

# INDEPENDENT CATERING | E D U C A T E R L I M I T E D

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

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











MONDAY 15 APRIL	TUESDAY 16 APRIL	WEDNESDAY 17 APRIL	THURSDAY 18 APRIL	FRIDAY 19 APRIL
100% Cod Fish Fingers (1, 4)	Beef Spaghetti Bolognaise with Garlic Bread (1, 8, 9)	Roast Turkey	Mild Chicken Curry with Rice and Poppadum (1)	Cheese and Tomato Pizza (1, 8, 9)
Cheese and Tomato Turnover (1, 9)	Mushroom Risotto (10)	Cauliflower and Broccoli Cheese in a Yorkshire Pudding (1, 7, 9, 11)	Mixed Vegetable Cottage Pie	Vegetarian Sausage in a Roll (1)
Tomato and Basil Pasta (1)	Fresh Pesto Pasta Twirls (1)	Salmon and Chive Carbonara (1, 4, 9)	Mac n' Cheese (1, 9, 11)	Roasted Pepper Spirals (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, BBQ Beans and Salad Bar	Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage	Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
Apple and Cinnamon Crumble with Custard (1, 9)	Tutti Frutti Tuesday	Sticky Toffee Pudding with Custard (1, 7, 9, 14)	Fruity Flapjack (1)	Chocolate and Orange Cookie (1)

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

#### **ALLERGEN KEY**

3 MOLLUSCS 1 CEREALS CONTAINING GLUTEN **5** PEANUTS 7 EGGS 9 MILK 11 MUSTARD 13 SESAME **2 CRUSTACEANS 8** SOYBEANS 4 FISH 6 NUTS 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















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ſ	MONDAY 22 APRIL	TUESDAY 23 APRIL	WEDNESDAY 24 APRIL	THURSDAY 25 APRIL	FRIDAY 26 APRIL
	Chicken in a Wrap (1)		Slow Cooked Roast Beef with Yorkshire Pudding (1, 7, 9)	Chicken Pie with New Potatoes (1)	Beefburger in a Bun (1, 8, 10, 11, 14)
	Mixed Bean Wrap (1)		Mixed Vegetable Casserole with a Herby Scone (1, 9)	Vegetable Biryani	Vegetarian Burger in a Bun (1, 8)
-	Macaroni Cheese (1, 9, 11)	ST. GEORGE'S DAY  Traditional Cumberland	Arrabiata Pasta (1)	Tomato Pasta (1)	Red Pesto Linguine (1)
-	Jacket Potato with Topping of the Day	Sausages with Gravy (1, 7, 9, 14)  Vegetarian Sausages with Gravy (1)	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
	Savoury Rice, Garden Peas and Salad Bar	Roasted Vegetable Spirals (1)  Jacket Potato with Topping of the Day  Mashed Potato, Fresh Carrots and Salad Bar	Roast Potatoes, Fresh Broccoli and Mashed Swede	Green Beans and Salad Bar	Chips, Baked Beans and Salad Bar
	Pineapple Upside Down Cake with Custard (1, 7, 9)	Jam Roly Poly with Custard (1, 7, 9)	Chocolate Sponge with Chocolate Sauce (1, 7, 9)	Tutti Frutti Thursday	Lemon Shortbread Finger (1)

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MONDAY 29 APRIL	TUESDAY 30 APRIL	WEDNESDAY 1 MAY	THURSDAY 2 MAY	FRIDAY 3 MAY
Bolognaise Pasta Bake (1, 9)	Pulled Pork Taco	Roast Turkey		Breaded Fish (1, 4)
Spinach and Chickpea Curry (1)	Cheese and Tomato Baked Pitta (1, 9)	Butternut Squash and Cherry Tomato Crumble (1)		Mixed Bean and Rice Burrito (1)
Mediterranean Vegetable Pasta Bows (1)	Chunky Tomato Pasta (1)	Pea and Salmon Twirls (1, 4)	Pikachu Chicken Nuggets	Spinach and Feta Pasta (1, 9)
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	(1, 10) Charmander Quorn Nuggets (1) Squirtle Fresh Pesto	Jacket Potato with Topping of the Day
Fresh Broccoli and Salad Bar	Cubed Potatoes, Sweetcorn and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans	and Pea Linguine (1)  Bulbasaur Jacket Potato with Topping of the Day  Wartortle Herby Potatoes,	Chips, Baked Beans and Salad Bar
Lemon Drizzle Cake with a Lemon Sauce (1, 7)	Tutti Frutti Tuesday	Banana Loaf and Custard (1, 7, 8, 9)	Weedle Spaghetti Hoops and Salad Bar Sandshrew Chocolate Cookie (1)	Blueberry Cupcake (1, 7)

