



# INDEPENDENTCATERING | EDUCATERLIMITED

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 2 JANUARY	TUESDAY 3 JANUARY	WEDNESDAY 4 JANUARY	THURSDAY 5 JANUARY	FRIDAY 6 JANUARY
-	Smoky Bacon Mac n' Cheese (1, 9, 11)	Roast Gammon with Pineapple	Sticky BBQ Chicken with Herby New Potatoes (14)	Beefburger in a Bun (1, 10, 11, 14)
-	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)
HOLIDAY	Chunky Tomato Pasta (1)	Salmon and Pea Spaghetti (1, 4, 9)	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
-	Sweetcorn and Garden Peas	Roast Potatoes, Fresh Cauliflower and Green Beans	Fruity Slaw (7) and Fresh Broccoli	Chips, Mushy Peas and Baked Beans
-	Apple and Peach Crumble with Custard (1, 7, 9)	Blueberry Sponge with Custard (1, 7, 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**

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WE ONLY USE



**4 CHOICE MENU**

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MONDAY 9 JANUARY	TUESDAY 10 JANUARY	WEDNESDAY 11 JANUARY	THURSDAY 12 JANUARY	FRIDAY 13 JANUARY
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	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, 9)	Oatie Cookie (1)	Pineapple Upside Down Cake with Custard (1, 7, 9)	Tutti Frutti Thursday	Chocolate and Orange Mousse (9)

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**2 CRUSTACEANS**

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**4 FISH**

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WE ONLY USE



FRESHUKBEEF



FRESHUKPORK



FREERANGEEGGS



ORGANICMILK



LOCALFRUIT&VEG



WHOLEMEALPASTA

**4 CHOICE MENU**

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



MONDAY 16 JANUARY	TUESDAY 17 JANUARY	WEDNESDAY 19 JANUARY	THURSDAY 19 JANUARY	FRIDAY 20 JANUARY	
Traditional Chicken Pie with a Puff Pastry Lid (1, 10)	Spaghetti Bolognese with Herby Garlic Bread (1, 8)	Roast Chicken	<p><b>SAFARI DAY</b></p> 	Beef Sausage in a Roll (1, 9)	
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)		Vegetarian Sausage in a Roll (1, 8)	
3 Cheese Pasta Bake (1, 9, 11)	Fresh Pesto Linguine Pasta (1)	Tomato and Basil 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		<p>Wildebess Meat Feast Pizza (1, 8, 9)</p> <p>Cheetah Cheese and Tomato Pizza (1, 8, 9)</p> <p>Zebra Pesto Pasta (1)</p> <p>Rain Forest Jacket Potatoes</p> <p>Beetle Wing Wedges</p> <p>Lion Head Veggie Sticks</p> <p>Safari Treats (Pudding)</p>	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		Chips, Peas and Baked Beans	
Apricot Cup Cake (1, 7)	Chocolate Sponge with Chocolate Sauce (1, 7, 9)	Jam Roly Poly with Custard (1, 7, 9)		Banana Banoffee Mousse (9)	

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

### ALLERGEN KEY

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**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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**4 CHOICE MENU**

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



MONDAY 23 JANUARY	TUESDAY 24 JANUARY	WEDNESDAY 25 JANUARY	THURSDAY 26 JANUARY	FRIDAY 27 JANUARY
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 Muffin (1, 7)	Shortbread Finger with Fruit Wedges (1)	Marble Cake with Custard (1, 7, 9)	Tutti Frutti Thursday	Apple Flapjack (1, 14)

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### 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 30 JANUARY	TUESDAY 31 JANUARY	WEDNESDAY 1 FEBRUARY	THURSDAY 2 FEBRUARY	FRIDAY 3 FEBRUARY
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)	Pork Sausage Pinwheel (1, 9)
Cheesy Carrot Bake (9)	Golden Vegetable Pie with a Shortcrust Topping (1, 10)	Bean and Vegetable Goulash	Quorn Dippers (1, 7, 9)	Cheese and Tomato Pinwheel (1, 9)
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, 9)	Mixed Berry Mousse (9)	Ginger Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Orange Oatie Cookie (1)

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MONDAY 6 FEBRUARY	TUESDAY 7 FEBRUARY	WEDNESDAY 8 FEBRUARY	THURSDAY 9 FEBRUARY	FRIDAY 10 FEBRUARY
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)	Roasted Vegetable 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, 9)	Pink Jam Slice (1, 7)	Tutti Frutti Thursday	Strawberry and Jelly Mousse (9)

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