








INDEPENDENTCATERING | EDUCATER LIMITED

WEEK

1

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

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

MONDAY 1 SEPTEMBER	TUESDAY 2 SEPTEMBER	WEDNESDAY 3 SEPTEMBER	THURSDAY 4 SEPTEMBER	FRIDAY 5 SEPTEMBER
Oven Baked Pork and Beef Sausages with Onion Gravy (1, 14)	Mild Chicken Rogan Curry with Rice (1)	Roast Gammon and Pineapple with Gravy	Fajita Chicken with Wraps and Rice (1, 11)	Breaded Fish (1, 4)
Oven Baked Vegetarian Crumble with Onion Gravy (1) VEGAN	Chickpea Korma with Rice (1) VEGAN	Red Leicester and Roast Vegetable Tart (1, 7, 9)	Vegetable Lasagne (1, 7, 9, 11)	Homemade BBQ Carrot and Chickpea Burger (1, 13) VEGAN
	Mac n' Cheese (1, 9, 11)		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
Mashed Potatoes, Garden Peas and Salad Bar	Carrots and Salad Bar	Roast Potatoes, Roasted Vegetables and Green Beans	Fresh Broccoli, Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
Apple and Berry Crumble with Custard (1, 9)	Vanilla Shortbread (1)	Peach and Pear Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Orange Drizzle Cupcakes (1, 7)

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

***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



FREERANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

3 CHOICE MENU

INDEPENDENTCATERING.CO.UK

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MONDAY 8 SEPTEMBER	TUESDAY 9 SEPTEMBER	WEDNESDAY 10 SEPTEMBER	THURSDAY 11 SEPTEMBER	FRIDAY 12 SEPTEMBER
Beef Bolognaise Pasta Bake and Garlic Bread (1, 8, 9)	'Katsu' Chicken Nuggets (Sauce on the side) (1, 8, 10)	Slow Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	Chinese Style Chicken with Rice (8)	Fishfingers (1, 4)
Butternut and Bean Bake with New Potatoes VEGAN	Katsu Quorn Dippers (Sauce on the side) (1, 8) VEGAN	Roasted Vegetable Puff Pastry Parcel (1) VEGAN	Sweet and Sour Stir Fried Vegetables and Rice (8) VEGAN	Cheese and Onion Turnover (1, 9)
	Salmon and Pea Linguine (1, 4, 9)		Mac n' Cheese (1, 9, 11)	
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	Savoury Rice with Garden Peas and Salad Bar	Roast Potatoes, Roast Carrots and Cabbage	Broccoli and Salad Bar	Chips, Baked Beans and Salad Bar
Berry Flapjack (1)	Chocolate Brownie (1, 7)	Mixed Berry Sponge and Custard (1, 7, 9)	Tutti Frutti Thursday	Wonky Strawberry Jelly with Shortbread (1)

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

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FRESHUKPORK

FREERANGEEGGS

LOCALFRUIT&VEG

WHOLEMEALPASTA

3 CHOICE MENU

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MONDAY 15 SEPTEMBER	TUESDAY 16 SEPTEMBER	WEDNESDAY 17 SEPTEMBER	THURSDAY 18 SEPTEMBER	FRIDAY 19 SEPTEMBER
Homemade Sausage Rolls (1, 14)	Very Mild Beef Chilli with Rice and Nachos	Roast Turkey with Stuffing and Gravy (1)	BBQ Chicken Pizza (1, 9)	Fishfingers (1, 4)
Pesto Baked Halloumi and Roasted Vegetables with Pitta Bread (1, 9)	Sweet Potato and Leek Crumble (1) VEGAN	Roasted Tomato, Carrot and Lentil Loaf VEGAN	Cheese and Tomato Pizza Wrap (1, 9)	Quorn Dippers in a Wrap (1, 8) VEGAN
	Mac n' Cheese (1, 9, 11)		Mixed Vegetable Ragu Twirls (1)	
Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
Potato Wedges, Sweetcorn and Salad Bar	Garden Peas and Salad Bar	Roast Potatoes, Carrots, and Green Beans	Baked Beans, Diced Potatoes and Salad Bar	Chips, Baked Beans and Salad Bar
Apricot and Apple Crumble with Custard (1, 9)	Toffee Sponge and Custard (1, 7, 9, 14)	Iced Carrot Cupcakes (1, 7, 9)	Tutti Frutti Thursday	Oaty Cherry Cookie (1, 14)

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

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WE ONLY USE



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



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MONDAY 22 SEPTEMBER	TUESDAY 23 SEPTEMBER	WEDNESDAY 24 SEPTEMBER	THURSDAY 25 SEPTEMBER	FRIDAY 26 SEPTEMBER
Oven Baked Pork and Beef Sausages with Onion Gravy (1, 14)	Mild Chicken Rogan Curry with Rice (1)	Roast Gammon and Pineapple with Gravy	 <p>SEE MENU BOARD FOR DETAILS</p>	Breaded Fish (1, 4)
Oven Baked Vegetarian Crumble with Onion Gravy (1) VEGAN	Chickpea Korma with Rice (1) VEGAN	Red Leicester and Roast Vegetable Tart (1, 7, 9)		Homemade BBQ Carrot and Chickpea Burger (1, 13) VEGAN
	Mac n' Cheese (1, 9, 11)			
Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
Mashed Potatoes, Garden Peas and Salad Bar	Carrots and Salad Bar	Roast Potatoes, Roasted Vegetables and Green Beans		Chips, Baked Beans and Salad Bar
Apple and Berry Crumble with Custard (1, 9)	Vanilla Shortbread (1)	Peach and Pear Sponge with Custard (1, 7, 9)		Orange Drizzle Cupcakes (1, 7)

