








# 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 6 JANUARY	TUESDAY 7 JANUARY	WEDNESDAY 8 JANUARY	THURSDAY 9 JANUARY	FRIDAY 10 JANUARY
Pork Sausage in a Roll (1, 14)	Spaghetti Bolognese (1)	Roast Turkey	Mexican Style Chicken Fajita with Rice (1, 11)	Breaded Fish (1, 4)
Veggie Sausage in a Roll (1, 8) <b>VEGAN</b>	Roasted Vegetable Wrap (1) <b>VEGAN</b>	Leek and Potato Pie with a Shortcrust Topping (1, 9)	Vegetable Cottage Pie <b>VEGAN</b>	Homemade Spring Roll (1, 8) <b>VEGAN</b>
Tomato Pasta (1) <b>VEGAN</b>		Roasted Vegetable Pasta (1) <b>VEGAN</b>		Chunky Tomato Pasta (1) <b>VEGAN</b>
	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
Potato Wedges, Spaghetti Hoops (1) and Salad Bar	Savoury Rice, Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Savoy Cabbage	Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
Apple and Cinnamon Crumble and Custard (1, 9)	Chocolate and Orange Brownie (1, 7, 9)	Syrup Sponge and Custard (1, 7, 9)	Tutti Frutti Thursday	Oatie Cookie (1) <b>VEGAN</b>

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

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**3 CHOICE MENU**

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MONDAY 13 JANUARY	TUESDAY 14 JANUARY	WEDNESDAY 15 JANUARY	THURSDAY 16 JANUARY	FRIDAY 17 JANUARY
Mild Chicken Curry with Rice and Poppadum (1)	Beef Lasagne (1, 9, 11)	Roast Gammon with Pineapple	 <p><b>JUNGLE DAY</b></p> <p>Crispy Chicken Nuggets (1, 10) Vegetable Nuggets (1) <b>VEGAN</b> Jacket Potato with Topping of the Day Cubed Potatoes, Baked Beans and Salad Bar Pineapple Upside Down Cake and Custard (1, 7, 9)</p>	Fishfingers (1, 4)
Mixed Vegetable and Potato Omelette (7, 9)	Pea and Leek Risotto (10) <b>VEGAN</b>	Winter Vegetable Casserole with a Herby Scone (1, 9)		Cheese and Tomato Turnover (1, 9)
Macaroni Cheese (1, 9, 11)		Vegetable Ragu Pasta (1) <b>VEGAN</b>		Sweet Red Pepper Pasta (1) <b>VEGAN</b>
	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
Tutti Frutti Monday	Strawberry Jelly Mousse (9)	Chocolate Sponge with Chocolate Sauce (1, 7, 9)		Fruity Flapjack (1)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE AND BISCUITS (1, 9) • 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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**DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE**

MONDAY 20 JANUARY	TUESDAY 21 JANUARY	WEDNESDAY 22 JANUARY	THURSDAY 23 JANUARY	FRIDAY 24 JANUARY
Beef Burger in a Bun (1, 8, 13)	Chicken and Savoury Rice Stir Fry (8)	Roast Turkey	Beef Meatballs in a Tomato Sauce with Spaghetti (1)	Breaded Fish (1, 4)
Veggie Burger in a Bun (1, 13) <b>VEGAN</b>	Chickpea and Vegetable Tagine with New Potatoes <b>VEGAN</b>	Roasted Tomato and Basil Feta Tart (1, 7, 9)	Carrot and Sweetcorn Fritter with Cubed Potatoes (1, 7, 9, 11)	Cheese and Onion Pasty (1, 9)
Tomato and Basil Pasta (1) <b>VEGAN</b>		Mixed Pepper Twirls (1) <b>VEGAN</b>		Chunky Tomato Pasta (1) <b>VEGAN</b>
	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 Winter Medley of Vegetables	Sweetcorn and Salad Bar	Chips, Garden Peas and Salad Bar
Pear Sponge with Custard (1, 7, 9)	Chocolate Krispie Cake (9)	Blackberry Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Marble Cupcake (1, 7)

