

INDEPENDENTCATERING | EDUCATER LIMITED

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 29 AUGUST

TUESDAY 30 AUGUST

WEDNESDAY 31 AUGUST

THURSDAY 1 SEPTEMBER

FRIDAY 2 SEPTEMBER



HOLIDAY

HOLIDAY

HOLIDAY

HOLIDAY

Breaded Fish
(1, 4)

Cheese and Onion Pinwheel
(1, 9)

Chunky Tomato Pasta
(1)

Filled Baked Jacket Potato
Please see our blackboard for
choice of toppings

Chips, Baked Beans and
Garden Peas

Lemon Shortbread Finger
with Fruit Wedges
(1)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • FRUITY YOGHURT • 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



FRESHUK BEEF



FRESHUK PORK



FREERANGE EGGS



ORGANIC MILK



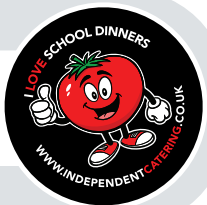
LOCAL FRUIT & VEG



WHOLEMEAL PASTA

INDEPENDENTCATERING.CO.UK

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TUESDAY 6 SEPTEMBER

WEDNESDAY 7 SEPTEMBER

THURSDAY 8 SEPTEMBER

FRIDAY 9 SEPTEMBER



Fish Fingers in a Wrap
(1, 4)

Mild Beef Curry
with Rice and Poppadam
(1)

Roast Turkey with
Yorkshire Pudding
(1, 7, 9)

Shepherd's Pie topped with
Rustic Potatoes

Beef Sausage in a Roll
(1, 14)



Crispy Quorn Dippers
(1, 7, 9)

Vegetable Cottage Pie with a
Sweet Potato Topping

Roasted Vegetable Bake
with a Herby Crumble
(1)

Cheese and Tomato Pizza with
Oven Baked Potato Wedges
(1, 8, 9)

Vegetarian Sausage in a Roll
(1, 8)



Chunky Tomato Pasta
(1)

Macaroni Cheese
(1, 9, 11)

Mixed Pepper Spirals
(1)

Salmon Spaghetti
(1, 4)

Vegetable Ragout Pasta
(1)



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Herby New Potatoes,
Fresh Broccoli and Sweetcorn

Onion Bhaji and Green Beans

Roast Potatoes, Medley of
Vegetables and Broccoli

Fresh Carrots and
Garden Peas

Chips, Braised Onions
and Baked Beans



Peach and Berry Crumble
with Custard
(1, 9)

Pink Jam Slice
(1, 7)

Blueberry and Orange Sponge
with Custard
(1, 7, 9)

Tutti Frutti Thursday

Apple Flapjack
(1, 14)

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

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FRESHUK PORK



FREE RANGE EGGS



ORGANIC MILK



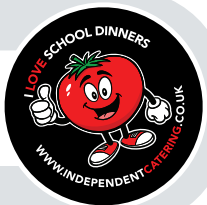
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TUESDAY 13 SEPTEMBER

WEDNESDAY 14 SEPTEMBER

THURSDAY 15 SEPTEMBER

FRIDAY 16 SEPTEMBER



Spaghetti Bolognese with
Garlic Bread
(1, 8)

Sticky BBQ Chicken
with Vegetable Rice
(14)

Roast Beef with
Yorkshire Pudding
(1, 7, 9)

Cheesy Chicken Taco
with Herby Potatoes
(9)

Breaded Fish
(1, 4)



Spinach, Sweet Potato and
Lentil Curry with Rice

Baked Veggie Korma with
Basmati Rice

Cheese, Leek and Potato Pie
with a Shortcrust Topping
(1, 9)

Mixed Vegetable Moussaka
(1, 9, 11)

Chickpea and Coriander Patty
(1, 7)



Roasted Pepper Pasta
(1)

Mac n' Cheese
(1, 9, 11)

Fresh Pesto Linguine
(1)

Chunky Tomato Spirals
(1)

Autumn Vegetable Pasta
(1)



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Fresh Carrots
and Green Beans

Fresh Broccoli
and Sweetcorn

Roast Potatoes, Cabbage and
Cauliflower Gratin
(9)

Roasted Mediterranean
Vegetables and Carrots

Chips, Beans and
Garden Peas



Peach Strudel
with Custard
(1, 7, 9)

Strawberry Jelly Mousse Pot
(9)

Lemon Sponge
with Custard
(1, 7, 9)

Tutti Fruitti Thursday

Chocolate Krispie Cake
(9)

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

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FRESHUK PORK



FRESH RANGE EGGS



ORGANIC MILK



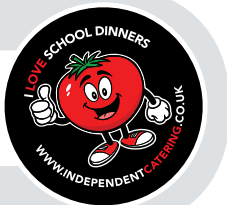
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TUESDAY 20 SEPTEMBER

