

# INDEPENDENT CATERING



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

## MONDAY 3RD SEPTEMBER

## TUESDAY 4TH SEPTEMBER

## WEDNESDAY 5TH SEPTEMBER

## THURSDAY 6TH SEPTEMBER

## FRIDAY 7TH SEPTEMBER



INSET DAY

Oven Baked Sausages (1, 14)

Vegetarian Oven Baked Sausages (1, 7, 8)

Creamy Tomato Penne Pasta (1, 9)

Filled Baked Jacket Potato

Homemade Potato Wedges, Baked Beans and Sweetcorn

TUTTI FRUTTI TUESDAY

Roast Beef and Yorkshire Pudding (1, 7, 9)

Cherry Tomato and Cheese Flan (1, 7, 9)

Red Pepper Spiral Pasta (1)

Filled Baked Jacket Potato

Roast Potatoes, Fresh Carrots and Green Beans

Apple Pie and Custard (1, 9)

Mexican Style Chicken with Rice and Nachos

Sweet and Sour Vegetable Stir Fry with Noodles (1, 7)

Mac 'n' Cheese (1, 9)

Filled Baked Jacket Potato

Fresh Broccoli and Selection of Mexican Salad

Syrup Sponge and Custard (1, 7, 9)

Crispy Battered Cod Fillet (1, 4, 9, 11)

Baked Sweet Potato and Bean Wrap (1, 9)

Arrabiata Pasta (1)

Filled Baked Jacket Potato

Chips, Peas and Tomato Salsa

Strawberry Muffin (1, 7)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • FRUITY YOGHURT • 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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## MONDAY 10TH SEPTEMBER

## TUESDAY 11TH SEPTEMBER

## WEDNESDAY 12TH SEPTEMBER

## THURSDAY 13TH SEPTEMBER

## FRIDAY 14TH SEPTEMBER



Spaghetti Bolognese with  
Garlic Bread (1, 8, 9)

Chicken Fajitas with Rice (1)

Roast Pork with  
Yorkshire Pudding (1, 7, 9)

Mild Turkey Curry with  
Rice and Poppadum (1)

Beefburger in a Bun (1, 8, 9, 14)



Roasted Jerk Vegetables  
and Rice

Vegetable and Tomato  
Tagliatelle (1)

Yorkshire Pudding Filled with  
Cauliflower and Broccoli  
Cheese (1, 7, 9)

Stir Fry Vegetables  
in a Pitta (1, 9)

Cheese and Tomato Baked Pitta  
(1, 9)



Pesto Pasta Shells (1, 9)

Roasted Pepper Pasta Twirls (1)

Tomato and  
Fresh Basil Pasta (1)

3 Cheese Pasta (1, 9)

Salmon and Chive Pasta  
(1, 4, 9)



Filled Baked Jacket Potato

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Garden Peas and  
Fresh Cauliflower

Fresh Broccoli,  
Chefs Mixed Salad

Roast Potatoes,  
Fresh Cabbage and Carrots

Vegetable Bhaji, Sweetcorn

Chips, Baked Beans  
and Mushy Peas



Fruit Sponge  
and Custard (1, 7, 9)

TUTTI FRUTTI TUESDAY

Cherry Shortcake and Custard  
(1, 9)

Chocolate and  
Orange Mousse (9)

Oat Cookie (1)

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## MONDAY 17TH SEPTEMBER

## TUESDAY 18TH SEPTEMBER

## WEDNESDAY 19TH SEPTEMBER

## THURSDAY 20TH SEPTEMBER

## FRIDAY 21ST SEPTEMBER



Smokey Joe's Chicken in a Taco Boat with Rice (1, 14)

Meat Feast Pizza (1, 8, 9)

Roast Turkey with Yorkshire Pudding (1, 7, 9)

Meatballs in a Tomato Sauce with Penne Pasta (1, 7)

Fillet of Fish Burger (1, 4, 9)



Sweet Potato and Spinach Lasagne (1, 7, 9)

Vegetarian Burger in a Bun (1, 8, 9)

Lentil Loaf (7, 10)

Vegetable and Rice Burrito (1)

Quorn Dipper with a BBQ Sauce (1, 7, 9)



Vegetable Bolognese Pasta (1)

