












# 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 2 SEPTEMBER	TUESDAY 3 SEPTEMBER	WEDNESDAY 4 SEPTEMBER	THURSDAY 5 SEPTEMBER	FRIDAY 6 SEPTEMBER
      INSET DAY	INSET	Roast Gammon with Pineapple	Meat Feast Pizza (1, 8, 9)	Breaded Fish (1, 4)
		Leek and Potato Pie with a Shortcrust Topping (1, 9, 11)	Cheese and Tomato Pizza (1, 8, 9)	Mixed Bean Wrap (1)
			Salmon and Pea Linguine (1, 4)	
		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
		Roast Potatoes, Fresh Carrots and Summer Vegetable Medley	Herby Potatoes, Garden Peas and Salad Bar	Chips, Baked Beans and Salad Bar
		Chocolate Sponge with Chocolate Sauce (1, 7, 9)	Fruity Ice Lolly	Oatie Cookie (1)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • 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**

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WE ONLY USE



FRESHUKBEEF



FRESHUKPORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

**3 CHOICE MENU**

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WEEK  
**2**

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

MONDAY 9 SEPTEMBER	TUESDAY 10 SEPTEMBER	WEDNESDAY 11 SEPTEMBER	THURSDAY 12 SEPTEMBER	FRIDAY 13 SEPTEMBER
Crispy Chicken Wrap (1, 8)	Beef Lasagne with Herby Bread (1, 8, 9, 11)	Roast Turkey	Pulled Pork Taco with Rice	Fishfingers (1, 4)
Vegetarian BBQ Sausage Wrap (1, 14)	Butternut Squash and Chickpea Tagine with Rice	Broccoli and Cauliflower Cheese Stuffed Yorkshire (1, 7, 9, 11)	Cheese and Tomato Turnover (1, 9)	Chickpea and Coriander Burger (1, 7)
Mac n' Cheese (1, 9, 11)		Arrabiata Pasta (1)		Mediterranean Vegetable Pasta (1)
	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
Cubed Potatoes, Baked Beans and Salad Bar	Fresh Broccoli and Salad Bar	Roast Potatoes, Fresh Carrots and Spring Green Cabbage	Herby Potatoes, Green Beans and Salad Bar	Chips, Garden Peas and Salad Bar
Apple Sponge with Custard (1, 7, 9)	Lemon Shortbread Finger with Fruit Wedges (1)	Raspberry Ripple Sponge with Custard (1, 7, 9)	Fruity Ice Lolly	Chocolate Krispie Cake (1, 9)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR**

### ALLERGEN KEY

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| <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 |

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WEEK  
**3**

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

MONDAY 16 SEPTEMBER	TUESDAY 17 SEPTEMBER	WEDNESDAY 18 SEPTEMBER	THURSDAY 19 SEPTEMBER	FRIDAY 20 SEPTEMBER
Chicken Fajitas (1, 11)	Beef Meatballs in a Herby Tomato Sauce with Spaghetti (1)	Slow Roast Beef with a Yorkshire Pudding (1, 7, 9)	Baked Cumberland Sausages with Gravy (1,14)	Breaded Fish (1, 4)
Falafel Kebab with a BBQ Sauce	Mixed Bean and Vegetable Chilli with Rice (10)	Roasted Tomato, Basil and Feta Tart (1, 7, 9)	Vegetarian Sausages with Gravy (1)	Cheese and Onion Pasty (1 ,9)
Tuna Pasta Bake (1, 4, 9)		Chunky Tomato Pasta (1)		Vegetable Ragu Tagliatelle (1)
	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
Savoury Rice, Garden Peas and Salad Bar	Fresh Carrots and Salad Bar	Roast Potatoes, Fresh Broccoli and Roasted Butternut Squash	Mashed Potato, Fresh Carrots and Salad Bar	Chips, Baked Beans and Salad Bar
Ginger Sponge with a Lemon Sauce (1, 7)	Strawberry Jelly Mousse (9)	Pineapple Upside Down Cake with Custard (1, 7, 9)	Fruity Ice Lolly	Chocolate Brownie Cookie (1, 7)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR**

### ALLERGEN KEY

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| <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 |

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4

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MONDAY 23 SEPTEMBER	TUESDAY 24 SEPTEMBER	WEDNESDAY 25 SEPTEMBER	THURSDAY 26 SEPTEMBER	FRIDAY 27 SEPTEMBER	
Honey Chicken with Rice (8)	<p><i>Nature Day</i></p>	Roast Gammon with Pineapple	Beef Pasta Bake (1, 9)	Fishfingers (1, 4)	
Cheese and Tomato Baked Pitta with New Potatoes (1, 9)		Summer Vegetable Casserole with a Herby Crumble (1)	Mixed Vegetable and Tomato Salsa on Warm Nachos (9)	Homemade Spring Roll (1, 8)	
Macaroni Cheese (1, 9, 11)		Beef Burger in a Bun (1, 8, 13) Vegetarian Burger in a Bun (1, 8, 13)	Vegetable Ragu Pasta (1)		Chunky Tomato Pasta (1)
		Jacket Potato with Topping of the Day Herby Potatoes, Baked Beans and Salad Bar		Jacket Potato with Topping of the Day	
Sweetcorn and Salad Bar		Mixed Fruit Cheesecake (1, 9)	Roast Potatoes, Fresh Carrots and Green Beans	Fresh Broccoli and Salad Bar	Chips, Garden Peas and Salad Bar
Chocolate Orange Brownie (1, 7, 9)			Pear Sponge with Custard (1, 7, 9)	Fruity Ice Lolly	Sticky Apple Flapjack (1, 14)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • 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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WEEK

