



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 5 JANUARY	TUESDAY 6 JANUARY	WEDNESDAY 7 JANUARY	THURSDAY 8 JANUARY	FRIDAY 9 JANUARY
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 Contain 10)	Stir Fried Vegetables, Rice and Prawn Crackers (2, 8) (May Contain 1, 4)	Homemade Chickpea Burger in a Bun (1) (May Contain 13) VEGAN
Chicken Nuggets (‘Sweet and Sour’ Sauce on the Side) (1, 8, 10, 14)	Mac n’ Cheese (1, 9, 11) (May Contain 8)	Roast Gammon and Pineapple with Gravy	Beef Lasagne with Garlic Bread (1, 7, 8, 9, 11) (May Contain 10)	Breaded Fish (1, 4)
Chunky Tomato Pasta (1) (May Contain 10)	Vegetable Ragu Twirls (1) (May Contain 10)	Mixed Pepper Pasta (1) (May Contain 10)	Mac n’ Cheese (1, 9, 11) (May Contain 8)	Arrabiata Pasta Twirls (1) (May Contain 10)
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
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) (May Contain 8)	Banoffee Cheesecake (1, 9)	Raspberry Ripple Sponge with Custard (1, 7, 9) (May Contain 8)	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

WE ONLY USE



FRESHUKBEEF



FRESHUKPORK



FREERANGE EGGS



LOCALFRUIT&VEG



WHOLEMEALPASTA

GREAT CHART

INDEPENDENTCATERING.CO.UK

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MONDAY 12 JANUARY	TUESDAY 13 JANUARY	WEDNESDAY 14 JANUARY	THURSDAY 15 JANUARY	FRIDAY 16 JANUARY
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 Vegetables served in a Yorkshire Pudding (1, 7, 9) (May Contain 10)	 <p>JUNGLE DAY</p>	Vegetable Sausage in a Bun (with Ketchup on the Side) (1) (May Contain 13) VEGAN
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)		Sausage in a Bun (with Ketchup on the Side) (1, 14) (May Contain 13)
Chunky Tomato Twirls (1) (May Contain 10)	Cheesy Pasta (1, 9, 11) (May Contain 8)	Tomato and Basil Pasta (1) (May Contain 10)		Mixed Vegetable Ragu Twirls (1) (May Contain 10)
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	Herby Potatoes (May Contain 10) Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage Try our Vegetable of the month (1, 10)		Chips, Garden Peas and Salad Bar
Steamed Apple and Pear Sponge with Custard (1, 7, 9) (May Contain 8)	Tutti Frutti Tuesday	Toffee Sponge and Custard (1, 7, 9, 14) (May Contain 8)		Oat Cookie (1) (May Contain 8)

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

FREE RANGE EGGS

LOCAL FRUIT & VEG

WHOLEMEAL PASTA

GREAT CHART

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MONDAY 19 JANUARY	TUESDAY 20 JANUARY	WEDNESDAY 21 JANUARY	THURSDAY 22 JANUARY	FRIDAY 23 JANUARY
Mixed Vegetable Crumble (1) VEGAN (May Contain 10, 11)	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)
Vegetarian Korma 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)
Mac n' Cheese (1, 9, 11) (May Contain 8)	Roasted Vegetable Pasta Bows (1) (May Contain 10)	Mixed Pepper Pasta (1) (May Contain 10)	Fresh Pesto Pasta (1) (May Contain 10)	Tomato Sauce served with Pasta Bows (1) (May Contain 10)
Jacket Potato with Topping of the Day	Jacket Potato with Choice of Toppings	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Sweetcorn and Peas and Salad Bar	Green Beans Mexican Salad Bar - Sour Cream, Guacamole and 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) (May Contain 10)	Iced Carrot Cake (1, 7, 9) (May Contain 8)	Chocolate Sponge and Chocolate Sauce (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Oaty Cherry Cookie (1, 14) (May Contain 8)