Mediterranean Pasta Bake (1)

Arrabiata Pasta Bows (1)

Mac n' Cheese (1, 9)

Chunky Tomato Pasta (1)



Filled Baked Jacket Potato

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Filled Baked Jacket Potato



Fresh Carrots and Green Beans

Warm Potato Salad, Homemade Slaw, Sweetcorn

Roast Potatoes, Fresh Cauliflower and Broccoli

Fresh Carrots and Garden Peas

Chips, Baked Beans and a Tomato Relish and Chefs Salad



Oatie Peach Crumble and Custard (1, 9)

TUTTI FRUTTI TUESDAY

Chocolate Pudding and Chocolate Sauce (1, 7, 9)

Lemon and Poppy Seed Cup Cake (1, 7)

Surprise Fruity Flapjack (1)

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

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## MONDAY 24TH SEPTEMBER

## TUESDAY 25TH SEPTEMBER

## WEDNESDAY 26TH SEPTEMBER

## THURSDAY 27TH SEPTEMBER

## FRIDAY 28TH SEPTEMBER



Chicken Enchiladas with Rice (1)

Caribbean Beef Patty (1)

Roast Chicken with Yorkshire Pudding (1, 7, 9)

Beef Lasagne with Herby Garlic Bread (1, 7, 8, 9, 11)

Crispy Battered Cod (1, 4, 9, 11)



Golden Vegetable Cottage Pie (Potato) (10)

Caribbean Vegetable Patty (1, 9)

Vegetarian Toad in the Hole (1, 7, 8, 9)

Sweet Potato and Chickpea Korma with Rice

Mexican Vegetable Tortilla Stack (1)



Pesto Penne Pasta (1, 9)

Creamy Tomato Pasta Shells (1, 9)

Vegetable Pasta (1)

3 Cheese Pasta Bows (1, 9)

Red Pepper Pasta (1)



Filled Baked Jacket Potato

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Roast Autumn Vegetables, Rainbow Salad

Homemade Potato Wedges, Roasted Butternut Squash and Garden Peas

Roast Potatoes, Fresh Carrots and Green Beans

Fresh Broccoli and Sweetcorn

Chips, Baked Beans and Fruity Slaw



Sticky Toffee Pudding with Custard (1, 7, 9, 14)

TUTTI FRUTTI TUESDAY

Brownie and Ice Cream (1, 9)

Mixed Berry Slice and Custard (1, 7, 9)

Homemade Strawberry Mousse with Fruit Wedges (9)

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

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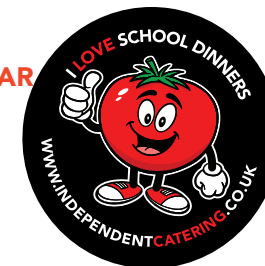
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## MONDAY 1ST OCTOBER

## TUESDAY 2ND OCTOBER

## WEDNESDAY 3RD OCTOBER

## THURSDAY 4TH OCTOBER CANADIAN DAY

## FRIDAY 5TH OCTOBER



Spaghetti Bolognese with Herby Garlic Bread (1, 8, 9)

Homemade Sausage Pinwheel (1,8)

Roast Beef and Yorkshire Pudding (1, 7, 9)



Sticky BBQ Buffalo Chicken Thighs (14)



100% Cod Fish Fingers (1, 4)



Roasted Vegetable Risotto (10)

Cheese and Tomato Pinwheel (1, 9)

Bean and Vegetable Goulash with Mini Dumplings (1, 8)

Maple Vegetable Kebabs

Mixed Bean and Rice Burrito (1)



Salmon and Dill Pasta (1, 4, 9)

Chunky Tomato Penne Pasta (1)

Arrabiata Pasta (1)

Smokey Canadian Mac 'n' Cheese (1, 9)

Homemade Tomato Sauce and Pasta Twirls (1)



Filled Baked Jacket Potato

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Green Salad and Sweetcorn

Homemade Herby Potatoes, Fresh Broccoli and Baked Beans

Roast Potatoes, Carrots and Savoy Cabbage

Hash Browns, Baked Zucchini and BBQ Mixed Beans

Chips, Garden Peas and Spaghetti Hoops



Treacle Tart and Custard (1, 7, 9)

