



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 17 APRIL	TUESDAY 18 APRIL	WEDNESDAY 19 APRIL	THURSDAY 20 APRIL	FRIDAY 21 APRIL
100% Cod Fish Fingers (1, 4)	Spaghetti Bolognese with Garlic Bread (1, 8)	Roast Turkey with Yorkshire Pudding (1, 7, 9)	BBQ Chicken with Savoury Rice (14)	Homemade Pork Sausage Roll (1, 14)
Quorn Dippers (1, 7, 9)	Spinach and Chickpea Curry with Rice (1)	Spring Vegetable Cobbler (1)	Vegetable Cottage Pie (10)	Cheese and Onion Pinwheel (1, 9)
Mixed Pepper Ragu Pasta (1)	Fresh Pesto Pasta (1)	Chunky Tomato Spirals (1)	Mac n' Cheese (1, 9, 11)	Mixed Vegetable 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
Diced Potatoes, Baked Beans and Garden Peas	Fresh Chef's Salad and Green Beans	Roast Potatoes, Fresh Green Cabbage and Carrots	Fresh Broccoli and Sweetcorn	Chips, Coleslaw (7) and Baked Beans
Apple and Berry Crumble with Custard (1, 7, 9)	Chocolate Brownie Cookie (1, 7)	Cinnamon Sponge and Custard (1, 7, 9)	Tutti Frutti Thursday	Lemon Shortbread Finger and 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**

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 24 APRIL	TUESDAY 25 APRIL	WEDNESDAY 26 APRIL	THURSDAY 27 APRIL	FRIDAY 28 APRIL
Chicken Pasta Bake with a Crunchy Nacho Topping (1)	Swedish Style Beef Meatballs with Mashed Potatoes	Roast Gammon with Pineapple	Chicken Fajitas with Rice (1)	Baked Breaded Fish (1, 4)
Sweet Potato and Carrot Rosti	Vegetable Tagine with Cous Cous (1)	Broccoli and Cauliflower Cheese in a Yorkshire Pudding (1, 7, 9)	Falafel with Half Pitta Bread with New Potatoes (1)	Mixed Bean and Vegetable Wrap (1)
Roast Mediterranean Pasta (1)	Macaroni Cheese (1, 9, 11)	Tomato Twirls (1)	Pea and Pesto Pasta (1)	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 Broccoli and Sweetcorn	Fresh Cabbage and Garden Peas	Roast Potatoes, Fresh Carrots and Green Beans	Fresh Broccoli and Roasted Butternut Squash	Chips, Baked Beans and Mushy Peas
Fruit Sponge and Custard (1, 7, 9)	Banoffee Mousse (1, 9)	Jam Sponge and Custard (1, 7, 9)	Tutti Frutti Thursday	Orange and Oat Cookie (1)

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|-----------------------------|------------|-----------|------------|-----------|------------|--------------------|
| 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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4 CHOICE MENU

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MONDAY 1 MAY	TUESDAY 2 MAY	WEDNESDAY 3 MAY	THURSDAY 4 MAY	FRIDAY 5 MAY
HOLIDAY	Beef Cottage Pie	Slow Cooked Beef with Yorkshire Pudding (1, 7, 9)	 <p>STAR WARS DAY</p> <p>Darth Vader Chicken Steak (1) R2-D2 Quorn Dippers with BBQ Sauce (1, 7, 9, 14) Chewbacca Roasted Vegetable Pasta (1) Return of the Jedi Jacket Potatoes Yoda Cubed Potatoes, Obi Wan Kenobi Sweetcorn The Empire Strikes Back Tutti Frutti</p>	100% Cod Fish Fingers (1, 4)
	Cheese and Tomato Pizza with Potato Wedges (1, 8, 9)	Spring Vegetable Casserole with Dumplings (1)		Cheese and Onion Pastry (1, 9)
	Salmon Lasagne (1, 4, 9)	Tomato Pasta Twirls (1)		Vegetable Bolognese Pasta (1)
	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
	Fresh Carrots and Green Beans	Roast Potatoes, Mashed Swede and Broccoli		Chips, Baked Beans and Mushy Peas
	Apricot Flapjack (1, 14)	Blueberry and Coconut Sponge with Custard (1, 7, 9)		Strawberry Cupcake (1, 7)

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MONDAY 8 MAY	TUESDAY 9 MAY	WEDNESDAY 10 MAY	THURSDAY 11 MAY	FRIDAY 12 MAY
HOLIDAY	Beef Bolognese Pasta Bake with Garlic Bread (1, 8, 9)	Roast Turkey with a Yorkshire Pudding (1, 7, 9)	Chicken and Vegetable Pie with a Pastry Topping with Mashed Potato (1)	100% Cod Fish Fingers (1, 4)
	Pea and Leek Risotto (10)	Cheese, Mushroom and Red Onion Parcel (1, 9)	Biryani Stuffed Pepper	Homemade Vegetable Burger (1)
	Fresh Pesto Linguini (1)	Arrabiata Pasta (1)	Mac n' Cheese (1, 9, 11)	Mixed Pepper Penne 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
	Fresh Broccoli and Sweetcorn	Roast Potatoes, Medley of Vegetables	Fresh Carrots and Green Beans	Chips, Baked Beans and Garden Peas
	Mixed Fruit Cheesecake (1, 9)	Syrup Sponge and Custard (1, 7, 9)	Tutti Frutti Thursday	Vanilla Cookie (1)

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MONDAY 15 MAY	TUESDAY 16 MAY	WEDNESDAY 17 MAY	THURSDAY 18 MAY	FRIDAY 19 MAY
Beef Spaghetti Bolognese with Herby Garlic Bread (1, 8)	Pork Cumberland Sausage Casserole (1, 14)	Roast Turkey with Yorkshire Pudding (1, 7, 9)	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)

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MONDAY 22 MAY	TUESDAY 23 MAY	WEDNESDAY 24 MAY	THURSDAY 25 MAY	FRIDAY 26 MAY
Mild Beef Curry with Rice and Naan Bread (1)	Meat Feast Pizza (1, 8, 9)	Roast Gammon with Pineapple	Beefburger in a Bun (1, 8, 10, 11, 14)	100% Cod Fish Fingers (1, 4)
Herby Vegetable Strudel with Crushed New Potatoes (1)	Cheese and Tomato Pizza (1, 8, 9)	Roasted Vegetable Bake with a Herby Crumble (1)	Hand Made Vegetarian Burger in a Bun (1, 8)	Vegetarian Sausage in a Roll (1)
3 Cheese Pasta (1, 9, 11)	Spring Vegetable Pasta (1)	Salmon and Pea Spaghetti (1, 4)	Pea and Pesto Twirls (1)	Chunky Tomato 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 Vegetable Bhaji and Sweetcorn	Herby Potatoes, Fresh Mixed Salad and Garden Peas	Roast Potatoes, Fresh Carrots and Green Beans	Cubed Potatoes and Stack a Burger from our Salad Bar	Chips, Baked Beans and Mushy Peas
Raspberry Ripple Sponge with Custard (1, 7, 9)	Tutti Frutti Tuesday	Lemon Drizzle Cake and Custard (1, 7, 9)	Chocolate Cupcake (1, 7)	Chef's Surprise

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