WEDNESDAY 21 SEPTEMBER

THURSDAY 22 SEPTEMBER

FRIDAY 23 SEPTEMBER



Mexican Style Chicken
Tortilla Bake with Rice
(1, 9)

Beef Meatballs in a Tomato
Sauce with Spaghetti
(1)

Roast Gammon
with Pineapple



Breaded Fish
(1, 4)



Moroccan Chickpea and
Squash Tagine

Vegetable Fried Rice
with Egg Ribbons
(7, 8)

Tomato and Caramelised
Red Onion Tart
(1, 7, 9)

Mixed Bean and Rice Burrito
(1)



3 Cheese Pasta
(1, 9, 11)

Pea and Ham Carbonara
(1, 9)

Mediterranean
Vegetable Pasta
(1)

Shiny Sunshine
Chicken Nuggets (1, 8)
A Pot of Quorn Nuggets from
Over the Rainbow
(1, 7, 9)

Roasted Red Pepper Pasta
(1)



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Raindrop
Tomato and Basil Spirals (1)
Rocky Mountain Jacket Potato
Please see our blackboard for
choice of toppings

Filled Baked Jacket Potato
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choice of toppings



Fresh Broccoli
and Sweetcorn

Fresh Carrots and
Green Beans

Roast Potatoes, Fresh Broccoli
and Root Vegetable Mash

Dream Potato Wedges,
Sparkly Fruity Slaw (7) and
Arc Garden Peas

Chips, Baked Beans
and Mushy Peas



Pineapple Upside Down Cake
with Custard
(1, 7, 9)

Tutti Fruitti Tuesday

Chocolate Sponge
with Chocolate Sauce
(1, 7, 9)

Fluffy Cloud Ice Cream (9)
with Colours of the Rainbow
Fruit Wedges

Orange Oatie Cookie
(1)

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FRESHUK BEEF



FRESHUK PORK



FRESH RANGE EGGS



ORGANIC MILK



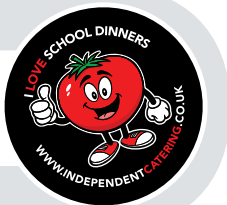
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TUESDAY 27 SEPTEMBER

WEDNESDAY 28 SEPTEMBER

THURSDAY 29 SEPTEMBER

FRIDAY 30 SEPTEMBER



100% Cod Fishfingers
(1, 4)

Beef Lasagne
with Garlic Bread
(1, 8, 9)

Roast Beef with
Yorkshire Pudding
(1, 7, 9)

Lemon and Herb Chicken
on a Flatbread with Rice
(1)

Beefburger in a Bun
(1, 10, 11, 14)



Pea and Leek Risotto
(10)

Mexican Style Spring
Vegetable Filled Taco with
New Potatoes

Broccoli and Cauliflower
Stuffed Yorkshire
(1, 7, 9)

Cheese and Tomato Pizza with
Diced Herby Potatoes
(1, 8, 9)

Vegetarian Burger in a Bun
(1, 8)



Macaroni Cheese
(1, 9, 11)

Fresh Pesto Pasta
(1)

Salmon Lasagne
(1, 4, 7, 9)

Mixed Pepper Pasta
(1)

Chunky Tomato Pasta
(1)



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Oven Baked Potato
Wedges, Fresh Broccoli
and Baked Beans

Roasted Pumpkin
and Sweetcorn

Roast Potatoes,
Root Vegetable Medley
and Green Beans

Fresh Carrots and Coleslaw (7)

Chips, Garden Peas
and Tomato Relish



Peach and Apple Crumble
with Custard
(1, 7, 9)

Chocolate Orange Mousse
(9)

Marble Sponge
with Custard
(1, 7, 9)

Tutti Fruitti Thursday

Raspberry Ripple Cupcake
(1, 7)

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FRESHUK PORK



FREERANGE EGGS



ORGANIC MILK



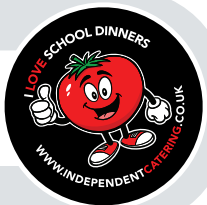
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MONDAY 3 OCTOBER

TUESDAY 4 OCTOBER

WEDNESDAY 5 OCTOBER

THURSDAY 6 OCTOBER

FRIDAY 7 OCTOBER

PIRATE DAY



Chinese Style Chicken Noodles with Prawn Cracker
(1, 2, 7, 8)

Oven Baked Beef Sausages with Gravy
(1, 14)

Roast Turkey with Yorkshire Pudding
(1, 7, 9)

100% Cod Fishfingers
(1, 4)



Biryani Stuffed Peppers

Oven Baked Vegetarian Sausages with Gravy
(1, 14)

Winter Vegetable Moussaka
(1, 9, 11)

Cheese and Onion Pasty
(1, 9)