TUTTI FRUTTI TUESDAY

Pineapple Upside Down Cake and Custard (1, 7, 9)

Canada Squares (1, 7, 9)

Carrot Cake with an Orange Frosting (1, 7)

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## MONDAY 8TH OCTOBER



Sweet and Sour Chicken with Noodles and Prawn Crackers (1, 4, 7)



Homemade Vegetable Spring Roll with Rice and Sweet Chilli Sauce (1)



Mac 'n' Cheese (1, 9)



Filled Baked Jacket Potato



Fresh Stir Fry Vegetables and Broccoli



Apple and Raspberry Strudel with Custard (1, 7, 9)

## TUESDAY 9TH OCTOBER

Traditional Cottage Pie

Cheese and Tomato Pizza with Homemade Herby Potatoes (1, 7, 8, 9)

Pesto Pasta Twirls (1, 9)

Filled Baked Jacket Potato

Fresh Cauliflower and Garden Peas

TUTTI FRUTTI TUESDAY

## WEDNESDAY 10TH OCTOBER

Roast Turkey with Yorkshire Pudding (1, 7, 9)

Leek and Potato Pie (1, 9, 11)

Homemade Tomato Pasta Bake (1)

Filled Baked Jacket Potato

Roast Potatoes, Fresh Cabbage and Carrots

Frozen Yoghurt with a Berry Sauce (1, 9)

## THURSDAY 11TH OCTOBER

Beef Wraps with Mexican Rice and Nachos (1)

Autumn Vegetable and Potato Omelette (7, 9)

Arrabiata Pasta Bows (1)

Filled Baked Jacket Potato

Sweetcorn and Tomato Salsa

Cinnamon Sponge with Butterscotch Sauce (1, 7, 9)

## FRIDAY 12TH OCTOBER

Fillet of Fish Burger in a Bun (1, 4, 9)

Falafel Kebab with a BBQ Sauce (7, 14)

Creamy Vegetable Pasta Shells (1, 9)

Filled Baked Jacket Potato

Chips, Chunky Coleslaw and Baked Beans

Chocolate Krispie Cake (9)

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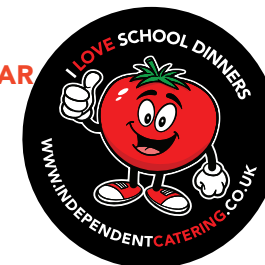
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## MONDAY 15TH OCTOBER



Mild Beef Curry with Rice and Poppadum's (1)



Fresh Mixed Vegetable Casserole with a Herby Scone (1, 7, 9)



Homemade Tomato and Basil Pasta Twirls (1)



Filled Baked Jacket Potato



Vegetable Bhaji and Fresh Carrots



American Pancakes with Peaches (1, 7, 9)

## TUESDAY 16TH OCTOBER

Oven Baked Sausages with Gravy (1, 14)

Vegetarian Oven Baked Sausages with Gravy (1, 7, 8)

Mediterranean Pasta Bows (1)

Filled Baked Jacket Potato

Herby New Potatoes, Roasted Butternut Squash and Sweetcorn

TUTTI FRUTTI TUESDAY

## WEDNESDAY 17TH OCTOBER

Roast Chicken with Yorkshire Pudding (1, 7, 9)

Tortilla Quiche (1, 7, 9)

Mixed Pepper Pasta Shells (1)

Filled Baked Jacket Potato

Roast Potatoes, Fresh Broccoli and Mashed Swede

Lemon Drizzle Cake with a Lemon Sauce (1, 7)

## THURSDAY 18TH OCTOBER

Turkey Pie with Mashed Potato (1, 9)

Vegetable Pad Thai with Rice (4, 8)

3 Cheese Pasta Bake (1, 9)

Filled Baked Jacket Potato

Fresh Carrots and Green Beans

Pear Sponge with Custard (1, 7, 9)

## FRIDAY 19TH OCTOBER

Crispy Battered Cod (1, 4, 9, 11)

Homemade Cheese and Onion Pasty (1, 9)

Spinach and Feta Pasta (1, 9)

Filled Baked Jacket Potato

Chips, Baked Beans and Garden Peas

Lemon Mousse with Shortbread Finger (1, 9)

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