

# INDEPENDENTCATERING | EDUCATERLIMITED



**ALL MEALS ARE SERVED WITH FRESH VEGETABLES OR FRESH VEGETABLE STICKS**

**1 week 1**

## MONDAY

Spaghetti Bolognese (1)  
Chinese Style  
Vegetable Noodles (1, 7, 8)  
Jacket Potato with Tuna  
Lemon Drizzle Cake (1, 7)  
and Fruit

## TUESDAY

Chicken Goujons (1, 9)  
Mixed Vegetable Pattie with New  
Potatoes (1, 9)  
Jacket Potato with Cheese  
Oatie Cookie (1)  
and Fruit

## WEDNESDAY

Shepherds Pie with  
Mixed Vegetables  
Mac n' Cheese (1, 9, 11)  
Jacket Potato with Beans  
Chocolate Sponge (1, 7)  
and Fruit

## THURSDAY

Fajita Wrap with  
Herby Potatoes (1)  
Chunky Tomato Pasta (1)  
Jacket Potato with Tuna  
Raspberry Ripple Sponge (1, 7)  
and Fruit

## FRIDAY

Fish Fingers and Chips  
with Baked Beans (1, 4)  
Cheese and Onion Pinwheel with  
Chips and Baked Beans (1, 9, 11)  
Jacket Potato with Cheese and Beans  
Shortbread Finger (1) and Fruit

**1 week 2**

## MONDAY

Chicken and Vegetable  
Pasta Bake (1)  
Vegetable Cottage Pie  
Jacket Potato with Tuna  
Blueberry Cupcake (1, 7)  
and Fruit

## TUESDAY

Sausages with Herby Potatoes and  
Mixed Vegetables (1, 8)  
Vegetarian Sausages with Herby  
Potatoes and Mixed Vegetables (1, 14)  
Jacket Potato with Cheese  
Fruity Granola Bar (1) and Fruit

## WEDNESDAY

Bolognese Pasta Bake with Mixed  
Vegetables (1)  
Cheese and Tomato Pizza (1, 8, 9)  
with Potato Wedges  
Jacket Potato with Beans  
Chocolate Brownie Cake  
(1, 7, 9) and Fruit

## THURSDAY

Chinese Style Chicken and  
Vegetable Noodles (1, 7)  
Vegetable Spring Roll  
with Rice (1, 8)  
Jacket Potato with Tuna  
Orange and Lemon Cake (1, 7)

## FRIDAY

Burger in a Bun with Chips  
and Baked Beans (1, 10, 11, 14)  
Mixed Bean and Vegetable Burrito  
with Chips (1)  
Jacket Potato with Cheese and Beans  
Banana Loaf (1, 7) and Fruit

**1 week 3**

## MONDAY

Beef Lasagne with  
Mixed Vegetables (1, 9, 11)  
Butternut Squash Samosa  
with Rice (1)  
Jacket Potato with Tuna  
Spiral Cookie (1) and Fruit

## TUESDAY

BBQ Chicken with  
Vegetable Rice (1)  
Mixed Vegetable Rice Wrap (1)  
Jacket Potato with Cheese  
Fruity Oatie Cookie (1, 7)  
and Fruit

## WEDNESDAY

Homemade Sausage Pinwheel with  
Herby Potatoes (1)  
Mixed Vegetable Chill with Rice  
Jacket Potato with Beans  
Strawberry Muffin (1, 7)  
and Fruit

## THURSDAY

Beef Curry with Rice and  
Vegetable Bhaji  
Chunky Tomato Pasta (1)  
Jacket Potato with Tuna  
Chocolate Orange Cake (1, 7)  
and Fruit

## FRIDAY

Breaded Coated Fish with  
Chips and Beans (4)  
Vegetable Pasty with  
Chips and Beans (1, 9)  
Jacket Potato with Cheese and Beans  
Gingerbread Cookie (1) and Fruit

### 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**

**\*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



FRESH MEAT



FREERANGE EGGS



MSC FISH



ORGANIC MILK



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

INDEPENDENTCATERING.CO.UK  
EDUCATERLIMITED.COM