



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 30 OCTOBER	TUESDAY 31 OCTOBER	WEDNESDAY 1 NOVEMBER	THURSDAY 2 NOVEMBER	FRIDAY 3 NOVEMBER
Spaghetti Bolognese with Garlic Bread (1, 8, 9)	Chicken Pie with a Shortcrust Topping and Gravy (1)	Roast Gammon	Beef Hotpot topped with Sliced Potatoes	Chicken Nuggets (1, 11)
Mexican Bean Tortilla Stack (1)	Chickpea and Vegetable Tagine	Leek and Potato Filo Pie (1, 9, 11)	Cheese and Tomato Pizza with Potato Wedges (1, 8, 9)	Vegetable Burger in a Bun (1)
Fresh Pesto and Pea Spirals (1)	Mac n' Cheese (1, 9, 11)	Salmon Lasagne (1, 4, 9, 11)	Mixed Vegetable Ragu Pasta (1)	Roasted Pepper 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
Sweetcorn and Salad Bar	Mashed Potato and Broccoli and Salad Bar	Roast Potatoes, Fresh Green Cabbage and Garden Peas	Fresh Carrots and Salad Bar	Chips, Baked Beans and Garden Peas
Pineapple Upside Down Cake with Custard (1, 7, 9)	Strawberry Jelly Mousse (9)	Chocolate Sponge with Chocolate Sauce (1, 7, 9)	Tutti Frutti Thursday	Marble Cupcake (1, 7)

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**

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

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MONDAY 6 NOVEMBER	TUESDAY 7 NOVEMBER	WEDNESDAY 8 NOVEMBER	THURSDAY 9 NOVEMBER	FRIDAY 10 NOVEMBER
<p>BONFIRE DAY</p>  <p>Skyrocket Sausage in a Roll (1, 14) Firecracker Vegetarian Sausage in a Roll (1) Roman Candle Chunky Tomato Pasta (1) Jacket Potato with Topping of the Day Sparkler Cubed Potatoes and Bonfire BBQ Beans (14) Catherine Wheel Chocolate Brownie (1, 7)</p>	Chicken Fajitas with Rice (1)	Roast Turkey	Beef Lasagne with Herby Bread (1, 8, 9, 11)	Breaded Fish (1, 4)
	Roasted Vegetable Wrap with Rice (1)	Local Kentish Vegetable Pie with a Pastry Top (1)	Mixed Bean and Vegetable Chilli with Rice	Cheese and Tomato Pitta Slice (1, 9)
	3 Cheese Pasta (1, 9, 11)	Roasted Mediterranean 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	Roast Potatoes, Fresh Carrots and Broccoli	Garden Peas and Salad Bar	Chips, Baked Beans and Salad Bar
	Blackberry Sponge and Custard (1, 7, 9)	Apple and Cinnamon Crumble and Custard (1, 9)	Tutti Frutti Thursday	Oatie Cookie (1)

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| 2 CRUSTACEANS | 4 FISH | 6 NUTS | 8 SOYBEANS | 10 CELERY | 12 LUPIN | 14 SULPHUR DIOXIDE |

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MONDAY 13 NOVEMBER	TUESDAY 14 NOVEMBER	WEDNESDAY 15 NOVEMBER	THURSDAY 16 NOVEMBER	FRIDAY 17 NOVEMBER
Chicken Pesto Pasta (1)	Meat Feast Pizza (1, 8, 9)	Slow Roasted Beef	Mild Chicken Curry with Rice and Poppadum (1)	Burger in a Bun (1, 8, 10, 11, 14)
Spinach, Sweet Potato and Lentil Curry with Rice (1)	Cheese and Tomato Pizza (1, 8, 9)	Broccoli and Cauliflower Gratin Stuffed Yorkshire (1, 7, 9, 11)	Winter Vegetable Cottage Pie	Vegetable Sausage in a Roll (1)
Tomato Pasta (1)	Mixed Vegetable Ragu (1)	Red Pepper Pasta Twirls (1)	Mac n' Cheese (1, 9, 11)	Fresh Pesto 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	Cubed Potatoes, BBQ Beans and Salad Bar (14)	Roast Potatoes Fresh Carrots and Garden Peas	Onion Bhaji, Sweetcorn and Salad Bar	Chips, Garden Peas and Salad Bar
Peach Slice (1, 14)	Blueberry and Coconut Sponge with Custard (1, 7, 9)	Chocolate and Orange Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Fruity Flapjack (1)

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

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MONDAY 20 NOVEMBER	TUESDAY 21 NOVEMBER	WEDNESDAY 22 NOVEMBER	THURSDAY 23 NOVEMBER	FRIDAY 24 NOVEMBER
Traditional Toad in the Hole with Gravy (1, 7, 9, 14)	Mild Beef Chilli with Rice and Nachos	Roast Gammon	Beef Meatballs in a Herby Tomato Sauce with Spaghetti (1)	Breaded Fish (1, 4)
Vegetarian Toad in the Hole with Gravy (1, 7, 9)	Sweet Potato and Spinach Lasagne (1, 9, 11)	Mixed Vegetable Bake with a Herby Crumble (1)	Biryani Stuffed Pepper (11)	Cheese and Onion Pasta (1, 9)
Pea and Salmon Linguine (1, 4)	Cheesy Pasta Bake (1, 9, 11)	Chunky Tomato Pasta (1)	Fresh Pesto Twirls (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
Mashed Potato, Fresh Broccoli and Salad Bar	Sweetcorn and Salad Bar	Roast Potatoes, Fresh Carrots and Green Cabbage	Fresh Broccoli and Salad Bar	Chips, Garden Peas and Salad Bar
Rice Pudding with a Berry Compote (9)	Pear Sponge and Custard (1, 7, 9)	Sticky Toffee Pudding and Custard (1, 7, 9, 14)	Tutti Frutti Thursday	Vanilla Cookie (1)

