



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 1 JUNE	TUESDAY 2 JUNE	WEDNESDAY 3 JUNE	THURSDAY 4 JUNE	FRIDAY 5 JUNE
Chickpea Korma with Rice and Naan Bread (1) (May Contain 11) VEGAN	Lentil Meatball in a Tomato Sauce (1,7)	Butternut Squash & Mixed Bean Turnover (1) VEGAN	Quorn Chilli & Nachos (8) (May Contain 1,11) VEGAN	Courgette & Sweetcorn Fritters (1) Try our Ingredient of the month
Mac n' Cheese & Garlic Bread (1,9,11) (May Contain 8)	Chicken Meatballs Served in a Tomato Sauce (1) (May Contain 10)	Roast Turkey with Stuffing and Gravy (1)	Beef Chilli & Nachos (May Contain 1,11)	Breaded Fish (1, 4)
Creamy Tomato Pasta (1, 9)	Vegetable Ragu Twirls (1)	Mixed Pepper Pasta (1)	Fresh Basil Pasta (1)	Arrabiata Pasta Twirls (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
Green Beans Fresh Salad Bar	Spaghetti (1), Sweetcorn and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage	Savoury Rice Broccoli & Salad Bar	Chips, Garden Peas and Salad Bar
Oaty Apple & Berry Crumble with Custard (1, 9) (May Contain 7, 8)	Fresh Strawberry Jelly	Pineapple Upside Down Sponge and Custard (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Cherry Oaty cookie (1,14) (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 | 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

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MONDAY 8 JUNE	TUESDAY 9 JUNE	WEDNESDAY 10 JUNE	THURSDAY 11 JUNE	FRIDAY 12 JUNE
Halloumi, Sweet potato & Pepper Quesadilla (1,9)	Quorn & Vegetable Noodles (1, 7, 8)	Roast Vegetable Quiche (1, 7, 9) (May Contain 8,10) Try our Ingredient of the month	Roast Vegetable & Bean Wrap (1) (May contain 10) VEGAN	Quorn Dippers (1,8) VEGAN
Mild Chicken Korma Curry with Rice and Naan Bread (1) (May Contain 11)	Cheese and Tomato Pizza (1, 8, 9) (May Contain 7)	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	BBQ Chicken Wrap (1,14)	Fishfingers (1, 4) or Salmon Fishcake (1, 4)
Pesto Pasta Twirls (1)	Chunky Tomato Pasta (1)	Tomato and Basil Pasta (1)	Mac n' Cheese (1, 9, 11) (May Contain 8)	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	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Fresh Broccoli and Salad Bar	Cubed Potatoes, Sweetcorn and Salad Bar	Roast Potatoes, Cabbage and Peas	Fresh Broccoli, Herby New Potatoes and Salad Bar	Chips, Peas, Baked Beans and Salad Bar
Iced Carrot Cake (1, 7, 9) (May Contain 8)	Shortbread Served with Watermelon (1, 8) (May Contain 8)	Chocolate Sponge and Chocolate Sauce (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Strawberry Cup Cake (1, 7) (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 **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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DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE

MONDAY 15 JUNE	TUESDAY 16 JUNE	WEDNESDAY 17 JUNE	THURSDAY 18 JUNE	FRIDAY 19 JUNE
Mixed Bean Chilli Burrito (May Contain 1,10, 11) VEGAN	Vegetarian Sausage Roll (1) VEGAN	Cauliflower & Broccoli Cheese Yorkshire pudding (1,7,9,11) (May Contain 8)	 <p>Italian Meatballs with Spaghetti served with Focaccia (1, 8)</p> <p>3 Cheese Risotto (9)</p> <p>Pasta Arrabbiata (1)</p> <p>Pasta in a Tomato Sauce</p> <p>Jacket Potato with Choice of Toppings</p> <p>Italian Oven Roasted Vegetables</p> <p>Chocolate Torta Della Nonna (1, 7, 9)</p> <p>Chocolate Tart (May Contain 8)</p>	Quorn Dippers (1,8) VEGAN
	Homemade Sausage Roll (1,14)	Roast Gammon and Pineapple with Gravy		Breaded Fish (1, 4)
Mac n' Cheese (1, 9, 11) (May Contain 8)	Roasted Vegetable Pasta Bows (1) Try our Ingredient of the month	Mixed Pepper Pasta (1)		Roasted Courgette Ragu Twirls (1) Try our Ingredient of the month
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
Grated Carrots and Salad Bar	Herby New Potatoes, Baked Beans and Salad Bar	Roast Potatoes, Fresh Carrots and Broccoli		Chips, Garden Peas and Salad Bar
Lemon Drizzle cake (1,7) (May Contain 8)	Peach Sponge & Custard (1,7,9) (May Contain 8)	Homemade Scone Fresh Cream & Strawberries (1,9) (May Contain 8)		Rice Krispie cake (1,9)

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

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

MONDAY 22 JUNE	TUESDAY 23 JUNE	WEDNESDAY 24 JUNE	THURSDAY 25 JUNE	FRIDAY 26 JUNE
Chickpea Korma with Rice and Naan Bread (1) (May Contain 11) VEGAN	Lentil Meatball in a Tomato Sauce (1,7)	Butternut Squash & Mixed Bean Turnover (1) VEGAN	Quorn Chilli & Nachos (8) (May Contain 1,11) VEGAN	Courgette & Sweetcorn Fritters (1) Try our Ingredient of the month
Mac n' Cheese & Garlic Bread (1,9,11) (May Contain 8)	Chicken Meatballs served in a Tomato Sauce (1) (May Contain 10)	Roast Turkey with Stuffing and Gravy (1)	Beef Chilli & Nachos (May Contain 1,11)	Breaded Fish (1, 4)
Fresh Basil Pasta (1)	Vegetable Ragu Twirls (1)	Mixed Pepper Pasta (1)	3 Cheese Pasta (1,9)	Arrabiata Pasta Twirls (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
Green Beans Fresh Salad Bar	Jacket wedges Sweetcorn and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage	Savoury Rice Fresh Broccoli & Salad Bar	Chips, Garden Peas and Salad Bar
Oaty Apple & Berry Crumble with Custard (1, 9) (May Contain 7, 8)	Fresh Strawberry Jelly	Pineapple Upside Down Sponge and Custard (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Cherry Oaty cookie (1,14) (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 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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DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE

