# finger buffets at nourishment

## Nourishment Value Buffet

Assorted Sandwiches  
(white, brown and gluten free bread)  
Fillings include tuna mayo, mature cheddar cheese,  
free-range egg mayo, honey roasted ham

Sandwiches are served with a selection of relishes  
and chutneys which perfectly compliment our fillings.

Sausage or Cheese & Onion Mini Rolls  
Homemade Quiche using free range eggs/cream

Mixed Salad Platter

Homemade Coleslaw

Homemade Savoury Rice Salad

Handbaked Crisps & Dips

6.00 per person

## Nourishment Healthy Buffet

Assorted Sandwiches  
(white, brown and gluten free bread)  
Fillings include low fat tuna mayo/free-range egg mayo,  
honey roasted ham, mature cheddar cheese

Sandwiches are served with a selection of relishes and  
chutneys which perfectly compliment our fillings.

Frittata Slices (Vegetarian option available)  
Prawn Lettuce Cups

Mixed Salad Platter

Salad Crudites with Low Fat Dip

Tomato and Vegetable Pasta Salad

Handmade Vegetable Crisps & Low Fat Dips

6.00 per person

## Nourishment Premium Buffet

Assorted Open Sandwiches & Wraps  
White, brown and gluten free (optional) bread  
Fillings include roast beef, poached salmon, prawn  
mayonnaise, houmous and roasted vegetables

Sandwiches are served with a selection of relishes and  
chutneys which perfectly compliment our fillings

Choice of Four Homemade Savouries  
(See page 8 for all options).

Choice of Four Salad Bowls  
(See page 8 for all options)

Homemade Quiche using free range eggs and cream.

Handbaked Crisps & Dips

10.00 per person

Add Homemade Cakes  
1.50 per person

## Nourishment Deluxe Buffet

Assorted Open Sandwiches & Wraps  
White, brown and gluten free (optional) bread  
Fillings include roast beef, poached salmon, prawn  
mayonnaise, houmous and roasted vegetables

Sandwiches are served with a selection of relishes and  
chutneys which perfectly compliment our fillings

Choice of Five Homemade Savouries  
(see page 8 for all options)

Choice of Five Salad Bowls  
(See page 8 for all options)

Homemade Quiche using free range eggs and cream

Handbaked Crisps & Dips

12.00 per person

Add Fresh Fruit Basket  
1.00 per person

# hot buffets at nourishment

## Nourishment Hot Sandwiches

Served on White/Brown and Gluten Free (optional) fresh rolls.

Premium Yorkshire Bacon, Norton's of Yorkshire Finest Sausage, Free Range Fried Egg

Served with Homemade Chunky Chips

Brown Sauce & Tomato Ketchup

5.00 per person

## Nourishment Evening Pie and Peas

Handmade Traditional Beef and Potato Pie

Vegetarian Option of Creamy Vegetable Pie

Minty, Mushy Peas

Roast Beef Gravy

Roast Onion Chutney

6.00 per person

## Grab a Bag

Lunch on the go for your busy business event.

Includes a Sandwich, Bag of Crisps and a Fizzy Drink or water.

4.50 per person

## Desserts

Fresh Cream Fruit Gateaux served with cream, Apple Pie served with custard, Sherry Trifle, Profiteroles with warm chocolate sauce, Fresh Fruit Salad, Sicilian Lemon Torte  
Fruits of the Forrest Pavlova, Pecan Pie, Fruit Crumble with custard,  
Christmas Pudding with Brandy Butter, Baked Vanilla Cheesecake with cream,  
Hot Chocolate Fudge Cake, Black Forrest Gateaux

2.00 per person

## Homemade cakes

Egg custard, Traditional Tea Loaf, Victoria Sponge, Lemon Drizzle Cake,  
Scones with Jam and Cream, Pineapple Sponge, Ginger Cake, Date and Walnut Loaf,  
Carrot Cake, Bakewell Tart, Banana Loaf

1.50 per person

# fork buffets at nourishment

## Hot Fork Buffet (Minimum of 10 people)

White or Brown Rice

Mixed Green Salad

Choose any two dishes below (10-15 people) or 3 dishes (15 + people) below:

Mushroom Stroganoff, Vegetarian Chilli, Vegetable Rogan Josh

Sweet and Sour Chicken, Beef Chilli, Chicken in White Wine Sauce, Chicken Curry, Sweet Chilli Chicken

7.50 per person

## Cold Carvery (Minimum of 10 people)

Choose any two options (10-15 people) or three options (15+ people) below:

Carved Roast Ham, Carved Roast Beef, Carved Roast Chicken Vegetarian Tarte or Vegetarian Pate

Hot Herby Potatoes or Spicy Potato Wedges

Mixed Green Salad

Homemade Coleslaw

Homemade Potato Salad

Pasta Salad, Cous Cous or Savoury Rice Salad

8.00 per person

## Traditional Hot Carvery

Choose any two dishes (10-15 people) or 3 dishes (15 + people) below:

Traditional Roast Pork with apple sauce  
Roast Topside of Beef with horseradish  
Salmon and Cream Cheese Wellington  
Roast Turkey Breast  
Vegetable Tartlet

Yorkshire Puddings  
Roast Potatoes  
Seasonal Vegetables  
Roast Gravy

7.50 per person

Add Homemade Cakes

1.50 per person

Or Desserts (see page 5)