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

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MONDAY 29 SEPTEMBER	TUESDAY 30 SEPTEMBER	WEDNESDAY 1 OCTOBER	THURSDAY 2 OCTOBER	FRIDAY 3 OCTOBER
Beef Bolognaise Pasta Bake and Garlic Bread (1, 8, 9)	'Katsu' Chicken Nuggets (Sauce on the side) (1, 8, 10)	Slow Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)		Fishfingers (1, 4)
Butternut and Bean Bake with New Potatoes VEGAN	Katsu Quorn Dippers (Sauce on the side) (1, 8) VEGAN	Roasted Vegetable Puff Pastry Parcel (1) VEGAN		Cheese and Onion Turnover (1, 9)
	Salmon and Pea Linguine (1, 4, 9)			
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	Savoury Rice with Garden Peas and Salad Bar	Roast Potatoes, Roast Carrots and Cabbage		Chips, Baked Beans and Salad Bar
Berry Flapjack (1)	Chocolate Brownie (1, 7)	Mixed Berry Sponge and Custard (1, 7, 9)		Wonky Strawberry Jelly with Shortbread (1)

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

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MONDAY 6 OCTOBER	TUESDAY 7 OCTOBER	WEDNESDAY 6 OCTOBER	THURSDAY 9 OCTOBER	FRIDAY 10 OCTOBER
Homemade Sausage Rolls (1, 14)	Very Mild Beef Chilli with Rice and Nachos	Roast Turkey with Stuffing and Gravy (1)	BBQ Chicken Pizza (1, 9)	Fishfingers (1, 4)
Pesto Baked Halloumi and Roasted Vegetables with Pitta Bread (1, 9)	Sweet Potato and Leek Crumble (1) VEGAN	Roasted Tomato, Carrot and Lentil Loaf VEGAN	Cheese and Tomato Pizza Wrap (1, 9)	Quorn Dippers in a Wrap (1, 8) VEGAN
	Mac n' Cheese (1, 9, 11)		Mixed Vegetable Ragu Twirls (1)	
Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
Potato Wedges, Sweetcorn and Salad Bar	Garden Peas and Salad Bar	Roast Potatoes, Carrots and Green Beans	Baked Beans, Diced Potatoes and Salad Bar	Chips, Baked Beans and Salad Bar
Apricot and Apple Crumble with Custard (1, 9)	Toffee Sponge and Custard (1, 7, 9, 14)	Iced Carrot Cupcakes (1, 7, 9)	Tutti Frutti Thursday	Oaty Cherry Cookie (1, 14)

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

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FRESHUKBEEF



FRESHUKPORK



FREERANGE EGGS



LOCALFRUIT&VEG



WHOLEMEALPASTA

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MONDAY 13 OCTOBER	TUESDAY 14 OCTOBER	WEDNESDAY 15 OCTOBER	THURSDAY 16 OCTOBER	FRIDAY 17 OCTOBER
Oven Baked Pork and Beef Sausages with Onion Gravy (1, 14)	 <p>INDIA</p> <p>SEE MENU BOARD FOR DETAILS</p>	Roast Gammon and Pineapple with Gravy	Fajita Chicken with Wraps and Rice (1, 11)	Breaded Fish (1, 4)
Oven Baked Vegetarian Crumble with Onion Gravy (1) VEGAN		Red Leicester and Roast Vegetable Tart (1, 7, 9)	Vegetable Lasagne (1, 7, 9, 11)	Homemade BBQ Carrot and Chickpea Burger (1, 13) VEGAN
			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
Mashed Potatoes, Garden Peas and Salad Bar		Roast Potatoes, Roasted Vegetables and Green Beans	Fresh Broccoli, Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
Apple and Berry Crumble with Custard (1, 9)		Peach and Pear Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Orange Drizzle Cupcakes (1, 7)

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

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MONDAY 20 OCTOBER	TUESDAY 21 OCTOBER	WEDNESDAY 22 OCTOBER	THURSDAY 23 OCTOBER	FRIDAY 24 OCTOBER
Beef Bolognaise Pasta Bake and Garlic Bread (1, 8, 9)	'Katsu' Chicken Nuggets (Sauce on the side) (1, 8, 10)	Slow Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	Chinese Style Chicken with Rice (8)	Fishfingers (1, 4)
Butternut and Bean Bake with New Potatoes VEGAN	Katsu Quorn Dippers (Sauce on the side) (1, 8) VEGAN	Roasted Vegetable Puff Pastry Parcel (1) VEGAN	Sweet and Sour Stir Fried Vegetables and Rice (8) VEGAN	Cheese and Onion Turnover (1, 9)
	Salmon and Pea Linguine (1, 4, 9)		Mac n' Cheese (1, 9, 11)	
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	Savoury Rice with Garden Peas and Salad Bar	Roast Potatoes, Roast Carrots and Cabbage	Broccoli and Salad Bar	Chips, Baked Beans and Salad Bar
Berry Flapjack (1)	Chocolate Brownie (1, 7)	Mixed Berry Sponge and Custard (1, 7, 9)	Tutti Frutti Thursday	Wonky Strawberry Jelly with Shortbread (1)

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

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