5

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

MONDAY 30 SEPTEMBER	TUESDAY 1 OCTOBER	WEDNESDAY 2 OCTOBER	THURSDAY 3 OCTOBER	FRIDAY 4 OCTOBER	
Spaghetti Bolognaise with Garlic Bread (1, 8)	Homemade Sausage Roll (1)	Roast Turkey		Breaded Fish (1, 4)	
Cauliflower and Chickpea Curry with Rice (1)	Vegetarian Sausage in a Roll (1)	Mushroom, Pepper and Pesto Strudel (1)		Summer Vegetable Frittata (7, 9)	
	Tuna Pasta Bake (1, 4, 9)				
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	Herby Potatoes, Baked Beans and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans		Meat Feast Pizza (1, 8, 9) Cheese and Tomato Pizza (1, 8, 9) Fresh Pesto and Pea Linguine (1) Cubed Potatoes, Sweetcorn and Salad Bar Chocolate Chip Cookie (1, 8, 9)	Chips, Garden Peas and Salad Bar
Banana Sponge with Custard (1, 7, 9)	Fruit Ice Lolly	Sticky Toffee Pudding with Custard (1, 7, 9, 14)		Apricot Cup Cake (1, 7, 9)	

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR**

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

MONDAY 7 OCTOBER	TUESDAY 8 OCTOBER	WEDNESDAY 9 OCTOBER	THURSDAY 10 OCTOBER	FRIDAY 11 OCTOBER
Mexican Style Chicken Tortilla Bake with Savoury Rice (1, 9)	Chicken Nuggets (1, 11)	Roast Beef with Yorkshire Pudding (1, 7, 9)	Ham and Cheese Turnover (1, 9)	Fishfingers (1, 4)
Summer Vegetable Cottage Pie (10)	Quorn Nuggets (1)	Lentil and Bean Loaf (1, 7)	Cheese and Tomato Turnover (1, 9)	Vegetarian Sausage (1)
	Salmon Lasagne (1, 4, 9, 11)		Mediterranean Vegetable Pasta (1)	
Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
Fresh Carrots and Salad Bar	Cubed Potatoes, Baked Beans and Salad Bar	Roast Potatoes, Fresh Broccoli and Roasted Butternut Squash	New Potatoes, Sweetcorn and Salad Bar	Chips, Garden Peas and Salad Bar
Blueberry Sponge with Custard (1, 7, 9)	Banoffee Mousse (9)	Chocolate Orange Sponge with Chocolate Sauce (1, 7, 9)	Fruity Ice Lolly	Melting Moment Cookie (1)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • 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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MONDAY 14 OCTOBER	TUESDAY 15 OCTOBER	WEDNESDAY 16 OCTOBER	THURSDAY 17 OCTOBER	FRIDAY 18 OCTOBER
Cumberland Sausages with Yorkshire Pudding, Mashed Potatoes and Gravy (1, 7, 8, 9)	Beef Bolognese Pasta Bake with Garlic Bread (1, 8, 9)	Roast Gammon with Pineapple	Mild Chicken Curry with Rice and Poppadum (1)	Breaded Fish (1, 4)
Vegetarian Sausage with Yorkshire Pudding, Mashed Potatoes and Gravy (1, 8, 9)	Ratatouille Risotto (10)	Summer Vegetable Casserole with a Herby Scone (1)	Spinach and Feta Cannelloni (1, 9, 11)	Vegetable and Bean Mexican Tortilla Stack (1, 9)
	Fresh Pesto Pasta (1)		Macaroni 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
Fresh Broccoli and Salad Bar	Sweetcorn and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans	Garden Peas and Salad Bar	Chips, Baked Beans and Salad Bar
Mixed Berry Ripple Cupcake (1, 7)	Lemon Drizzle Sponge (1, 7)	Salted Caramel Apple Crumble with Custard (1, 7, 9)	Fruity Ice Lolly	Chocolate Chip Cookie (1, 8, 9)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR**

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

MONDAY 21 OCTOBER	TUESDAY 22 OCTOBER	WEDNESDAY 23 OCTOBER	THURSDAY 24 OCTOBER	FRIDAY 25 OCTOBER
Beef Cottage Pie	Battered Chicken Steak (1, 8)	Chef's Choice Roast of the Day	Mild Chilli Beef with Nachos and Savoury Rice	Fishfingers (1, 4)
Cheese and Tomato Pizza with Herby Potatoes (1, 8, 9)	Quorn Nuggets (1)	Leek and Potato Pie with a Shortcrust Topping (1, 9, 11)	Vegetable Shepherd's Pie with a Sweet Potato Topping	Coriander Chickpea Burger (1, 7)
	Red Pesto Pasta (1)		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	New Potatoes, Baked Beans and Salad Bar	Roast Potatoes, Fresh Carrots and Savoy Cabbage	Fresh Broccoli and Salad Bar	Chips, Garden Peas and Salad Bar
Ginger Sponge with Custard (1, 7, 9)	Chocolate Brownie Cookie (1, 7)	Raspberry Ripple Sponge with Custard (1, 7, 9)	Tutti Fruiti Thursday	Chef's Delights

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR**

### ALLERGEN KEY

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