




INDEPENDENTCATERING | EDUCATERLIMITED

Made in your school kitchen! We prepare and cook all our menu items, so if you need to know the ingredients - please ask
All our meals are made daily from fresh locally sourced and seasonal produce from Kent

WEEK
1

DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE

MONDAY 4 NOVEMBER	TUESDAY 5 NOVEMBER	WEDNESDAY 6 NOVEMBER	THURSDAY 7 NOVEMBER	FRIDAY 8 NOVEMBER
Spaghetti Bolognaise (1)	 <p>Pork Sausage in a Roll (1, 14) Veggie Sausage in a Roll (1) Tomato Pasta (1) Jacket Potato with Topping of the Day Potato Wedges, Spaghetti Hoops (1) and Salad Bar Chocolate and Orange Brownie (1, 7, 9)</p>	Roast Turkey	Mexican Style Chicken Fajita with Rice (1)	Breaded Fish (1, 4)
Roasted Vegetable Wrap (1)		Leek and Potato Pie with a Shortcrust Topping (1)	Vegetable Cottage Pie	Homemade Spring Roll (1, 8)
Mac n' Cheese (1, 9, 11)		Roasted Vegetable Pasta (1)	Fresh Pesto Pasta Twirls (1)	Chunky Tomato Pasta (1)
Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Garden Peas and Salad Bar		Roast Potatoes, Fresh Carrots and Savoy Cabbage	Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
Apple and Cinnamon Crumble and Custard (1, 9)		Syrup Sponge and Custard (1, 7, 9)	Tutti Frutti Thursday	Oatie Cookie (1)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR

ALLERGEN KEY

- | | | | | | | |
|------------------------------------|-------------------|------------------|-------------------|------------------|-------------------|---------------------------|
| 1 CEREALS CONTAINING GLUTEN | 3 MOLLUSCS | 5 PEANUTS | 7 EGGS | 9 MILK | 11 MUSTARD | 13 SESAME |
| 2 CRUSTACEANS | 4 FISH | 6 NUTS | 8 SOYBEANS | 10 CELERY | 12 LUPIN | 14 SULPHUR DIOXIDE |

***ALL OUR MENUS ARE TREE NUT AND PEANUT FREE**

INGREDIENTS CONTAINING GLUTEN (INDICATED BY THE NUMBER 1 ON THE MENU) WILL CONTAIN WHEAT, OATS, BARLEY, SPELT, RYE OR KAMUT, OR A COMBINATION THEREOF. IF YOU HAVE ANY ALLERGEN CONCERNS PLEASE SPEAK TO THE CATERING MANAGER. WHILST WE DO NOT BRING WHOLE NUTS OR INGREDIENTS WITH NUTS INTO OUR KITCHENS, SOME PRODUCTS ARE SUBJECT TO 'MAY CONTAIN' STATUS IN MANUFACTURING

WE ONLY USE



4 CHOICE MENU

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DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE

MONDAY 11 NOVEMBER	TUESDAY 12 NOVEMBER	WEDNESDAY 13 NOVEMBER	THURSDAY 14 NOVEMBER	FRIDAY 15 NOVEMBER
Crispy Chicken Nuggets (1, 10)	Beef Lasagne (1, 9, 11)	Roast Gammon with Pineapple	Mild Chicken Curry with Rice and Poppadum (1)	Fishfingers (1, 4)
Vegetable Nuggets (1)	Pea and Leek Risotto (10)	Winter Vegetable Casserole with a Herby Scone (1, 9)	Mixed Vegetable and Potato Omelette (7, 9)	Cheese and Tomato Turnover (1, 9)
Salmon and Pea Linguine (1, 4)	Fresh Pesto Pasta (1)	Vegetable Ragu Pasta (1)	Macaroni Cheese (1, 9, 11)	Sweet Red Pepper Pasta (1)
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Cubed Potatoes, Baked Beans and Salad Bar	Fresh Broccoli and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans	Sweetcorn and Salad Bar	Chips, Garden Peas and Salad Bar
Pineapple Upside Down Cake and Custard (1, 7, 9)	Strawberry Jelly Mousse (9)	Chocolate Sponge with Chocolate Sauce (1, 7, 9)	Tutti Frutti Thursday	Fruity Flapjack (1)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN **3** MOLLUSCS **5** PEANUTS **7** EGGS **9** MILK **11** MUSTARD **13** SESAME
2 CRUSTACEANS **4** FISH **6** NUTS **8** SOYBEANS **10** CELERY **12** LUPIN **14** SULPHUR DIOXIDE