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

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2 CRUSTACEANS

3 MOLLUSCS
4 FISH

5 PEANUTS
6 NUTS

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8 SOYBEANS

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11 MUSTARD
12 LUPIN

13 SESAME
14 SULPHUR DIOXIDE

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FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

GREAT CHART

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MONDAY 26 JANUARY	TUESDAY 27 JANUARY	WEDNESDAY 28 JANUARY	THURSDAY 29 JANUARY	FRIDAY 30 JANUARY
Katsu Quorn Dippers (‘Katsu’ Sauce on the Side) (1, 8) VEGAN		Cheese and Roast Vegetable Quiche (1, 7, 9) (May Contain 10)	Cheese and Tomato Pizza (1, 8, 9) (May Contain 7, 10)	Homemade Chickpea Burger in a Bun (1) (May Contain 13) VEGAN
Chicken Nuggets (‘Katsu’ Sauce on the Side) (1, 8, 10)		Roast Gammon and Pineapple with Gravy		Breaded Fish (1, 4)
Chunky Tomato Pasta (1) (May Contain 10)		Mixed Pepper Pasta (1) (May Contain 10)	Fresh Pesto Pasta (1) (May Contain 10)	Arrabiata Pasta Twirls (1) (May Contain 10)
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
Savoury Rice with Garden Peas and Salad Bar		Roast Potatoes, Roasted Vegetables and Green Beans Try our Vegetable of the month (May Contain 10)	Baked Beans, Diced Potatoes and Salad Bar	Chips, Garden Peas and Salad Bar
Oaty Apple Crumble with Custard (1, 9) (May Contain 8)		Raspberry Ripple Sponge with Custard (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Chocolate Krispie (1, 9)

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

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MONDAY 2 FEBRUARY	TUESDAY 3 FEBRUARY	WEDNESDAY 4 FEBRUARY	THURSDAY 5 FEBRUARY	FRIDAY 6 FEBRUARY
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 Vegetables Served in a Yorkshire Pudding (1, 7, 9) (May Contain 10)	Stir Fried Vegetables and Rice and Prawn Crackers (2) (May Contain 1, 4, 8, 10)	Vegetable Sausage in a Bun (with Ketchup on the side) (1) (May Contain 13) VEGAN
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)	Mac n' Cheese (1, 9, 11) (May Contain 8)	Sausage in a Bun (with Ketchup on the side) (1, 14) (May Contain 13)
Chunky Tomato Twirls (1) (May Contain 10)	Mixed Pepper Pasta (1) (May Contain 10)	Tomato and Basil Pasta (1) (May Contain 10)	Fresh Pesto Pasta (1) (May Contain 10)	Mixed Vegetable Ragu Twirls (1) (May Contain 10)
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	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) (May Contain 8)	Tutti Frutti Tuesday	Toffee Sponge and Custard (1, 7, 9, 14) (May Contain 8)	Chocolate and Orange Brownie (1, 7) (May Contain 8)	Oat Cookie (1) (May Contain 8)

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

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MONDAY 9 FEBRUARY	TUESDAY 10 FEBRUARY	WEDNESDAY 11 FEBRUARY	THURSDAY 12 FEBRUARY	FRIDAY 13 FEBRUARY
Mixed Vegetable Crumble (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)
Vegetarian Korma 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)
Mac n' Cheese (1, 9, 11) (May Contain 8)	Roasted Vegetable Pasta Bows (1) (May Contain 10)	Mixed Pepper Pasta (1) (May Contain 10)	Fresh Pesto Pasta (1) (May Contain 10)	Tomato Sauce served with Pasta Bows (1) (May Contain 10)
Jacket Potato with Topping of the Day	Jacket Potato with Choice of Toppings	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Sweetcorn and Peas and Salad Bar	Green Beans Mexican Salad Bar - Sour Cream, Guacamole and 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) (May Contain 10)	Iced Carrot Cake (1, 7, 9) (May Contain 8)	Chocolate Sponge and Chocolate Sauce (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Oaty Cherry Cookie (1, 14) (May Contain 8)

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

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