




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

WEEK
1

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



MONDAY 31 OCTOBER	TUESDAY 1 NOVEMBER	WEDNESDAY 2 NOVEMBER	THURSDAY 3 NOVEMBER	FRIDAY 4 NOVEMBER
Mexican Style Chicken Wraps with Rice (1)	<p>Bonfire Day</p>  <p>Beef Sausage in a Roll (1, 8) Vegetarian Sausage in a Roll (1, 8) Salmon and Pea Spaghetti (1, 4, 9) Filled Baked Jacket Potato Please see our blackboard for choice of toppings Loaded Potato Skins (9) Chef's Salad and Garden Peas Double Chocolate Brownie (1, 7, 9)</p>	Roast Gammon with Pineapple	Sticky BBQ Chicken with Herby New Potatoes (14)	Battered Cod (1, 4, 9, 11)
Mixed Vegetable Cottage Pie (10)		Cheesy Vegetable Cobbler (1, 9, 10)	Leek and Butternut Squash Risotto (10)	Quorn Dipper with BBQ Sauce (1, 7, 9, 14)
Tomato and Basil Pasta Twirls (1)		Roasted Pepper Pasta (1)	Mac n' Cheese (1, 9, 11)	Fresh Pesto Pasta (1)
Filled Baked Jacket Potato Please see our blackboard for choice of toppings		Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings
Fresh Carrots and Sweetcorn		Roast Potatoes, Fresh Cauliflower and Green Beans	Fruity Slaw (7) and Fresh Broccoli	Chips, Mushy Peas and Baked Beans
Peach and Apple Crumble with Custard (1, 7, 8, 9)		Blueberry Sponge with Custard (1, 7, 8, 9)	Tutti Frutti Thursday	Vanilla Shortbread (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



FRESHUKBEEF FRESHUKPORK FREERANGEEGGS ORGANICMILK LOCALFRUIT&VEG WHOLEMEALPASTA

4 CHOICE MENU

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MONDAY 7 NOVEMBER	TUESDAY 8 NOVEMBER	WEDNESDAY 9 NOVEMBER	THURSDAY 10 NOVEMBER	FRIDAY 11 NOVEMBER
Beef Lasagne with Baked Garlic Bread (1, 8, 9)	Cheesy Chicken Taco with Rice (9)	Roast Turkey with Yorkshire Pudding (1, 7, 9)	Lamb Shepherd's Pie (10)	100% Cod Fishfingers (1, 4)
Spinach Lentil Curry with Rice (1)	Sweet and Sour Vegetable Noodles (1, 7, 8, 14)	Mixed Vegetable and Bean Stew with Dumplings (1)	Cheese and Tomato Pizza (1, 8, 9) with Half Baked Jacket Potato (9)	Cheese and Onion Pasty (1, 9)
Arrabiata Pasta (1)	Macaroni Cheese (1, 9, 11)	Winter Vegetable Pasta Bake (1)	Chunky Tomato Pasta Spirals (1)	Roasted Pepper Pasta (1)
Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings
Chef's Salad and Whole Green Beans	Fresh Carrots and Broccoli	Roast Potatoes, Fresh Savoy Cabbage and Cauliflower	Broccoli and Sweetcorn	Chips, Peas and Baked Beans
Raspberry Ripple Sponge with Custard (1, 7, 8, 9)	Oatie Cookie (1)	Pineapple Upside Down Cake with Custard (1, 7, 8, 9)	Tutti Frutti Thursday	Chocolate and Orange Mousse (9)