Mac n' Cheese
(1, 9, 11)

Tomato and Basil Spirals
(1)

Mediterranean Pasta
(1)

Captain Jack Sparrow Breaded Chicken Steak
(1, 7, 9, 10, 14)

Arrabiata Pasta
(1)



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Black Pearl Veggie Burger in a Bun (1, 8)

Filled Baked Jacket Potato
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Fresh Stir Fry Vegetables and Green Beans

Mashed Potato, Fresh Carrots and Baked Beans

Roast Potatoes, Roasted Root Vegetables and Broccoli

Jolly Roger
Tomato and Basil Pasta (1)
Shivers Me Timbers
Jacket Potato
Please see our blackboard for choice of toppings

Chips, Garden Peas and Tomato Salsa



Cinnamon Sponge with Butterscotch Sauce
(1, 7, 9)

Strawberry Cheesecake
(1, 9)

Apple and Berry Sponge with Custard
(1, 7, 9)

Buccaneer Herby Potatoes, Sea Shanty Braised Onions, Treasure Trove Baked Beans
Swashbuckle Ice Cream (9) with Walk the Plank
Lemon Shortbread Finger (1)

Chocolate Brownie
(1, 7, 9)

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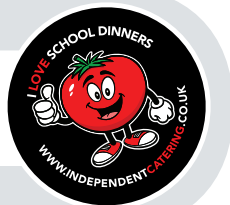
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TUESDAY 11 OCTOBER

WEDNESDAY 12 OCTOBER

THURSDAY 13 OCTOBER

FRIDAY 14 OCTOBER



Spaghetti Bolognaise
with Garlic Bread
(1, 8)

Chicken Meatball Korma
with Rice and Naan Bread
(1)

Roast Gammon
with Pineapple

Chicken Enchiladas
with Rice
(1, 9)

Breaded Fish
(1, 4)



Mixed Vegetable
Cottage Pie

Sweet Potato and
Spinach Lasagne
(1, 7, 9)

Winter Vegetable Pie with a
Shortcrust Topping
(1)

Mixed Vegetable Stack
(1)

Crispy Quorn Nuggets
(1, 7, 9)



Fresh Pesto
and Pea Linguine
(1)

3 Cheese Pasta
(1, 9, 11)

Roasted Spring
Vegetable Pasta
(1)

Vegetable Bolognaise Pasta
(1)

Chunky Tomato Pasta
(1)



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Fresh Carrots
and Green Beans

Fresh Onion Bhaji and
Garden Peas

Roast Potatoes, Fresh Carrots
and Fresh Kale

Fresh Carrots and Sweetcorn

Chips, Baked Beans
and Mushy Peas



Apricot Cup Cake
(1, 7)

Jam Roly Poly
and Custard
(1, 7, 9)

Orange Sponge
and Custard
(1, 7, 9)

Tutti Fruitti Thursday

Lemon Shortbread Finger
with Fruit Wedges
(1)

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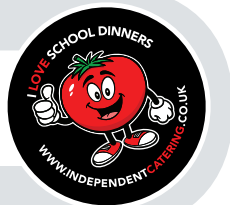
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TUESDAY 18 OCTOBER

WEDNESDAY 19 OCTOBER

THURSDAY 20 OCTOBER

FRIDAY 21 OCTOBER



Mexican Style Beef
Chilli Wraps with Rice
(1)

100% Cod Fish Fingers
(1, 4)

Roast Pork with
Apple Sauce

Beef Meatballs in a Herby
Tomato Sauce with Spaghetti
(1)

Sausage Pinwheel
(1, 8)



Leek, Squash and
Parsley Crumble
(1)

Cheese and
Onion Pinwheel
(1, 9)

Vegetarian Sausage
Toad in the Hole
(1, 7, 9)

Homemade Spring Vegetable
Roll with Rice
(1, 8)

Mixed Bean Patty
(1)



Tomato and Basil Pasta
(1)

Autumn Vegetable
Cannelloni
(1)

Vegetable Pasta Bake
(1)

Macaroni Cheese
(1, 9, 11)

Mixed Roasted
Pepper Spirals
(1)



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Roasted Mediterranean
Vegetables and Garden Peas

Potato Wedges, Fresh Carrots
and Green Beans

Roast Potatoes, Fresh
Cauliflower and Broccoli

Fresh Carrots
and Sweetcorn

Chips, Baked Beans
and Mushy Peas



Banoffee Mousse
(1, 9)

Chocolate Orange Sponge
and Custard
(1, 7, 9)

Raspberry Ripple Cake
with Custard
(1, 7, 9)

Tutti Fruitti Thursday

Gingerbread Cookie
(1)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • FRUITY YOGHURT • 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**

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



FRESHUK BEEF



FRESHUK PORK



FRESH RANGE EGGS



ORGANIC MILK



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

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