




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 21 APRIL | TUESDAY 22 APRIL | WEDNESDAY 23 APRIL | THURSDAY 24 APRIL | FRIDAY 25 APRIL | |
|-----------------|--|--|--|---|----------------------------------|
| EASTER MONDAY | Oven Baked Pork and Beef Sausages with Gravy (1, 14) |  <p>EASTER LUNCH</p> | Cheese and Tomato Pizza with Potato Wedges (1, 8, 9) | Breaded Fish (1, 4) | |
| | Oven Baked Vegetarian Sausage with Gravy (1) VEGAN | | Cauliflower and Chickpea Curry with Rice (1) VEGAN | Homemade Spring Roll (1, 8) VEGAN | |
| | Salmon and Pea Spaghetti (1, 4) | | Mixed Vegetable Pasta (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 | |
| | Herby Potatoes, Baked Beans and Salad Bar | | Roast Beef and Yorkshire Pudding (1, 7, 9) Rice and Bean Stuffed Pepper VEGAN | Sweetcorn and Salad Bar | Chips, Garden Peas and Salad Bar |
| | Mixed Berry Cup Cake (1, 7) | | Tomato and Basil Pasta Twirls (1) Jacket Potato with Topping of the Day Roast Potatoes, Fresh Carrots and Spring Greens Easter Delights | Apple and Pear Crumble with Custard (1, 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 | 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



4 CHOICE MENU

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

| MONDAY 28 APRIL | TUESDAY 29 APRIL | WEDNESDAY 30 APRIL | THURSDAY 1 MAY | FRIDAY 2 MAY |
|---|--|--|---|---------------------------------------|
| Mild Chicken Curry with Rice and a Poppadum (1) | Beef Meatballs in a Tomato Sauce with Spaghetti (1) | Roast Gammon with Pineapple | Crispy Chicken in a Wrap (1, 8) | Fishfingers (1, 4) |
| Spring Vegetable Pie with a Sweet Potato Topping VEGAN | Chickpea and Vegetable Tagine with New Potatoes VEGAN | Courgette Bake VEGAN | Quorn Dippers in a Wrap (1, 8) VEGAN | Cheese and Tomato Turnover (1, 9) |
| Mac n' Cheese (1, 9, 11) | Mediterranean Vegetable Pasta Bows (1) | Chunky Tomato Pasta (1) | Arrabiata Pasta Twirls (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 | Jacket Potato with Topping of the Day |
| Sweetcorn and Salad Bar | Fresh Broccoli and Salad Bar | Roast Potatoes, Fresh Carrots and Green Beans | Potato Wedges, Baked Beans and Salad Bar | 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) | Chocolate Brownie (1, 7) | 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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| MONDAY 5 MAY | TUESDAY 6 MAY | WEDNESDAY 7 MAY | THURSDAY 8 MAY | FRIDAY 9 MAY |
|--------------|---|---|---|--|
| HOLIDAY | Ham and Cheese Pinwheel (1, 9) | Roast Beef with a Yorkshire Pudding (1, 7, 9) |  | Baked Breaded Fish (1, 4) |
| | Cheese and Onion Pinwheel (1, 9) | Leek and Squash Crumble (1) VEGAN | | Vegetarian Sausage in a Roll (1) VEGAN |
| | Tomato Pasta (1) | Roasted Pepper Spirals (1) | | 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 |
| | Cubed Potatoes, Baked Beans and Salad Bar | Roast Potatoes, Medley of Vegetables and Green Beans | | Chips, Garden Peas and Salad Bar |
| | Shortbread Finger with Fruit Wedges (1) | Sticky Toffee Pudding and Custard (1, 7, 9, 14) | | 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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| MONDAY 12 MAY | TUESDAY 13 MAY | WEDNESDAY 14 MAY | THURSDAY 15 MAY | FRIDAY 16 MAY |
|---|--|--|---|--|
| Beefburger in a Bun (1, 8, 13) | Mexican Style Chicken in a Taco with Rice | Roast Turkey |  <p>Star Fish 'Fingers' (1, 4) Nemo's Quorn Dippers (1, 8) Sea Horse Tomato Pasta Beluga Whale Jacket Potato Mini Hash Browns, Octopus Spaghetti Hoops (1) and Salad Bar Neptune's Jelly and Ice Cream (9)</p> | Battered Chicken Steak (1, 7, 8, 9) |
| Vegetarian Burger in a Bun (1, 13) VEGAN | Vegetable Cottage Pie VEGAN | Cheese and Leek Pie with a Shortcrust Topping (1, 9, 11) | | Cheese and Tomato Baked Pitta (1, 9) |
| Mixed Pepper Pasta (1) | Chunky Tomato Pasta (1) | Roasted Spring Vegetable Pasta Bows (1) | | Fajita Style Pasta (1, 14) |
| 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 | | Chips, Garden Peas and Salad Bar |
| Blueberry Sponge with Custard (1, 7, 9) | Strawberry Jelly Mousse (9) | Chocolate Cake 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

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| MONDAY 19 MAY | TUESDAY 20 MAY | WEDNESDAY 21 MAY | THURSDAY 22 MAY | FRIDAY 23 MAY |
|---|--|---|---|---|
| Spaghetti Bolognese 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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FRESHUKBEEF



FRESHUKPORK



FREERANGEEGGS



LOCALFRUIT&VEG



WHOLEMEALPASTA

4 CHOICE MENU

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