



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 Bolognaise (1)	Roast Turkey	Mexican Style Chicken Fajita with Rice (1, 11)	Breaded Fish (1, 4)
Veggie Sausage in a Roll (1, 8) VEGAN	Roasted Vegetable Wrap (1) VEGAN	Leek and Potato Pie with a Shortcrust Topping (1, 9)	Vegetable Cottage Pie VEGAN	Homemade Spring Roll (1, 8) VEGAN
Tomato Pasta (1) VEGAN	Mac n' Cheese (1, 9, 11)	Roasted Vegetable Pasta (1) VEGAN	Fresh Pesto Pasta Twirls (1) VEGAN	Chunky Tomato Pasta (1) VEGAN
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
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) VEGAN

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 |

***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



FRESHUKBEEF



FRESHUKPORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

4 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	Ham and Pineapple Pizza (1, 8, 9) Cheese and Tomato Pizza (1, 8, 9) Basil Pesto Spaghetti (1) Jacket Potato with Topping of the Day Garlic Bread (1, 8) Spaghetti Hoops (1) and Salad Bar Chocolate Chip Brownie (1, 7, 8)	Fishfingers (1, 4)
Mixed Vegetable and Potato Omelette (7, 9)	Pea and Leek Risotto (10) VEGAN	Winter Vegetable Casserole with a Herby Scone (1, 9)		Cheese and Tomato Turnover (1, 9)
Macaroni Cheese (1, 9, 11)	Fresh Pesto Pasta (1) VEGAN	Vegetable Ragu Pasta (1) VEGAN		Sweet Red Pepper Pasta (1) VEGAN
Jacket Potato with Topping of the Day VEGAN	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
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

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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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) VEGAN	Chickpea and Vegetable Tagine with New Potatoes VEGAN	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) VEGAN	Cheesy Pasta Bake (1, 9, 11)	Mixed Pepper Twirls (1) VEGAN	Roasted Vegetable Pasta (1) VEGAN	Chunky Tomato Pasta (1) VEGAN
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
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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4 CHOICE MENU

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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) VEGAN	Mushroom and Pepper Pesto Slice (1) VEGAN	Vegetarian Sausages with Mashed Potato and Gravy (1) VEGAN	Vegetarian Burger in a Bun (1, 8, 13) VEGAN
Fresh Pesto Linguine (1) VEGAN	Tuna Pasta Bake (1, 4, 9)	Mixed Vegetable Ragu (1) VEGAN	Chunky Tomato Pasta (1) VEGAN	Arrabiata Pasta (1) VEGAN
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
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) VEGAN	Raspberry Ripple Cake with Custard (1, 7, 9)	Tutti Frutti Thursday	Vanilla Cookie (1) VEGAN

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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 VEGAN	Vegetarian Sausage in a Wrap with BBQ Sauce and Rice (1, 14) VEGAN	Local Kentish Vegetable Pie with a Shortcrust Topping (1) VEGAN	Chinese Style Vegetable Stir Fry with Rice (8) VEGAN	Vegetable Nuggets (1) VEGAN
Mixed Vegetable Ragu Pasta (1) VEGAN	Chunky Tomato Pasta (1) VEGAN	Mixed Roasted Vegetable Pasta Twirls (1) VEGAN	Salmon Lasagne (1, 4, 9, 11)	Roasted Pepper Pasta (1) VEGAN
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	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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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) VEGAN	Spinach, Sweet Potato and Lentil Curry with Rice (1) VEGAN	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) VEGAN
Fresh Pesto and Pea Linguine (1) VEGAN	Tomato and Basil Pasta Twirls (1) VEGAN	Roasted Winter Vegetable Pasta (1) VEGAN	Chunky Tomato Pasta (1) VEGAN	Red Pepper Pasta (1) VEGAN
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
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) VEGAN

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

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