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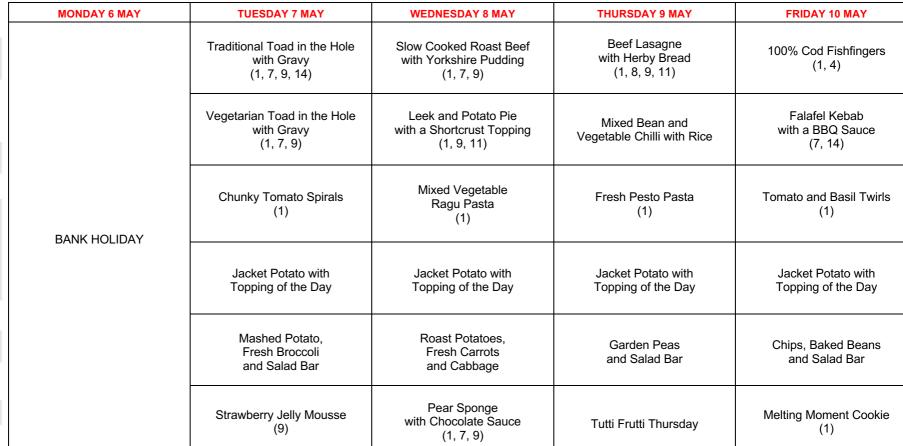


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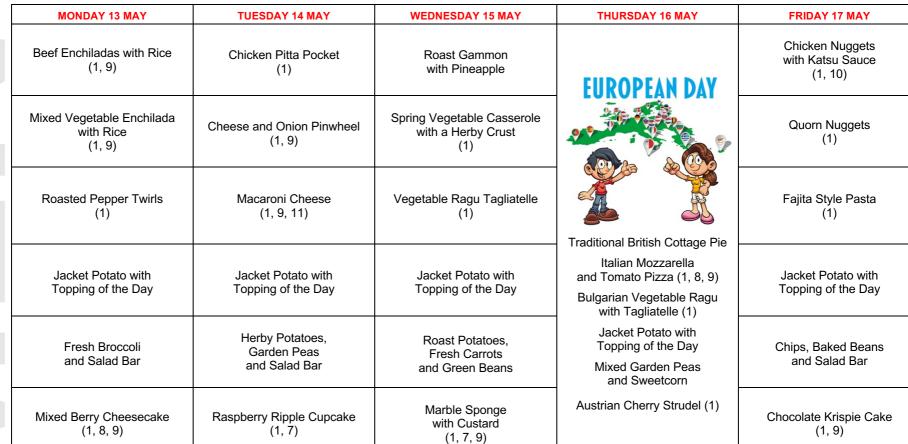


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Chicken Curry with Rice and Poppadum (1)	Beefburger in a Bun (1, 8, 10, 11, 14)	Roast Turkey	Beef Meatballs in a Tomato Sauce with Spaghetti (1)	Breaded Fish (1, 4)
Bean and Vegetable Goulash with Cous Cous (1)	Hand Made Vegetarian Burger in a Bun (1, 8)	Courgette, Potato and Feta Slice (1, 9)	Spinach, Sweet Potato and Lentil Curry with Rice (1)	Homemade Vegetable Spring Roll (1, 8)
Chunky Tomato Pasta (1)	Pea and Pesto Twirls (1)	Tomato and Basil Pasta (1)	Chunky Tomato Pasta (1)	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
Fresh Broccoli and Salad Bar	Herby Potatoes, Stack a Burger from the Salad Bar	Roast Potatoes Fresh Carrots and Green Beans	Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
Tutti Frutti Monday	Apricot Cupcake (1, 7)	Apple Cake with a Crunchie Topping with Custard (1, 7, 9)	Tutti Frutti Thursday	Chef's Delight

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