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MONDAY 27 NOVEMBER	TUESDAY 28 NOVEMBER	WEDNESDAY 29 NOVEMBER	THURSDAY 30 NOVEMBER	FRIDAY 1 DECEMBER
Spaghetti Bolognese with Garlic Bread (1, 8, 9)	Chicken Nuggets (1, 11)	Slow Roasted Beef	Sticky BBQ Chicken with Rice (14)	100% Cod Fishfingers (1, 4)
Pea and Leek Risotto (10)	Carrot and Sweetcorn Fritter (1, 7, 9, 11)	Tortilla Red Onion and Cheese Quiche (1, 7, 9)	Mixed Vegetable Moussaka (1, 9, 11)	Homemade Vegetable Spring Onion Roll (1, 8)
Sweet Red Pepper Pasta (1)	Tomato Pasta (1)	Roasted Vegetable Ragù (1)	Macaroni Cheese (1, 9, 11)	Feta Pasta Bake (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
Garden Peas and Salad Bar	Cubed Potatoes, Baked Beans, Coleslaw and Salad Bar (7)	Roast Potatoes, Fresh Cabbage and Carrots	Sweetcorn and Salad Bar	Chips, Baked Beans and Garden Peas
Fruit Sponge and Custard (1, 7, 9)	Mixed Berry Cheesecake (1, 9)	Syrup Sponge and Custard (1, 7, 9)	Tutti Frutti Thursday	Chocolate Krispie Cake (1, 9)

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MONDAY 4 DECEMBER	TUESDAY 5 DECEMBER	WEDNESDAY 6 DECEMBER	THURSDAY 7 DECEMBER	FRIDAY 8 DECEMBER
Cumberland Sausages with Gravy (1, 14)	Chicken in a Wrap (1)	Roast Gammon	Mexican Style Beef with Rice and Nachos	Breaded Fish (1, 4)
Vegetarian Sausages with Gravy (1)	Roasted Mediterranean Vegetable Wrap (1)	Lentil and Chickpea Loaf (1, 7, 10)	Winter Vegetable Bake (1)	Cheese and Onion Pinwheel (1, 9)
Fresh Pesto Linguine (1)	Tomato and Basil Pasta (1)	Mixed Roasted Pepper Pasta (1)	3 Cheese Pasta (1, 9, 11)	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, Green Beans and Baked Beans	Cubed Potatoes, Garden Peas and Salad Bar	Roast Potatoes, Mixed Roasted Vegetables and Green Cabbage	Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
Peach Strudel and Custard (1, 9)	Chocolate and Orange Sponge with Custard (1, 7, 9)	Pink Jam Slice (1, 7)	Tutti Frutti Thursday	Mixed Fruit Cupcakes (1, 7)

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MONDAY 11 DECEMBER	TUESDAY 12 DECEMBER	WEDNESDAY 13 DECEMBER	THURSDAY 14 DECEMBER	FRIDAY 15 DECEMBER
Beef Bolognese Pasta Bake with Garlic Bread (1, 8, 9)	Mild Chicken Korma with Rice and Poppadum (1)	Traditional Cottage Pie	Ham Mac n' Cheese with Crusty Bread (1, 8, 9, 11)	Burger in a Bun (1, 8, 10, 11, 14)
Spinach and Butternut Squash Risotto (10)	Mixed Vegetable Wrap (1)	Mushroom and Cheese Wellington with New Potatoes (1, 9, 11)	Mixed Bean Chilli with Rice	Vegetable Burger in a Bun (1)
Macaroni Cheese (1, 9, 11)	Chunky Tomato Pasta (1)	Arrabiata Pasta (1)	Roasted Vegetable Pasta (1)	Fresh Pesto and Pea 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	Garden Peas and Salad Bar	Fresh Carrots	Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
Christmas Muffins (1, 7)	Festive Fruit Crumble and Custard (1, 9)	Santa's Chocolate Slice (1, 7)	Tutti Frutti Thursday	Gingerbread Man Cookie (1)

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MONDAY 18 DECEMBER	TUESDAY 19 DECEMBER	WEDNESDAY 20 DECEMBER	THURSDAY 21 DECEMBER	FRIDAY 22 DECEMBER
Fishfinger in a Wrap with Cubed Potatoes (1, 4)	Homemade Mince Beef Pie (1)	Chef's Choice Roast	Sausage Pinwheel (1, 14)	HOLIDAY
Vegetable Cannelloni Bake (1, 9, 11)	Cheesy Leek and Potato Pie (1, 9, 11)	Winter Vegetable Cottage Pie with a Sweet Potato Topping	Cheese and Tomato Pinwheel (1, 9)	HOLIDAY
Tomato Pasta (1)	Mac n' Cheese (1, 9, 11)	Mixed Pepper Twirls (1)	Roasted Vegetable Pasta (1)	HOLIDAY
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	HOLIDAY
Baked Beans and Salad Bar	Mashed Potato, Fresh Broccoli and Salad Bar	Roast Potatoes, Fresh Cabbage and Carrots	Chips, BBQ Beans and Salad Bar (14)	HOLIDAY
Mixed Fruit Sponge and Custard (1, 7, 9)	Oatie Cookie (1)	Tutti Frutti Wednesday	Chef's Choice	HOLIDAY

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FRESHUKBEEF

FRESHUKPORK

FREERANGEEGGS

ORGANICMILK

LOCALFRUIT&VEG

WHOLEMEALPASTA

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