




INDEPENDENTCATERING | EDUCATER LIMITED

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

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

WEEK
1

MONDAY 24 FEBRUARY	TUESDAY 25 FEBRUARY	WEDNESDAY 26 FEBRUARY	THURSDAY 27 FEBRUARY	FRIDAY 28 FEBRUARY
Oven Baked Pork and Beef Sausages with Gravy (1, 14)	Spaghetti Bolognaise with Garlic Bread (1, 8, 9)	Roast Turkey	 <p>Cheese and Tomato Pizza with Potato Wedges (1, 8, 9) Cauliflower and Chickpea Curry with Rice (1) VEGAN Locally Farmed Mixed Vegetable Pasta Jacket Potato with Topping of the Day Sweetcorn and Salad Bar Apple and Pear Crumble with Custard (1, 9)</p> <p>Cauliflower - Boundary Farm, Wingham Apples - (Newlands Farm, Teynham) Pears - Hoaden Court Farm, Goodnestone</p>	Breaded Fish (1, 4)
Oven Baked Vegetarian Sausage with Gravy (1) VEGAN	Mixed Vegetable Kebab with Rice VEGAN	Rice and Bean Stuffed Pepper VEGAN		Homemade Spring Roll (1, 8) VEGAN
Salmon and Pea Spaghetti (1, 4)	Mixed Pepper Pasta (1)	Tomato and Basil 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
Herby Potatoes, Baked Beans and Salad Bar	Fresh Broccoli and Salad Bar	Roast Potatoes, Fresh Carrots and Spring Greens		Chips, Garden Peas and Salad Bar
Mixed Berry Cup Cake (1, 7)	Tutti Frutti Tuesday	Banana and Cinnamon Sponge with Custard (1, 7, 9)		Melting Moment Cookie (1, 7)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE AND BISCUITS (1, 9) • 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

WE ONLY USE



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

4 CHOICE MENU

INDEPENDENTCATERING.CO.UK

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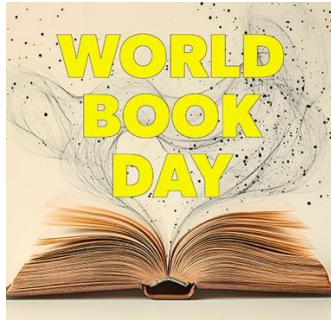
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WEEK
2



MONDAY 3 MARCH	TUESDAY 4 MARCH	WEDNESDAY 5 MARCH	THURSDAY 6 MARCH	FRIDAY 7 MARCH
Mild Chicken Curry with Rice and a Poppadum (1)	Beef Meatballs in a Tomato Sauce with Spaghetti (1)	Roast Gammon with Pineapple	 <p>Crispy Chicken in a Wrap (1, 8)</p> <p>Quorn Dippers in a Wrap (1, 8) VEGAN</p> <p>Arrabiata Pasta Twirls (1)</p> <p>Jacket Potato with Topping of the Day</p> <p>Potato Wedges, Baked Beans and Salad Bar</p> <p>Chocolate Brownie (1, 7)</p>	Fishfingers (1, 4)
Spring Vegetable Pie with a Sweet Potato Topping VEGAN	Chickpea and Vegetable Tagine with New Potatoes VEGAN	Courgette Bake VEGAN		Cheese and Tomato Turnover (1, 9)
Mac n' Cheese (1, 9, 11)	Mediterranean Vegetable Pasta Bows (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
Sweetcorn and Salad Bar	Fresh Broccoli and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans		Chips, Garden Peas and Salad Bar
Pineapple Upside Down Cake with Custard (1, 7, 9)	Tutti Frutti Tuesday	Raspberry Ripple Sponge with Custard (1, 7, 9)		Oatie Cookie (1)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE AND BISCUITS (1, 9) • FRESH SALAD BAR

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4 FISH

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6 NUTS

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8 SOYBEANS

9 MILK
10 CELERY

11 MUSTARD
12 LUPIN

13 SESAME
14 SULPHUR DIOXIDE

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WE ONLY USE



FRESHUKBEEF



FRESHUKPORK



FREERANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

4 CHOICE MENU

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MONDAY 10 MARCH	TUESDAY 11 MARCH	WEDNESDAY 12 MARCH	THURSDAY 13 MARCH	FRIDAY 14 MARCH
Beef Bolognaise Pasta Bake (1, 9)	Homemade Sausage Roll (1, 8)	Roast Beef with a Yorkshire Pudding (1, 7, 9)	Chinese Style Chicken with Rice (1, 8)	Baked Breaded Fish (1, 4)
Spring Vegetable Tacos with Rice VEGAN	Cheese and Onion Pinwheel (1, 9)	Leek and Squash Crumble (1) VEGAN	Carrot and Sweetcorn Fritter with New Potatoes VEGAN	Vegetarian Sausage in a Roll (1) VEGAN
Fresh Pesto and Pea Pasta Bows (1)	Tomato Pasta (1)	Roasted Pepper Spirals (1)	Macaroni Cheese (1, 9, 11)	Vegetable Ragu 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	Cubed Potatoes, Baked Beans and Salad Bar	Roast Potatoes, Medley of Vegetables and Green Beans	Fresh Stir Fry Vegetables and Salad Bar	Chips, Garden Peas and Salad Bar
Oatie Peach and Apple Crumble with Custard (1, 9)	Shortbread Finger with Fruit Wedges (1)	Sticky Toffee Pudding and Custard (1, 7, 9, 14)	Tutti Frutti Thursday	Chocolate Cookie (1)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE AND BISCUITS (1, 9) • FRESH SALAD BAR