MONDAY 29 JUNE	TUESDAY 30 JUNE	WEDNESDAY 1 JULY	THURSDAY 2 JULY	FRIDAY 3 JULY
Halloumi, Sweet potato & pepper Quesadilla (1,9)	Quorn & Vegetable Noodles (1, 7, 8)	Roast Vegetable Quiche (1, 7, 9) (May Contain 8,10)	Roast Vegetable & Bean Wrap (1) VEGAN (May contain 10)	Falafel Burger in a Bun (1) (May contain 13) VEGAN
Mild Chicken Korma Curry with Rice and Naan Bread (1) (May Contain 11)	Cheese and Tomato Pizza (1, 8, 9) (May Contain 7)	Roast Gammon with Yorkshire Pudding and Gravy (1, 7, 9)	BBQ Chicken Wrap (1,14)	Fishfingers (1, 4) or Salmon Fishcake (1, 4)
Pesto Pasta Twirls (1)	Tomato Pasta (1)	Tomato and Basil Pasta (1)	Mac n' Cheese (1, 9, 11) (May Contain 8)	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	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Fresh Broccoli and Salad Bar	Cubed Potatoes, Sweetcorn and Salad Bar	Roast Potatoes, Cabbage and Peas	Broccoli, Herby New Potatoes and Salad Bar	Chips, Peas, Baked Beans and Salad Bar
Iced Carrot Cake (1, 7, 9) (May Contain 8)	Shortbread Served with Watermelon (1, 8) (May Contain 8)	Chocolate Sponge and Chocolate Sauce (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday Try our Ingredient of the month	Strawberry Cup Cake (1, 7) (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

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FRESHUKBEEF



FRESHUKPORK



FREERANGE EGGS



LOCALFRUIT&VEG



WHOLEMEALPASTA

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MONDAY 6 JULY	TUESDAY 7 JULY	WEDNESDAY 8 JULY	THURSDAY 9 JULY	FRIDAY 10 JULY
Vegetable Cottage Pie with Sweet Potato Topping	Vegetarian Sausage Roll (1) VEGAN	Cauliflower & Broccoli Cheese Yorkshire pudding (1,7,9,11) (May Contain 8)	Lentil and Bean Spaghetti Bolognese and Garlic Bread (1) (May Contain 8) VEGAN	
Mixed Bean Chilli Burrito (1) (May Contain 10,11)	Homemade Sausage Roll (1,14)	Roast Beef with Yorkshire Pudding (1, 7, 9) with Gravy	Beef Spaghetti Bolognese and Garlic Bread (1, 8) (May Contain 10)	Grab Bag Menu
Mac n' Cheese (1, 9, 11) (May Contain 8)	Roasted Vegetable Pasta Bows (1)	Mixed Pepper Pasta (1)	Fresh Pesto Pasta (1)	
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	
Grated Carrots and Salad Bar	Herby New Potatoes, Baked Beans and Salad Bar	Roast Potatoes, Fresh Carrots and Broccoli	Green Beans, Potatoes and Salad Bar	
Lemon Drizzle cake (1,7) (May Contain 8)	Peach Sponge & Custard (1,7,9) (May Contain 8)	Homemade Scone Fresh Cream & Strawberries (1,9) (May Contain 8)	Tutti Frutti Thursday Try our Ingredient of the month	

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

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MONDAY 13 JULY	TUESDAY 14 JULY	WEDNESDAY 15 JULY	THURSDAY 16 JULY	FRIDAY 17 JULY
Roast Vegetable & Bean Wrap (1) (May contain 10) VEGAN	 <p>Bacon Mac n' Cheese (1, 9, 11) (May Contain 8)</p> <p>Roasted Red Peppers, stuffed with Broccoli and Maple Tabbouleh (Cous Cous) (1) VEGAN</p> <p>Fiddlehead Pasta (1) (Slight version of Pesto Pasta)</p> <p>Jacket Potato with Choice of Toppings</p> <p>Peas & Sweetcorn and Salad Bar</p> <p>Mixed Canadian Salad Canadian Blueberry Muffins (1, 7, 9) (May Contain 8)</p>	Butternut Squash & Mixed Bean Turnover (1) VEGAN	Quorn Chilli & Nachos (8) (May Contain 1,11) VEGAN	Courgette & Sweetcorn Fritters (1)
BBQ Chicken Wrap (1,14)		Roast Turkey with Stuffing and Gravy (1)	Bean Chilli & Nachos (May Contain 1,11)	Breaded Fish (1, 4)
Fresh Basil Pasta (1)		Mixed Pepper Pasta (1)	Tomato Pasta (1)	Arrabiata Pasta Twirls (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
Broccoli, Herby New Potatoes and Salad Bar		Roast Potatoes, Fresh Carrots and Cabbage	Savoury Rice Broccoli & Salad Bar	Chips, Garden Peas and Salad Bar
Oaty Apple & Berry Crumble with Custard (1, 9) (May Contain 7, 8)		Pineapple upside down Sponge and Custard (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday Try our Ingredient of the month	Cherry Oaty 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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FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

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