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WE ONLY USE



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

4 CHOICE MENU

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MONDAY 18 NOVEMBER	TUESDAY 19 NOVEMBER	WEDNESDAY 20 NOVEMBER	THURSDAY 21 NOVEMBER	FRIDAY 22 NOVEMBER
Beef Burger in a Bun (1, 8, 13)	Sweet Chicken with Savoury Rice (8)	Roast Turkey	Beef Meatballs in a Tomato Sauce with Spaghetti (1)	Breaded Fish (1, 4)
Veggie Burger in a Bun (1, 13)	Chickpea and Vegetable Tagine with New Potatoes	Roasted Tomato and Basil Feta Tart (1, 7, 9)	Carrot and Sweetcorn Fritter with Cubed Potatoes (1, 7, 9, 11)	Cheese and Onion Pasty (1, 9)
Tomato and Basil Pasta (1)	Cheesy Pasta Bake (1, 9, 11)	Mixed Pepper Twirls (1)	Roasted Vegetable Pasta (1)	Chunky Tomato Pasta (1)
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Herby Potatoes, Baked Beans and Salad Bar	Fresh Broccoli and Salad Bar	Roast Potatoes, Fresh Carrots and Winter Medley of Vegetables	Sweetcorn and Salad Bar	Chips, Garden Peas and Salad Bar
Pear Sponge with Custard (1, 7, 9)	Chocolate Krispie Cake (9)	Blackberry Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Marble Cupcake (1, 7)



AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN
2 CRUSTACEANS

3 MOLLUSCS
4 FISH

5 PEANUTS
6 NUTS

7 EGGS
8 SOYBEANS

9 MILK
10 CELERY

11 MUSTARD
12 LUPIN

13 SESAME
14 SULPHUR DIOXIDE

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MONDAY 25 NOVEMBER	TUESDAY 26 NOVEMBER	WEDNESDAY 27 NOVEMBER	THURSDAY 28 NOVEMBER	FRIDAY 29 NOVEMBER
Chinese Style Chicken with Rice (8)	Beef Pasta Bake (1, 8, 9)	Roast Gammon with Pineapple	Pork Sausages with Mashed Potato and Gravy (1, 14)	Fishfingers (1, 4)
Cheese and Tomato Pinwheel (1, 9)	Cauliflower and Chickpea Curry with Rice (1)	Mushroom and Pepper Pesto Slice (1)	Vegetarian Sausages with Mashed Potato and Gravy (1)	Vegetarian Burger in a Bun (1, 8, 13)
Fresh Pesto Linguine (1)	Tuna Pasta Bake (1, 4, 9)	Mixed Vegetable Ragu (1)	Chunky Tomato Pasta (1)	Arrabiata Pasta (1)
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Sweetcorn and Salad Bar	Green Beans and Salad Bar	Roast Potatoes, Fresh Carrots and Savoy Cabbage	Fresh Broccoli and Salad Bar	Chips, Baked Beans and Salad Bar
Mixed Fruit Sponge with Custard (1, 7, 9)	Lemon Shortbread Finger with Fruit Wedges (1)	Raspberry Ripple Cake with Custard (1, 7, 9)	Tutti Frutti Thursday	Vanilla Cookie (1)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR

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DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE

