



# 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 1 JANUARY	TUESDAY 2 JANUARY	WEDNESDAY 3 JANUARY	THURSDAY 4 JANUARY	FRIDAY 5 JANUARY
HOLIDAY	Chicken Nuggets (1, 11)	Chicken Pie with a Pastry Topping (1)	Beef Hotpot topped with Sliced Potatoes	Breaded Fish (1, 4)
	Vegetarian Sausages (1)	Leek and Potato Filo Pie (1, 9, 11)	Cheese and Tomato Pizza with Potato Wedges (1, 8, 9)	Vegetable Burger in a Bun (1)
	Mac n' Cheese (1, 9, 11)	Mixed Vegetable Ragu Pasta (1)	Salmon Lasagne (1, 4, 9, 11)	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
	Cubed Potatoes, Baked Beans and Salad Bar	Roast Potatoes, Fresh Green Cabbage and Garden Peas	Fresh Carrots and Salad Bar	Chips, Garden Peas and Salad Bar
	Peach and Apple Crumble and Custard (1, 7, 9)	Chocolate Sponge with Chocolate Sauce (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

- |                                    |                   |                  |                   |                  |                   |                           |
|------------------------------------|-------------------|------------------|-------------------|------------------|-------------------|---------------------------|
| <b>1</b> CEREALS CONTAINING GLUTEN | <b>3</b> MOLLUSCS | <b>5</b> PEANUTS | <b>7</b> EGGS     | <b>9</b> MILK    | <b>11</b> MUSTARD | <b>13</b> SESAME          |
| <b>2</b> CRUSTACEANS               | <b>4</b> FISH     | <b>6</b> NUTS    | <b>8</b> SOYBEANS | <b>10</b> CELERY | <b>12</b> LUPIN   | <b>14</b> 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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WEEK  
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MONDAY 8 JANUARY	TUESDAY 9 JANUARY	WEDNESDAY 10 JANUARY	THURSDAY 11 JANUARY	FRIDAY 12 JANUARY
Sausage in a Roll (1, 14)	Chicken Fajitas with Rice (1)	Roast Turkey	Beef Lasagne with Herby Bread (1, 8, 9, 11)	Breaded Fish (1, 4)
Vegetarian Sausage in a Roll (1)	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)
Chunky Tomato Pasta (1)	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	Jacket Potato with Topping of the Day
Cubed Potatoes and BBQ Beans (14)	Sweetcorn and Salad Bar	Roast Potatoes, Fresh Carrots and Broccoli	Garden Peas and Salad Bar	Chips, Baked Beans and Salad Bar
Chocolate Brownie (1, 7)	Blackberry Sponge and Custard (1, 7, 9)	Apple and Cinnamon Crumble and Custard (1, 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**  
**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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**4 CHOICE MENU**

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WEEK  
3

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



MONDAY 15 JANUARY	TUESDAY 16 JANUARY	WEDNESDAY 17 JANUARY	THURSDAY 18 JANUARY	FRIDAY 19 JANUARY
Chicken Pesto Pasta (1)	Meat Feast Pizza (1, 8, 9)	Slow Roasted Beef with Yorkshire Pudding (1, 7, 9)	 <p>Disney DAY</p> <p>101 Dalmatian Chicken Nuggets (1, 11) Bambi Quorn Nuggets (1) Lady and the Tramp Pesto Linguini (1) Dumbo Jacket Potatoes Hercules Herby Potatoes, Pinocchio Sweetcorn, Ratatouille Salad Bar Bedknobs and Broomsticks Chocolate Brownie Cookie (1, 7)</p>	Breaded Fish (1, 4)
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)		Vegetable Sausage in a Roll (1)
Tomato Pasta (1)	Mixed Vegetable Ragu (1)	Red Pepper Pasta Twirls (1)		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
Fresh Broccoli and Salad Bar	Cubed Potatoes, BBQ Beans and Salad Bar (14)	Roast Potatoes Fresh Carrots and Garden Peas		Chips, Garden Peas and Salad Bar
Peach Slice (1, 14)	Blueberry and Coconut Sponge with Custard (1, 7, 9)	St Clements Sponge with Custard (1, 7, 9)		Fruity Flapjack (1)

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

### ALLERGEN KEY

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|-----------------------------|------------|-----------|------------|-----------|------------|--------------------|
| 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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4 CHOICE MENU

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WEEK  
**4**

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

MONDAY 22 JANUARY	TUESDAY 23 JANUARY	WEDNESDAY 24 JANUARY	THURSDAY 25 JANUARY	FRIDAY 26 JANUARY
Traditional Toad in the Hole with Gravy (1, 7, 9, 14)	Mild Beef Chilli with Rice and Nachos	Roast Gammon with Pineapple	Chicken Meatballs in a Herby Tomato Sauce with Spaghetti (1)	Beefburger in a Bun (1, 8, 10, 11, 14)
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)

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

### ALLERGEN KEY

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WEEK  
**5**

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



MONDAY 29 JANUARY	TUESDAY 30 JANUARY	WEDNESDAY 31 JANUARY	THURSDAY 1 FEBRUARY	FRIDAY 2 FEBRUARY
Spaghetti Bolognese with Garlic Bread (1, 8, 9)	Sausage Pinwheel (1, 8)	Slow Roasted Beef with Yorkshire Pudding (1, 7, 9)	Sticky BBQ Chicken with Rice (14)	100% Cod Fishfingers (1, 4)
Pea and Leek Risotto (10)	Cheese and Tomato Pinwheel (1, 9)	Tortilla Red Onion and Cheese Quiche (1, 7, 9)	Winter Vegetable Bake with a Herby Topping (1)	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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WEEK  
**6**

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



MONDAY 5 FEBRUARY	TUESDAY 6 FEBRUARY	WEDNESDAY 7 FEBRUARY	THURSDAY 8 FEBRUARY	FRIDAY 9 FEBRUARY	
Cumberland Sausages with Gravy (1, 14)	Chicken in a Wrap (1)	Roast Gammon with Pineapple		Breaded Fish (1, 4)	
Vegetarian Sausages with Gravy (1)	Roasted Mediterranean Vegetable Wrap (1)	Lentil and Chickpea Loaf (1, 7, 10)		Cheese and Onion Pinwheel (1, 9)	
Fresh Pesto Linguine (1)	Tomato and Basil Pasta (1)	Mixed Roasted Pepper Pasta (1)		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	
Mashed Potato, Green Beans and Baked Beans	Cubed Potatoes, Garden Peas and Salad Bar	Roast Potatoes, Mixed Roasted Vegetables and Green Cabbage		Chinese Style Chicken with Rice and a Prawn Cracker (1, 2, 8) Mixed Vegetable Chow Mein (1, 7, 8) 3 Cheese Pasta (1, 9, 11) Jacket Potato with Topping of the Day Fresh Stir Fry Vegetables and Sweetcorn Ice Cream with Apple Fritter (1, 7, 9)	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)		Mixed Fruit Cupcakes (1, 7)	

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

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WE ONLY USE



FRESHUK BEEF



FRESHUK PORK



FREERANGE EGGS



ORGANIC MILK



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

**4 CHOICE MENU**

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