2.00 per person

## Traditional Christmas Lunch

Homemade Soup with fresh baked bread rolls

Roast Turkey/Vegetable Tartlet

Roast Potatoes  
Sage & Onion Stuffing  
Pigs in Blankets  
Seasonal Vegetables

Cranberry Sauce  
Christmas Pudding & Custard  
Mince Pies with Tea/Coffee

12.00 per person

Two Cheese Board  
3.00 per person

Three Cheese Board  
4.00 per person

Served with Chutney and Cheese Biscuits

## Beverages

Filter Coffee, Herbal Tea, Still/Sparkling Mineral Water, Fresh Fruit Juices, Yorkshire Tea

1.50 per person per serving

# formal meals at nourishment

## Starters

Homemade Soup with warm freshly baked roll, Prawn Cocktail, Chicken Liver Pate served with warm toast, Thai Fishcakes with salad garnish and sweet chili sauce, Peppered Mackerel with lemon dressing, Garlic Mushrooms with warm freshly baked bread, Greek Salad, Vegetable Pate with hot toast slices and salad garnish, Goats Cheese and Tomato Tartlet, Smoked salmon and cream cheese parcel

## Mains

Traditional Roast with all the trimmings (Beef/Chicken/Pork), Caramelized red onion and goats cheese tartlet with salad and baby new potatoes, Mushroom Stroganoff served with brown or white rice, Homemade Steak and Ale Pie served with seasonal vegetables and mashed potatoes, Beef or Vegetable Chilli served with brown or white rice, Chicken fillet wrapped in Parma ham, slow cooked in a white wine and cream Sauce,  
Chicken Balti served with brown or white rice, a mini nan bread and raita.

## Desserts

Fresh cream Gateaux served with cream, Apple Pie served with custard, Sherry Trifle  
Profiteroles with warm chocolate sauce, Fresh Fruit Salad, Sicilian Lemon Torte  
Fruits of the Forrest Pavlova, Pecan Pie, Bread and Butter Pudding



**16.00 per person  
for two courses**

**17.50 per person  
for three courses**



# Selections nourishment

## Savouries

Homemade Sausage Mini Rolls  
Sticky Chicken Wings  
Mini Breaded Chicken Goujons  
Mini Sausages with Dipping Sauce  
Fish Goujons with Tartare Dipping Sauce  
Scampi with Garlic Mayo Dip  
Satay Chicken Bites  
Smoked Salmon & Pea Frittata

### Meat/Fish

Pork Pies with HP brown sauce dip  
Mini Beef & Onion Pies  
Smoked Salmon and Cucumber Canapes  
Thai Fish Bites with Sweet Chili Sauce  
Liver Pate Crostini's  
Prawn and Lettuce Cups  
Dim Sum Selection  
Mince Beef Samosas

### Vegetarian/Vegan

Cheese and tomato pizza fingers  
Onion Bhajs with raita dip.  
Tomato Bruschetta  
Mini Scones (Pesto, Sundried Tomatoes)  
Chinese Spring Rolls  
Hot Herby New Potatoes  
Vegetarian Tartlet

Cheese & Onion Mini Rolls  
Garlic Mushroom Puffs  
Cheese and Chive Blinis  
Greek Filo Parcel  
Vegetable Frittata  
Spicy Potato Wedges  
Falafel with Homous Dip

## Salads

Flaked Mackerel Savoury Rice  
Shredded Chicken Pasta  
Salad Nicoise

### Meat/Fish

Prawn Pasta Salad  
Tuna Savoury Rice

### Vegetarian/Vegan

Homemade Creamy Coleslaw  
Roasted Vegetable Pasta Salad  
Greek Salad  
Vegetable Savoury Rice Salad  
Beetroot Salad  
Spicy Potato Wedges  
Olive Selection

Homemade Potato Salad  
Mixed Leaf Salad with Cherry Tomatoes  
Roast Vegetable Cous Cous  
Tomato, Red Onion and Mint Salad  
Hot, Herby Baby Potatoes  
Three Bean Salad  
Red Cabbage and Apple Slaw



# last word from nourishment

Ask, ask, ask! We want you to have the best event possible and we are dedicated to doing our utmost to ensure your satisfaction. Anything, anywhere, anytime, just ask and we will do our absolute best to deliver it for you.

## **Our Menus**

The menus outlined in this brochure represent some of our more popular customer choices. However, all our menus can be adapted to your tastes, budget and event. We want to ensure you get the best experience and finest quality products for you and your guests.

## **Special Menus**

Our Catering Manager can work with you to ensure that any dietary requirements can be catered for including halal, kosher, gluten free, vegan, ovo-lacto, vegetarian, low fat and other weight management programmes.

## **About Us**

Nourishment is run from St Catherine's Church and Community Centre which is a registered charity. All income generated via our catering and event function is reinvested into the work of the centre and the development of community projects and the support of individuals in need.

By choosing to have your event with us, you are directly contributing to the health and wellbeing of local individuals and families in need. Our projects benefit the elderly, families and individuals on low income, children, the unemployed and the disabled.

Organisations using our facilities and services are effortlessly boosting their Corporate Responsibility Reputation and Portfolio.

For more information on our work and details of our facilities, please visit :

[www.stcatherines-wakefield.co.uk](http://www.stcatherines-wakefield.co.uk)

Follow us on Twitter - @StCathsChurch

Find us on Facebook – [www.facebook.com/StCaths](http://www.facebook.com/StCaths)