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

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MONDAY 27 JANUARY	TUESDAY 28 JANUARY	WEDNESDAY 29 JANUARY	THURSDAY 30 JANUARY	FRIDAY 31 JANUARY
Chinese Style Chicken with Rice (8)	Beef Pasta Bake (1, 9)	Roast Gammon with Pineapple	Pork Sausages with Mashed Potato and Gravy (1, 14)	Fishfingers (1, 4)
Cheese and Tomato Pinwheel with Herby Potatoes (1, 9)	Cauliflower and Chickpea Curry with Rice (1) <b>VEGAN</b>	Mushroom and Pepper Pesto Slice (1) <b>VEGAN</b>	Vegetarian Sausages with Mashed Potato and Gravy (1) <b>VEGAN</b>	Vegetarian Burger in a Bun (1, 8, 13) <b>VEGAN</b>
Fresh Pesto Linguine (1) <b>VEGAN</b>		Mixed Vegetable Ragu (1) <b>VEGAN</b>		Arrabiata Pasta (1) <b>VEGAN</b>
	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
Sweetcorn and Salad Bar	Green Beans and Salad Bar	Roast Potatoes, Fresh Carrots and Savoy Cabbage	Fresh Broccoli and Salad Bar	Chips, Baked Beans and Salad Bar
Mixed Fruit Sponge with Custard (1, 7, 9)	Lemon Shortbread Finger with Fruit Wedges (1) <b>VEGAN</b>	Raspberry Ripple Cake with Custard (1, 7, 9)	Tutti Frutti Thursday	Vanilla Cookie (1) <b>VEGAN</b>

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

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MONDAY 3 FEBRUARY	TUESDAY 4 FEBRUARY	WEDNESDAY 5 FEBRUARY	THURSDAY 6 FEBRUARY	FRIDAY 7 FEBRUARY
Spaghetti Bolognaise with Garlic Bread (1, 8, 9)	Mexican Style Chicken in a Taco with Rice	Roast Beef with a Yorkshire Pudding (1, 7, 9)	Cheese and Tomato Pizza with Cubed Potatoes (1, 8, 9)	Breaded Fish (1, 4)
Mixed Bean and Vegetable Chilli with Rice <b>VEGAN</b>	Vegetarian Sausage in a Wrap with BBQ Sauce and Rice (1, 14) <b>VEGAN</b>	Local Kentish Vegetable Pie with a Shortcrust Topping (1) <b>VEGAN</b>	Chinese Style Vegetable Stir Fry with Rice (8) <b>VEGAN</b>	Vegetable Nuggets (1) <b>VEGAN</b>
	Chunky Tomato Pasta (1) <b>VEGAN</b>		Salmon Lasagne (1, 4, 9, 11)	
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	Sweetcorn and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans	Baked Beans and Salad Bar	Chips, Garden Peas and Salad Bar
Mixed Fruit Crumble with Custard (1, 9)	Strawberry Cupcake (1, 7)	Jam Roly Poly with Custard (1, 7, 9)	Tutti Frutti Thursday	Apple Flapjack (1)

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

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

MONDAY 10 FEBRUARY	TUESDAY 11 FEBRUARY	WEDNESDAY 12 FEBRUARY	THURSDAY 13 FEBRUARY	FRIDAY 14 FEBRUARY
Crispy Chicken Wrap (1, 8)	Beef Lasagne (1, 9, 11)	Roast Gammon with Pineapple	Chicken Pie with Mashed Potato (1)	Fishfingers (1, 4)
Mixed Bean Wrap (1) <b>VEGAN</b>	Spinach, Sweet Potato and Lentil Curry with Rice (1) <b>VEGAN</b>	Cauliflower and Broccoli Gratin in a Yorkshire Pudding (1, 7, 9, 11)	Cheese and Tomato Baked Pitta with Half a Jacket Potato (1, 8, 9)	Homemade Spring Roll (1, 8) <b>VEGAN</b>
Fresh Pesto and Pea Linguine (1) <b>VEGAN</b>		Roasted Winter Vegetable Pasta (1) <b>VEGAN</b>		Red Pepper Pasta (1) <b>VEGAN</b>
	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
Herby Potatoes, Baked Beans and Salad Bar	Sweetcorn and Salad Bar	Roast Potatoes, Fresh Carrots and Savoy Cabbage	Fresh Broccoli and Salad Bar	Chips, Garden Peas and Salad Bar
Apple and Berry Sponge with Custard (1, 7, 9)	Chocolate and Orange Brownie (1, 7)	Lemon Drizzle Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Melting Moment Cookie (1) <b>VEGAN</b>

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

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