



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 SEPTEMBER	TUESDAY 5 SEPTEMBER	WEDNESDAY 6 SEPTEMBER	THURSDAY 7 SEPTEMBER	FRIDAY 8 SEPTEMBER
Breaded Chicken Steak (1)	Spaghetti Bolognese with Garlic Bread (1, 8)	Roast Turkey with Yorkshire Pudding (1, 7, 9)	Cottage Pie	Fishfingers (1, 4)
Crispy Quorn Nuggets (1)	Vegetable Kebab with New Potatoes	Tomato, Courgette and Basil Tartlet (1, 7, 9)	Cheese and Tomato Pizza with Potato Wedges (1, 8, 9)	Homemade Vegetable Spring Roll (1, 8)
Fresh Pesto and Pea Spirals (1)	Mixed Vegetable Ragu Pasta (1)	Salmon and Dill Pasta (1, 4)	Chunky Tomato Pasta (1)	Roasted Pepper Twists (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, BBQ Beans and Sweetcorn	Fresh Carrots and Green Beans	Roast Potatoes, Fresh Broccoli and Mixed Roasted Vegetables	Garden Peas and Chef's Salad	Chips, Baked Beans and Mushy Peas
Apple and Peach Crumble with Custard (1, 7, 9)	Banoffee Mousse (1, 9)	Raspberry Ripple Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Ginger Oatie Cookie (1)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • FRUITY YOGHURT • 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

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

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WE ONLY USE



FRESHUKBEEF



FRESHUKPORK



FREERANGEEGGS



ORGANICMILK



LOCALFRUIT&VEG



WHOLEMEALPASTA

4 CHOICE MENU

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MONDAY 11 SEPTEMBER	TUESDAY 12 SEPTEMBER	WEDNESDAY 13 SEPTEMBER	THURSDAY 14 SEPTEMBER	FRIDAY 15 SEPTEMBER
Baked Cumberland Sausages with Gravy (1, 14)	Turkey Tacos with Rice	Slow Roasted Beef	Chicken and Tomato Pasta Bake (1, 9)	Breaded Fish (1, 4)
Baked Vegetarian Sausages with Gravy (1)	Mixed Vegetable Cobbler (1)	Broccoli and Cauliflower Cheese Filled Yorkshire (1, 7, 9)	Biryani Stuffed Pepper	Cheese and Onion Pastry (1, 9)
Sweet Red Pepper Pasta (1)	Mac n' Cheese (1, 9, 11)	Fresh Pesto Linguine (1)	Roasted Mediterranean 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
Mashed Potato, Roasted Butternut Squash and Green Beans	Fresh Broccoli and Sweetcorn	Roast Potatoes, Fresh Savoy Cabbage and Carrots	Mixed Roasted Vegetables and Garden Peas	Chips, Baked Beans and Mushy Peas
Lemon Shortbread Finger with Fruit Wedges (1)	Strawberry Jelly Mousse (9)	Orange and Blueberry Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Apricot Flap Jack (1)

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WE ONLY USE



FRESH UK BEEF

FRESH UK PORK

FREE RANGE EGGS

ORGANIC MILK

LOCAL FRUIT & VEG

WHOLEMEAL PASTA

4 CHOICE MENU

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MONDAY 18 SEPTEMBER	TUESDAY 19 SEPTEMBER	WEDNESDAY 20 SEPTEMBER	THURSDAY 21 SEPTEMBER	FRIDAY 22 SEPTEMBER
Chicken Curry with Rice and Poppadum (1)	Beef Lasagne with Herby Bread (1, 8, 9)	Roast Gammon with Pineapple	 <p>DINOSAUR DAY</p>	Fish Fingers (1, 4)
Summer Vegetable Ratatouille	Sweet Potato and Carrot Rosti with New Potatoes	Cheesy Leek and Potato Pie (1, 9)		Mixed Vegetable Wrap (1)
Tomato Twirls (1)	Mixed Vegetable Pasta (1)	Roasted Pepper Pasta (1)		Summer Vegetable Cannelloni (1, 9)
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
Handmade Onion Bhaji and Green Beans	Fresh Broccoli and Sweetcorn	Roast Potatoes, Fresh Carrots and Savoy Cabbage		Chips, Baked Beans and Garden Peas
Chocolate Brownie with Orange Wedges (1, 7)	Cinnamon Sponge with Custard (1, 7, 9)	Peach Strudel with Custard (1, 7, 9)		Strawberry Cupcake (1, 7)

