








INDEPENDENTCATERING | EDUCATERLIMITED

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 5 JANUARY	TUESDAY 6 JANUARY	WEDNESDAY 7 JANUARY	THURSDAY 8 JANUARY	FRIDAY 9 JANUARY
Chicken Nuggets (‘Sweet and Sour’ Sauce on the Side) (1, 8, 10, 14)	Beef Lasagne with Garlic Bread (1, 7, 8, 9,11) [May Contain 10]	Roast Gammon and Pineapple with Gravy	Chinese Style Chicken with Rice and Prawn Crackers (2,8 [May Contain 1,4,5,6,])	Fish Fingers (1, 4)
Quorn Dippers (‘Sweet and Sour’ Sauce on the Side) (1, 8,14) VEGAN	Vegetable Lasagne with Garlic Bread (1, 7, 8, 9, 11 [May Contain 10])	Cheese and Roast Vegetable Quiche (1, 7, 9 [May Contain10])	Hoi Sin Stir Fried Vegetables and Rice and Prawn Crackers (2,8 [May Contain 1,4,5,6,])	Homemade Chickpea Burger in a Bun (1 [May Contain 13]) VEGAN
Chunky Tomato Pasta (1 [May Contain10])		Mixed Pepper Pasta (1 [May Contain10])		Mac n’ Cheese (1, 9, 11)
	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
Savoury Rice with Garden Peas and Salad Bar	Fresh Carrots and Salad Bar	Roast Potatoes, Roasted Vegetables and Green Beans Try our Vegetable of the month (10)	Sweetcorn, Peas and Salad Bar	Chips, Baked Beans and Salad Bar
Oaty Apple Crumble with Custard (1, 9)	Banoffee Cheesecake (1, 9)	Raspberry Ripple Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Chocolate Krispie (1, 9)

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

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



MONDAY 12 JANUARY	TUESDAY 13 JANUARY	WEDNESDAY 14 JANUARY	THURSDAY 15 JANUARY	FRIDAY 16 JANUARY
Beef Spaghetti Bolognese and Garlic Bread (1, 8) [May Contain10]	Chicken Wrap served with BBQ sauce (1, 8) [May Contain 9,10,11]	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	<p>JUNGLE DAY</p>  <p>Meat Feast Pizza (1, 8, 9) [May Contain10]</p> <p>Cheese and Tomato Pizza (1, 8, 9) [May Contain10]</p> <p>Jacket Potato with Topping of the Day</p> <p>Baked Beans, Diced Potatoes and Salad Bar</p> <p>Chocolate and Orange Brownie (1, 7)</p>	Sausage in a Bun (with Ketchup on the Side) (1, 14) [May Contain13]
Lentil and Bean Spaghetti Bolognese and Garlic Bread (1, 8) [May Contain10] VEGAN	Roast Vegetable Fajita Wrap (1, 11) [May Contain10] VEGAN	Winter Vegetable Stew Served in a Yorkshire Pudding (1,7,9) [May Contain10]		Vegetable Sausage in a Bun (with Ketchup on the Side) (1) [May Contain13] VEGAN
Chunky Tomato Twirls (1) [May Contain10]		Tomato and Basil Pasta (1) [May Contain10]		Mixed Vegetable Ragu Twirls (1) [May Contain10]
	Jacket Potato with Topping of the Day			
Fresh Broccoli and Salad Bar	Herby Potatoes [May Contain10], Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage Try our Vegetable of the month (10)		Chips, Garden Peas and Salad Bar
Steamed Apple and Pear Sponge with Custard (1, 7, 9)	Tutti Frutti Tuesday	Toffee Sponge and Custard (1, 7, 9, 14)		Oat Cookie (1)

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

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WE ONLY USE



FRESHUKBEEF



FRESHUKPORK



FREERANGE EGGS



LOCALFRUIT&VEG



WHOLEMEALPASTA

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WEEK
3

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

MONDAY 19 JANUARY	TUESDAY 20 JANUARY	WEDNESDAY 21 JANUARY	THURSDAY 22 JANUARY	FRIDAY 23 JANUARY
Mild Chicken Curry with Rice and Naan Bread (1) [May Contain 10,11]	Beef Nachos (9) [May Contain 1,10,11]	Roast Turkey with Stuffing and Gravy (1)	Homemade Sausage Roll (1, 8, 9)	Fishfingers (1, 4) Or Salmon Fishcake (1,4)
Chickpea Korma with Rice and Naan Bread (1) [May Contain 10,11] VEGAN	Mixed Bean Chilli in a Taco with Tomato Rice ([May Contain 10]) VEGAN	Roasted Tomato, Carrot and Lentil Loaf [May Contain 10] VEGAN	Cheese, Potato and Leek Turnover (1, 9)	Pesto Halloumi and Roasted Vegetables with Pitta Bread (1, 9) [May Contain 10]
Mac n' Cheese (1, 9, 11)		Mixed Pepper Pasta (1) [May Contain 10]		Tomato Sauce served with Pasta Bows (1) [May Contain 10]
	Jacket Potato with Choice of Toppings		Jacket Potato with Topping of the Day	
Sweetcorn and Peas and Salad Bar	Green Beans Mexican Salad Bar - Sour Cream, Guacamole, Tomato Salsa (9)	Roast Potatoes, Roasted Vegetables and Peas Try our Vegetable of the month (10)	Broccoli, Herby Potatoes [May Contain 10] and Salad Bar	Chips, Baked Beans and Salad Bar
Caramelised Pear and Apple Cake with Custard (1, 7, 9)	Iced Carrot Cake (1, 7, 9)	Chocolate Sponge and Chocolate Sauce (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

