





# HELLO

MI CATERING is passionate about food.  
We believe food should be exciting,  
fresh and delicious.

As a small company, we can really pay  
the attention to detail, which makes  
our food and service industry leading.

Our ingredients are sourced from  
carefully selected suppliers, as well  
as using fresh local produce as much  
as possible.

Michael Fiddock, MI Catering's head  
chef, has worked in location catering  
for 25 years - working on countless  
high profile features and TV shows  
across the world.

Please take a look at our sample menu,  
read our corporate responsibility  
charter and see how MI Catering can  
provide a unique culinary experience  
on any production.

# OUR FOOD

Healthy eating is an important part of many daily routines. We understand that it can be hard to stick to what is better for you. We ensure that our food contains low levels of saturated fats and salts and all meals have a balanced amount of essential vitamins, Carbohydrates and sugars.

While our food is as healthy as possible it is still as tasty as possible; even a healthy eating cynic will embrace the change.

## What food can achieve..

Increased energy levels

Increased productivity

Better health and revitalization

A healthier and more active workforce is a huge benefit and you will reap the rewards.

# MENU

Just a small selection of our menu -  
A taste of what is to come.

## DAY 1

Steak and kidney pudding

Smoked haddock with a welsh rarebit topping

Spaghetti with artichoke hearts, walnuts and basil

## DAY 2

Roast belly of pork on a bed of butterbean's and spicy tomato sauce

Poached lemon sole with cockles and white wine

Red onion and goats cheese tart

## DAY 3

Thai green chicken curry with lemon rice

Red mullet in tempura batter with lime and mint dressing

Butternut squash and sage risotto

## DAY 4

Braised lamb shank with a red wine and mushroom sauce

Cajun tuna with a cherry tomato and mango salsa

Spicy cream cheese and spinach patties with mint yogurt

## DAY 5

Pan fried duck breast with mashed celeriac and balsamic jus

South asian curried mackerel fillets with basmati rice

Sweet potato, pine nut and coriander rosti

# CHARTER

We use organic, free-range and freedom food certified ingredients wherever possible.

Ingredients shipped by air freight is kept to an absolute minimum.

Our CO2 emissions are kept as low as possible by working with the Carbon Neutral Company.

Our staff are trained to the highest standards to provide you with a unique experience.

We always offer china crockery and metal cutlery as standard to minimise the use of disposables.

The service we provide will be tailored to perfectly meet your individual and changing requirements.

We stick to this charter to ensure that we're not just providing catering and that we are creating an experience.

# GREEN

Mi Catering is dedicated to supporting and sustaining the environment and the local area. Our company ethos has the following promises-

We never buy 'shrink wrapped' produce, its just a waste and generally means the produce isn't fresh.

We minimize the amount of disposables we use- such as paper plates, cutlery and bowls. We try to use china plates for all meals.

We try to use locally source produce, and whenever possible avoid air-freight. In season, homegrown vegetables are always tastier.

All of these steps don't only help support local producers, and the wider environment; it ensures that your food is fresh, delicious and better value.