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FRESHUK BEEF



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FREERANGE EGGS



ORGANIC MILK



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

4 CHOICE MENU

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MONDAY 25 SEPTEMBER	TUESDAY 26 SEPTEMBER	WEDNESDAY 27 SEPTEMBER	THURSDAY 28 SEPTEMBER	FRIDAY 29 SEPTEMBER
Spaghetti Bolognese with Garlic Bread (1, 8, 9)	Meat Feast Pizza (1, 8, 9)	Roast Turkey with Yorkshire Pudding (1, 7, 9)	Beef and Bean Burrito with Rice (1)	Breaded Fish (1, 4)
Spinach and Lentil Curry with Rice	Cheese and Tomato Pizza (1, 8, 9)	Local Kentish Vegetable Pie Topped with Filo Pastry (1)	Roasted Stir Fry Vegetables with Noodles (1, 7, 8)	Cheese and Onion Pinwheel (1, 9)
Fresh Pesto Pasta (1)	Roasted Vegetable Spirals (1)	Salmon Lasagne with a Cheesy Topping (1, 4, 9)	Macaroni Cheese (1, 9, 11)	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 Carrots and Green Beans	Cubed Potatoes, Coleslaw (7) and Sweetcorn	Roast Potatoes, Fresh Medley of Vegetables	Fresh Carrots and Broccoli	Chips, Baked Beans and Garden Peas
Blueberry and Coconut Sponge with Custard (1, 7, 9)	Mixed Fruit Cheesecake (1, 9)	Chocolate Sponge with Chocolate Sauce (1, 7, 9)	Tutti Frutti Thursday	Orange Oatie Cookie (1)

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

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| 1 CEREALS CONTAINING GLUTEN | 3 MOLLUSCS | 5 PEANUTS | 7 EGGS | 9 MILK | 11 MUSTARD | 13 SESAME |
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DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE



MONDAY 2 OCTOBER	TUESDAY 3 OCTOBER	WEDNESDAY 4 OCTOBER	THURSDAY 5 OCTOBER	FRIDAY 6 OCTOBER
Chicken Fajitas with Savoury Rice (1)	Chinese Style Chicken with Noodles and Prawn Cracker (1, 2, 7, 8)	Slow Roast Beef		Fish Fingers (1, 4)
Vegetable Moussaka (1, 9, 11)	Mixed Vegetable Cottage Pie with a Sweet Potato Topping	Mushroom, Spinach and Cheese Wellington (1, 9)		Handmade Vegetable Burger in a Bun (1)
Chunky Tomato Pasta (1)	Tomato and Basil Pasta (1)	Mediterranean Vegetable Pasta Bake (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
Fresh Broccoli and Sweetcorn	Fresh Stir Fry Vegetables and Green Beans	Roast Potatoes, Fresh Carrots and Cauliflower Gratin (9)		Chips, Baked Beans and Mushy Peas
Mixed Berry and Apple Crumble with Custard (1, 7, 9)	National Fruit Day at School	Pineapple Upside Down Cake with Custard (1, 7, 9)		Chocolate Brownie Cookie (1, 7)

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MONDAY 9 OCTOBER	TUESDAY 10 OCTOBER	WEDNESDAY 11 OCTOBER	THURSDAY 12 OCTOBER	FRIDAY 13 OCTOBER
Beef Bolognese Pasta Bake (1, 9)	Chicken Taco's with Rice	Roast Gammon with Pineapple	Chicken and Vegetable Pie with a Mashed Potato Topping	Breaded Fish (1, 4)
Leek and Butternut Squash Risotto	Vegetarian Toad in the Hole with New Potatoes and Gravy (1, 7, 9)	Tomato and Caramelised Red Onion Tart (1, 7, 9)	Baked Veggie Korma with Rice	Cheese and Tomato Pitta Slice (1, 9)
Fresh Pesto Linguine (1)	3 Cheese Pasta (1, 9, 11)	Roasted Vegetable Pasta (1)	Chunky Tomato Spirals (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
Roasted Butternut Squash and Green Beans	Fresh Broccoli and Sweetcorn	Roast Potatoes, Fresh Medley of Vegetables	Fresh Carrots and Savoy Cabbage	Chips, Baked Beans and Garden Peas
Pear Sponge and Custard (1, 7, 9)	Pink Jam Slice (1, 7)	Fruit Sponge and Custard (1, 7, 9)	Tutti Frutti Thursday	Apricot Cupcake (1, 7)

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

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MONDAY 16 OCTOBER	TUESDAY 17 OCTOBER	WEDNESDAY 18 OCTOBER	THURSDAY 19 OCTOBER	FRIDAY 20 OCTOBER
Sticky BBQ Chicken with Rice (14)	Meatballs in a Herby Tomato Sauce with Spaghetti (1)	Slow Roast Beef	Handmade Sausage Roll (1, 8)	Fishfingers (1, 4)
Sweet Potato and Spinach Lasagne (1, 9, 11)	Mixed Bean and Vegetable Chilli with Rice	Roasted Vegetable Bake with a Herby Crumble (1)	Cheese and Onion Pinwheel (1, 9)	Crispy Quorn Dippers (1)
Mac n' Cheese (1, 9, 11)	Mixed Pepper Spirals (1)	Tomato and Basil Pasta (1)	Vegetable Pasta Bake (1)	Fresh Pesto and Pea Twirls (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
Fruity Slaw (7) and Green Beans	Fresh Broccoli and Sweetcorn	Roast Potatoes, Fresh Carrots and Savoy Cabbage	Chef's Mixed Salad and Garden Peas	Chips, Baked Beans and Mushy Peas
Peach Strudel with Custard (1, 7, 9)	Strawberry and Jelly Mousse (9)	Chocolate Orange Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Chef's Surprise

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