

INDEPENDENT CATERING | EDUCATER LIMITED



ALL MEALS ARE SERVED WITH FRESH VEGETABLES OR FRESH VEGETABLE STICKS

1 year

MONDAY

Beef Lasagne (1, 7, 9)
Roasted Vegetable Wrap with Cous Cous (1, 10)
Jacket Potato with a Choice of Fillings Cheese (9), Beans or Tuna Mayo (4, 7)
Spiral Cookie (1) and Fruit Wedges

TUESDAY

Pulled Pork in BBQ Sauce with Potato Wedges (14)
Vegetable Stew and Dumplings (1)
Jacket Potato with a Choice of Fillings Cheese (9), Beans or Tuna Mayo (4, 7)
Carrot Cake (1, 7) and Fruit Wedges

WEDNESDAY

Chicken and Vegetable Pie with Roasted New Potatoes (1)
Mac 'n' Cheese (1, 9, 11)
Jacket Potato with a Choice of Fillings Cheese (9), Beans or Tuna Mayo (4, 7)
Flapjack (1) and Fruit Wedges

THURSDAY

Beef Curry and Rice with Naan Bread (1)
Arrabiata Pasta (1)
Jacket Potato with a Choice of Fillings Cheese (9), Beans or Tuna Mayo (4, 7)
Strawberry Muffin (1, 7) and Fruit Wedges

FRIDAY

Fish Fingers, Chips and Beans (1, 4)
Quorn Dippers, Chips and Beans (1, 7, 9)
Jacket Potato with a Choice of Fillings Cheese (9), Beans or Tuna Mayo (4, 7)
Chocolate Brownie Cookie (1, 7) and Fruit Wedges

2 year

MONDAY

Chicken and Tomato Pasta (1)
Hoi Sin Stir Fry Vegetables with Noodles (1)
Jacket Potato with a Choice of Fillings Cheese (9), Beans or Tuna Mayo (4, 7)
Vanilla Sponge (1, 7) and Fruit Wedges

TUESDAY

Sausage and Bean Casserole with Mashed Potato (1, 8)
Vegetable Pasta Bake (1)
Jacket Potato with a Choice of Fillings Cheese (9), Beans or Tuna Mayo (4, 7)
Rice Krispie Cake (1) and Fruit Wedges

WEDNESDAY

Beefburger in a Bun with Potato Wedges (1, 10, 11, 14)
Vegetable Samosa and Spicy Rice (1, 10)
Jacket Potato with a Choice of Fillings Cheese (9), Beans or Tuna Mayo (4, 7)
Blueberry Muffin (1, 7) and Fruit Wedges

THURSDAY

Chilli Beef Burrito with Rice (1)
Chunky Tomato Pasta (1)
Jacket Potato with a Choice of Fillings Cheese (9), Beans or Tuna Mayo (4, 7)
Chocolate Brownie (1, 7) and Fruit Wedges

FRIDAY

Zingy Baked Chicken Nuggets, Chips and Baked Beans (1, 11)
Cheese and Onion Pastie, Chips and Baked Beans (1, 9, 11)
Jacket Potato with a Choice of Fillings Cheese (9), Beans or Tuna Mayo (4, 7)
Oatie Cookie (1) and Fruit Wedges

3 year

MONDAY

Spaghetti Bolognese with Garlic Bread (1)
Vegetable Chilli and Rice
Jacket Potato with a Choice of Fillings Cheese (9), Beans or Tuna Mayo (4, 7)
Marble Cake (1, 7) and Fruit Wedges

TUESDAY

Jerk Chicken and Jollof Rice (10)
Jerk Roasted Vegetables and Jollof Rice (10)
Jacket Potato with a Choice of Fillings Cheese (9), Beans or Tuna Mayo (4, 7)
Cherry Shortbread (1) and Fruit Wedges

WEDNESDAY

Spiral Spaghetti Sausage Bake (1, 8)
Cheese and Tomato Pinwheel with Herby Pots (1, 9)
Jacket Potato with a Choice of Fillings Cheese (9), Beans or Tuna Mayo (4, 7)
Apple Sponge (1, 7) and Fruit Wedges

THURSDAY

Swedish Meatballs with Mashed Potato (1, 7)
Cheese, Leek and Potato Pie (1, 9)
Jacket Potato with a Choice of Fillings Cheese (9), Beans or Tuna Mayo (4, 7)
Oat and Fruit Cookie (1, 11) and Fruit Wedges

FRIDAY

Breaded Fish with Chips and Beans (4)
Vegetable Sausage, Chips and Beans (1, 14)
Jacket Potato with a Choice of Fillings Cheese (9), Beans or Tuna Mayo (4, 7)
Melting Moment Cookie (1) and Fruit Wedges

ALLERGEN KEY

- 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

***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