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FREERANGEEGGS



LOCALFRUIT&VEG



WHOLEMEALPASTA

4 CHOICE MENU

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MONDAY 17 MARCH	TUESDAY 18 MARCH	WEDNESDAY 19 MARCH	THURSDAY 20 MARCH	FRIDAY 21 MARCH
Beefburger in a Bun (1, 8, 13)	Mexican Style Chicken in a Taco with Rice	Roast Turkey	Beef Lasagne with Herby Bread (1, 8, 9, 11)	 <p>Fishfingers (1, 4) Cheese and Tomato Baked Pitta (1, 9) Fajita Style Pasta (1, 14) Jacket Potato with Topping of the Day Chips, Garden Peas and Salad Bar Chefs Selection of Desserts Red Nose Theme</p>
Vegetarian Burger in a Bun (1, 13) VEGAN	Vegetable Cottage Pie VEGAN	Cheese and Leek Pie with a Shortcrust Topping (1, 9, 11)	Spinach and Lentil Dahl with Rice (1) VEGAN	
Mixed Pepper Pasta (1)	Chunky Tomato Pasta (1)	Roasted Spring Vegetable Pasta Bows (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	
Potato Wedges, Baked Beans and Salad Bar	Fresh Broccoli and Salad Bar	Roast Potatoes, Fresh Carrots and Spring Greens	Sweetcorn and Salad Bar	
Blueberry Sponge with Custard (1, 7, 9)	Strawberry Jelly Mousse (9)	Chocolate Cake with Chocolate Sauce (1, 7, 9)	Tutti Frutti Thursday	

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE AND BISCUITS (1, 9) • FRESH SALAD BAR

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Spaghetti Bolognaise with Garlic Bread (1, 8, 9)	Chicken Fajita with Savoury Rice (1, 11)	Roast Gammon with Pineapple	Meat Feast Pizza (1, 8, 9)	Baked Breaded Fish (1, 4)
Bean and Vegetable Chilli with Rice VEGAN	Potato and Vegetable Omelette (1, 7, 9)	Spring Vegetable Casserole with Dumplings (1) VEGAN	Cheese and Tomato Pizza (1, 8, 9)	Crispy Quorn Dippers (1, 8) VEGAN
Fresh Pesto Pasta Bows (1)	Tomato and Basil Pasta (1)	Mixed Vegetable Ragu Twirls (1)	Mediterranean 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
Fresh Broccoli and Salad Bar	Fresh Carrots and Salad Bar	Roast Potatoes, Mashed Swede and Green Beans	Herby Potatoes, Baked Beans and Salad Bar	Chips, Garden Peas and Salad Bar
Apple Flapjack Crumble with Custard (1, 9)	Mixed Berry Cupcake (1, 7)	Peach and Banana Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Chocolate Krispie Cake (1, 9)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE AND BISCUITS (1, 9) • FRESH SALAD BAR

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MONDAY 31 MARCH	TUESDAY 1 APRIL	WEDNESDAY 2 APRIL	THURSDAY 3 APRIL	FRIDAY 4 APRIL
Oven Baked Pork and Beef Sausages with Gravy (1, 8)	Sweet Chicken with Savoury Rice (8)	Slow Roasted Beef with Yorkshire Pudding (1, 7, 9)	Chicken Pie with Gravy (1)	Fishfingers (1, 4)
Oven Baked Vegetarian Sausage with Gravy (1) VEGAN	Stir Fry Vegetables in a Pitta with New Potatoes (1) VEGAN	Local Kentish Vegetable Pie with a Shortcrust Topping (1) VEGAN	Cheese and Tomato Baked Pitta (1, 9)	Homemade Vegetable Burger in a Bun (1, 13) VEGAN
Salmon Lasagne (1, 4, 9, 11)	Chunky Tomato Pasta Spirals (1)	Sweet Red Pepper Pasta (1)	Tomato and Basil Pasta (1)	Roasted Pepper Pasta Bows (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 Carrots and Salad Bar	Garden Peas and Salad Bar	Roast Potatoes, Fresh Broccoli and Roasted Butternut Squash	Herby Potatoes, Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
Marble Sponge with Custard (1, 7, 9)	Strawberry Cupcake (1, 7)	Pear Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Chocolate Orange Cookie (1)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE AND BISCUITS (1, 9) • FRESH SALAD BAR

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