

## THE CATERING SERVICES

### Introducing our food offer...

In the **coffee shop** we sell breakfast items, hot and cold beverages and fresh fruit from 7.45am until 8.40am.

Home made sandwiches; wraps, filled rolls and flat breads can be purchased at lunchtime along with a variety of fresh fruit desserts yoghurts, biscuits and beverages. We also sell a variety of **FAIRTRADE** products.

**We offer a money saving meal deal which consists of sandwich, roll or wrap with fruit, fruit pot or cold dessert + bottle of water.**

On the main counters we offer a main meat/fish option and a vegetarian option with fresh potatoes, vegetables and a help yourself salad bar. We also offer home made soup, jacket potatoes with fillings, and a 'food street' snack option for students who want a grab and go option.

We have developed a new deli station with freshly baked baguettes and wraps filled with a choice of protein and salad. We have a self service salad bar with lots of choice and protein items to go with the salads. There is a hot pudding available, fresh fruit and yoghurt, fresh fruit desserts and cold desserts.

**We offer a money saving meal deal of a main meal with a pudding or dessert.**

### Our food policy...

We constantly work in partnership with our suppliers to provide quality locally sourced produce including organic, seasonal fruit and vegetables, British Farm Assured meat also from the surrounding areas, freshly baked bread from the bakery nearby and locally grown salads. We also use in our cooking, low sodium salt and unsaturated fats including an extended rapeseed oil which has omega 3, 6 and 9, vitamin E, essential fatty acids for heart health and brain function, All fish sourced is MSC-certified from sustainable stocks. Our baked beans are low in salt and sugar and we only use free range eggs in our products.

We also offer daily Halal meat options.

We have FAIRTRADE status and raise awareness with various projects throughout the year.

For our students we help to develop food awareness initiatives with competitions, food sampling, visits to the kitchen and preparation areas, menu planning and cookery demonstrations.

### Looking after our environment...

We have sourced good quality produce from local suppliers keeping our food miles to a minimum. Our bottled water comes from a source just outside Cambridge and our staple supplies are delivered from a depot in Northampton. Our bread product packaging is 100% biodegradable, compostable and recyclable. Our meat and vegetable supplies are delivered in reusable baskets and all our waste cardboard is recycled.

If you would like any further information or you wish to visit the refectory please contact Michael Dove at:

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