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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MONDAY 26 JANUARY	TUESDAY 27 JANUARY	WEDNESDAY 28 JANUARY	THURSDAY 29 JANUARY	FRIDAY 30 JANUARY
<p>Chicken Nuggets (‘Katsu’ Sauce on the Side) (1, 8, 10)</p>	 <p>Chicken Chow Mein with Vegetable Fried Rice (1,7,8) [May Contain 5, 6, 10]</p> <p>Vegetable Spring Roll with Sweet Chilli Sauce with Vegetable Rice (1, 8, 9) [May Contain 5, 6, 7, 10]</p> <p>Jacket Potato with Choice of Toppings</p> <p>Stir Fry Vegetables</p> <p>Chinese Sponge Cake (1, 7, 9)</p>	<p>Roast Gammon and Pineapple with Gravy</p>	<p>Meat Feast Pizza (1, 8, 9) [May Contain 10]</p>	<p>Fish Fingers (1, 4)</p>
<p>Katsu Quorn Dippers (‘Katsu’ Sauce on the Side) (1, 8) VEGAN</p>		<p>Cheese and Roast Vegetable Quiche (1, 7, 9) [May Contain 10]</p>	<p>Cheese and Tomato Pizza (1, 8, 9) [May Contain 10]</p>	<p>Homemade Chickpea Burger in a Bun (1) May Contain 13] VEGAN</p>
<p>Chunky Tomato Pasta (1) [May Contain 10]</p>		<p>Mixed Pepper Pasta (1) [May Contain 10]</p>		<p>Mac n’ Cheese (1, 9, 11)</p>
			<p>Jacket Potato with Topping of the Day</p>	
<p>Savoury Rice with Garden Peas and Salad Bar</p>		<p>Roast Potatoes, Roasted Vegetables and Green Beans Try our Vegetable of the month [May Contain 10]</p>	<p>Baked Beans, Diced Potatoes and Salad Bar</p>	<p>Chips, Garden Peas and Salad Bar</p>
<p>Oaty Apple Crumble with Custard (1, 9)</p>		<p>Raspberry Ripple Sponge with Custard (1, 7, 9)</p>	<p>Tutti Frutti Thursday</p>	<p>Chocolate Krispie (1,9)</p>

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

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

MONDAY 2 FEBRUARY	TUESDAY 3 FEBRUARY	WEDNESDAY 4 FEBRUARY	THURSDAY 5 FEBRUARY	FRIDAY 6 FEBRUARY
Beef Spaghetti Bolognese and Garlic Bread (1, 8) [May Contain 10]	Chicken Wrap served with BBQ sauce (1, 8) [May Contain 9,10,11]	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	Chinese Style Chicken with Rice and Prawn Crackers (2) [May Contain 1,4,5,6,8,10]	Sausage in a Bun (with Ketchup on the side) (1,14) [May Contain 13]
Lentil and Bean Spaghetti Bolognese and Garlic Bread (1, 8) [May Contain 10] VEGAN	Roast Vegetable Fajita Wrap (1, 11) [May Contain 10] VEGAN	Winter Vegetable Stew Served in a Yorkshire Pudding (1,7,9) [May Contain 10]	Hoi Sin Stir Fried Vegetables and Rice and Prawn Crackers (2) [May Contain 1,4,5,6,8,10]	Vegetable sausage in a Bun (with Ketchup on the side) (1) [May Contain 13] VEGAN
	Mixed Pepper Pasta (1) [May Contain 10]		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
Fresh Broccoli and Salad Bar	Herby Potatoes [May Contain 10] Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage Try our Vegetable of the month [May Contain 10]	Sweetcorn and Peas and Salad Bar	Chips, Baked Beans and Salad Bar
Steamed Apple and Pear Sponge with Custard (1,7,9)	Tutti Frutti Tuesday	Toffee Sponge and Custard (1, 7, 9, 14)	Chocolate and Orange Brownie (1,7)	Oat Cookie (1)

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

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FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

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MONDAY 9 FEBRUARY	TUESDAY 10 FEBRUARY	WEDNESDAY 11 FEBRUARY	THURSDAY 12 FEBRUARY	FRIDAY 13 FEBRUARY
Mild Chicken Curry with Rice and Naan Bread (1) [May Contain 10,11]	Beef Nachos (9) [May Contain 1,10,11]	Roast Turkey with Stuffing and Gravy (1)	Homemade Sausage Roll (1,8,9)	Fishfingers (1, 4) Or Salmon Fishcakes (1,4)
Chickpea Korma with Rice and Naan Bread (1) [May Contain 10,11] VEGAN	Mixed Bean Chilli in a Taco with Tomato Rice [May Contain 10] VEGAN	Roasted Tomato, Carrot and Lentil Loaf [May Contain 10] VEGAN	Cheese, Potato and Leek Turnover [May Contain 10]	Pesto Halloumi and Roasted Vegetables with Pitta Bread (1, 9) [May Contain 10]
Mac n' Cheese (1, 9, 11)		Mixed Pepper Pasta (1) [May Contain 10]		Tomato Sauce served with Pasta Bows (1) [May Contain 10]
	Jacket Potato with Choice of Toppings		Jacket Potato with Topping of the Day	
Sweetcorn and Peas and Salad Bar	Green Beans Mexican Salad Bar - Sour Cream, Guacamole, Tomato Salsa (9)	Roast Potatoes, Roasted Vegetables and Peas Try our Vegetable of the month [May Contain 10]	Broccoli, Herby Potatoes [May Contain 10] and Salad Bar	Chips, Baked Beans and Salad Bar
Caramelised Pear and Apple Cake with Custard (1, 7, 9)	Iced Carrot Cake (1, 7, 9)	Chocolate Sponge and Chocolate Sauce (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

ALLERGEN KEY

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