MONDAY 2 DECEMBER	TUESDAY 3 DECEMBER	WEDNESDAY 4 DECEMBER	THURSDAY 5 DECEMBER	FRIDAY 6 DECEMBER
Spaghetti Bolognaise with Garlic Bread (1, 8, 9)	Mexican Style Chicken in a Taco with Rice	Roast Beef with a Yorkshire Pudding (1, 7, 9)	Meat Feast Pizza (1, 8, 9)	Breaded Fish (1, 4)
Mixed Bean and Vegetable Chilli with Rice	Vegetarian Sausage in a Wrap with BBQ Sauce (1, 14)	Local Kentish Vegetable Pie with a Shortcrust Topping (1)	Cheese and Tomato Pizza (1, 8, 9)	Vegetable Nuggets (1)
Mixed Vegetable Ragu Pasta (1)	Chunky Tomato Pasta (1)	Mixed Roasted Vegetable Pasta Twirls (1)	Salmon Lasagne (1, 4, 9)	Roasted Pepper Pasta (1)
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Fresh Broccoli and Salad Bar	Sweetcorn and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans	Cubed Potatoes, Baked Beans and Salad Bar	Chips, Garden Peas and Salad Bar
Mixed Fruit Crumble with Custard (1, 9)	Strawberry Cupcake (1, 7)	Jam Roly Poly with Custard (1, 7, 9)	Tutti Frutti Thursday	Apple Flapjack (1)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR

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MONDAY 9 DECEMBER	TUESDAY 10 DECEMBER	WEDNESDAY 11 DECEMBER	THURSDAY 12 DECEMBER	FRIDAY 13 DECEMBER
Crispy Chicken Wrap (1, 8)	Beef Lasagne (1, 9, 11)	Roast Gammon with Pineapple	Chicken Pie with Mashed Potato (1)	Fishfingers (1, 4)
Mixed Bean Wrap (1)	Spinach, Sweet Potato and Lentil Curry with Rice (1)	Cauliflower and Broccoli Gratin in a Yorkshire Pudding (1, 7, 9, 11)	Cheese and Tomato Baked Pitta with Half a Jacket Potato (1, 8, 9)	Homemade Spring Roll (1, 8)
Fresh Pesto and Pea Linguine (1)	Tomato and Basil Pasta Twirls (1)	Roasted Winter Vegetable Pasta (1)	Chunky Tomato Pasta (1)	Red Pepper Pasta (1)
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Herby Potatoes, Baked Beans and Salad Bar	Sweetcorn and Salad Bar	Roast Potatoes, Fresh Carrots and Savoy Cabbage	Fresh Broccoli and Salad Bar	Chips, Garden Peas and Salad Bar
Apple and Berry Sponge with Custard (1, 7, 9)	Chocolate and Orange Brownie (1, 7)	Lemon Drizzle Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Melting Moment Cookie (1)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR

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MONDAY 16 DECEMBER	TUESDAY 17 DECEMBER	WEDNESDAY 18 DECEMBER	THURSDAY 19 DECEMBER	FRIDAY 20 DECEMBER
Beef Bolognese Pasta Bake (1, 9)	Pork Sausage Pinwheel (1, 14)		Cottage Pie	Breaded Fish (1, 4)
Winter Vegetable Pie with a Sweet Potato Topping	Cheese and Tomato Pinwheel (1, 9)	CHRISTMAS LUNCH	Cheese and Tomato Pizza with Herby Potatoes (1, 8, 9)	Vegetable Burger in a Bun (1, 8, 13)
Chunky Tomato Pasta (1)	Roasted Pepper Pasta (1)		Arrabiata Pasta (1)	Tomato and Basil Pasta (1)
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Sweetcorn and Salad Bar	Cubed Potatoes, Baked Beans and Salad Bar		Fresh Carrots and Salad Bar	Chips, Garden Peas and Salad Bar
Christmas Muffin (1, 7)	Festive Fruit Crumble with Custard (1, 9)		Tutti Frutti Thursday	Chef's Choice of Dessert



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