



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
5

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



MONDAY 20 MARCH	TUESDAY 21 MARCH	WEDNESDAY 22 MARCH	THURSDAY 23 MARCH	FRIDAY 24 MARCH
Spaghetti Bolognese with Herby Garlic Bread (1, 8)	Cumberland Sausage Casserole (1, 14)	Roast Chicken	Beef and Bean Burrito with Rice (1)	Baked Breaded Fish (1, 4)
Haloumi and Vegetable Kebab with Rice (9)	Vegetarian Sausage Casserole	Mixed Vegetable Pastry Slice (1)	Sweet Potato and Spinach Quesadillas (1, 7, 9)	Mexican Style Vegetables in a Taco
Roasted Pepper Spirals (1)	Mediterranean Vegetable Ragu Pasta (1)	Chunky Tomato Pasta (1)	Macaroni Cheese (1, 9, 11)	Arrabiata Pasta (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 Carrots and Garden Peas	Mashed Potato, Fresh Broccoli and Mashed Swede	Roast Potatoes, Fresh Carrots and Green Beans	Fresh Fruity Slaw (7) and Sweetcorn	Chips, Baked Beans and Mushy Peas
Pear Sponge and Custard (1, 7, 9)	Chocolate Brownie with Orange Wedges (1, 7, 9)	Pink Jam Slice (1, 7)	Tutti Frutti Thursday	Strawberry and Jelly Mousse (9)

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



4 CHOICE MENU

INDEPENDENTCATERING.CO.UK
EDUCATERLIMITED.COM