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MONDAY 14 NOVEMBER	TUESDAY 15 NOVEMBER	WEDNESDAY 16 NOVEMBER	THURSDAY 17 NOVEMBER	FRIDAY 18 NOVEMBER
Traditional Chicken Pie with a Puff Pastry Lid (1, 10)	Spaghetti Bolognese with Herby Garlic Bread (1, 8, 9)	Roast Chicken	Pork Sausage Pinwheel (1, 8)	Battered Cod (1, 4, 9, 11)
Moroccan Style Vegetable and Bean Tagine with New Potatoes	Halloumi and Vegetable Kebab with Savoury Rice (9)	Roasted Vegetable Bake with a Herby Crumble (1)	Cheese and Tomato Pinwheel (1, 9)	Mexican Style Vegetable Taco with a Fresh Salsa
3 Cheese Pasta Bake (1, 9, 11)	Fresh Pesto Linguine Pasta (1)	Tomato and Basil Pasta (1)	Roasted Winter Vegetable Pasta (1)	Vegetable Ragout Pasta (1)
Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings
Mashed Potato, Fresh Cauliflower and Whole Green Beans	Chef's Salad and Sweetcorn	Roast Potatoes, Fresh Carrots and Winter Greens	Cubed Potatoes, Fresh Broccoli and Sweetcorn	Chips, Peas and Baked Beans
Apricot Cup Cake (1, 7)	Chocolate Sponge with Chocolate Sauce (1, 7, 8, 9)	Jam Roly Poly with Custard (1, 7, 8, 9)	Tutti Frutti Thursday	Banana Banoffee Mousse (9)

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MONDAY 21 NOVEMBER	TUESDAY 22 NOVEMBER	WEDNESDAY 23 NOVEMBER	THURSDAY 24 NOVEMBER	FRIDAY 25 NOVEMBER
Sweet and Sour Chicken Noodles with a Prawn Cracker (1, 4, 7, 8, 14)	Beef Meatballs in a Tomato Sauce with Pasta Twirls (1)	Roast Gammon with Pineapple	Beef Burrito with Rice (1, 9)	100% Cod Fishfingers (1, 4)
Vegetable and Chickpea Korma with Rice (1)	Savoury Rice Stuffed Peppers	Leek, Mushroom and Cheddar Quiche (1, 7, 9)	Vegetable Cottage Pie with a Sweet Potato Topping (10)	Homemade Chickpea and Coriander Burger in a Bun (1)
Mac n' Cheese (1, 9, 11)	Roasted Mediterranean Pasta (1)	Arrabiata Pasta (1)	Chunky Tomato Pasta (1)	Roasted Pepper Pasta Twirls (1)
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Fresh Stir Fry Vegetables and Peas	Fresh Carrots and Sweetcorn	Roast Potatoes, Broccoli and Roasted Medley of Vegetables	Chef's Salad and Whole Green Beans	Chips, Mushy Peas and Baked Beans
Lemon and Poppy Seed Muffin (1, 7)	Shortbread Finger with Fruit Wedges (1)	Marble Cake with Custard (1, 7, 8, 9)	Tutti Frutti Thursday	Apple Flapjack (1, 14)

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MONDAY 28 NOVEMBER	TUESDAY 29 NOVEMBER	WEDNESDAY 30 NOVEMBER	THURSDAY 1 DECEMBER	FRIDAY 2 DECEMBER
Beef Bolognese Pasta Bake with Garlic Bread (1, 8, 9)	Mild Chicken Curry with Rice and Poppadum (1)	Roast Beef with a Yorkshire Pudding (1, 7, 9)	Breaded Chicken Steak (1, 7, 9, 10, 14)	Battered Cod (1, 4, 9, 11)
Cheesy Carrot Bake (9)	Golden Vegetable Pie with a Shortcrust Topping (1, 10)	Sweet Chilli Courgette Rosti	Quorn Dippers (1, 7, 9)	Mixed Bean Patty (1)
Spinach Pesto Pasta (1)	Macaroni Cheese (1, 9, 11)	Roasted Red Pepper Pasta (1)	Salmon Lasagne (1, 4, 9, 11)	Roasted Mediterranean Vegetable Spaghetti (1)
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Chef's Green Salad and Sweetcorn	Fresh Baked Cauliflower and Whole Green Beans	Roast Potatoes, Savoy Cabbage and Carrots	Herby New Potatoes, Broccoli and Sweetcorn	Chips, Peas and Baked Beans
Peach and Banana Crumble with Custard (1, 7, 8, 9)	Mixed Berry Mousse (9)	Ginger Sponge with Custard (1, 7, 8, 9)	Tutti Frutti Thursday	Orange Oatie Cookie (1)

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MONDAY 5 DECEMBER	TUESDAY 6 DECEMBER	WEDNESDAY 7 DECEMBER	THURSDAY 8 DECEMBER	FRIDAY 9 DECEMBER
Chinese Style Pork with Noodles and a Prawn Cracker (1, 4, 7)	Beef Sausages with a Yorkshire Pudding and Gravy (1, 7, 8, 9)	Roast Chicken	Spaghetti Bolognese with Herby Garlic Bread (1, 8)	100% Cod Fishfingers (1, 4)
Winter Vegetable Cottage Pie (10)	Vegetarian Sausage with a Yorkshire Pudding and Gravy (1, 7, 8, 9)	Cheese, Leek and Potato Pie with a Shortcrust Topping (1, 9)	Pumpkin Risotto (10)	Chickpea and Coriander Burger in a Bun (1)
3 Cheese Pasta Bake (1, 9, 11)	Vegetable Ragout Pasta (1)	Tomato Pasta Twirls (1)	Mixed Pepper Pasta (1)	Tomato and Basil Pasta (1)
Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings
Fresh Stir Fry Vegetables and Peas	Mashed Potato, Fresh Carrots and Whole Green Beans	Roast Potatoes Fresh Broccoli and Cauliflower	Chef's Salad and Sweetcorn	Chips, Peas and Baked Beans
Strawberry Cupcake (1, 7)	Apple and Berry Sponge with Custard (1, 7, 8, 9)	Pink Jam Slice (1, 7)	Tutti Frutti Thursday	Strawberry and Jelly Mousse (9)

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MONDAY 12 DECEMBER	TUESDAY 13 DECEMBER	WEDNESDAY 14 DECEMBER	THURSDAY 15 DECEMBER	FRIDAY 16 DECEMBER
Chicken Fajita with Rice (1)	Beef Pie with a Puff Pastry Lid (1)	Roast Gammon with Pineapple	Chicken Pasta Bake (1, 9)	Battered Cod (1, 4, 9, 11)
Stuffed Aubergine (1, 9)	Bean and Vegetable Goulash	Broccoli and Cauliflower Gratin in a Yorkshire Pudding (1, 7, 9, 11)	Leek and Pea Risotto (10)	Vegetable Frittata (7)
Chunky Tomato Pasta (1)	Macaroni Cheese (1, 9, 11)	Spinach and Pesto Linguine (1)	Vegetable Bolognese Pasta (1)	Tomato and Basil Pasta (1)
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Fruity Slaw and Sweetcorn	New Potatoes, Fresh Carrots and Whole Green Beans	Roast Potatoes, Fresh Roasted Vegetables and Savoy Cabbage	Chef's Salad and Sweetcorn	Chips, Peas and Baked Beans
Lime and Coconut Muffin (1, 7)	Mixed Berry Crumble with Custard (1, 7, 8, 9)	Peach Strudel with Custard (1, 7, 8, 9)	Tutti Frutti Thursday	Chocolate Krispie Cake (9)

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MONDAY 19 DECEMBER	TUESDAY 20 DECEMBER	WEDNESDAY 21 DECEMBER	THURSDAY 22 DECEMBER	FRIDAY 23 DECEMBER
Mexican Style Chicken Wraps with Rice (1)	Beef Sausage in a Roll (1, 8)			
Mixed Vegetable Cottage Pie (10)	Vegetarian Sausage in a Roll (1, 8)			
Tomato and Basil Pasta Twirls (1)	Salmon and Pea Spaghetti (1, 4, 9)	HOLIDAY	HOLIDAY	HOLIDAY
Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings			
Fresh Carrots and Sweetcorn	Loaded Potato Skins (9) Chef's Salad and Garden Peas			
Peach and Apple Crumble with Custard (1, 7, 8, 9)	Double Chocolate Brownie (1, 7, 9)			

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|------------------------------------|-------------------|------------------|-------------------|------------------|-------------------|---------------------------|
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