




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 4 NOVEMBER | TUESDAY 5 NOVEMBER | WEDNESDAY 6 NOVEMBER | THURSDAY 7 NOVEMBER | FRIDAY 8 NOVEMBER |
|---|--|---|--|---------------------------------------|
| Spaghetti Bolognaise (1) |  <p>Pork Sausage in a Roll (1, 14) Veggie Sausage in a Roll (1) Tomato Pasta (1) Jacket Potato with Topping of the Day Potato Wedges, Spaghetti Hoops (1) and Salad Bar Chocolate and Orange Brownie (1, 7, 9)</p> | Roast Turkey | Mexican Style Chicken Fajita with Rice (1) | Breaded Fish (1, 4) |
| Roasted Vegetable Wrap (1) | | Leek and Potato Pie with a Shortcrust Topping (1) | Vegetable Cottage Pie | Homemade Spring Roll (1, 8) |
| Mac n' Cheese (1, 9, 11) | | Roasted Vegetable Pasta (1) | Fresh Pesto Pasta 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 |
| Savoury Rice, Garden Peas and Salad Bar | | Roast Potatoes, Fresh Carrots and Savoy Cabbage | Sweetcorn and Salad Bar | Chips, Baked Beans and Salad Bar |
| Apple and Cinnamon Crumble and Custard (1, 9) | | Syrup Sponge and Custard (1, 7, 9) | Tutti Frutti Thursday | Oatie Cookie (1) |

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

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 |

***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



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
2

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

| MONDAY 11 NOVEMBER | TUESDAY 12 NOVEMBER | WEDNESDAY 13 NOVEMBER | THURSDAY 14 NOVEMBER | FRIDAY 15 NOVEMBER |
|--|--|--|---|--|
| Crispy Chicken Nuggets (1, 10) | Beef Lasagne (1, 9, 11) | Roast Gammon with Pineapple | Mild Chicken Curry with Rice and Poppadum (1) | Fishfingers (1, 4) |
| Vegetable Nuggets (1) | Pea and Leek Risotto (10) | Winter Vegetable Casserole with a Herby Scone (1, 9) | Mixed Vegetable and Potato Omelette (7, 9) | Cheese and Tomato Turnover (1, 9) |
| Salmon and Pea Linguine (1, 4) | Fresh Pesto Pasta (1) | Vegetable Ragu Pasta (1) | Macaroni Cheese (1, 9, 11) | Sweet Red Pepper 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 |
| Cubed Potatoes, Baked Beans and Salad Bar | Fresh Broccoli and Salad Bar | Roast Potatoes, Fresh Carrots and Green Beans | Sweetcorn and Salad Bar | Chips, Garden Peas and Salad Bar |
| Pineapple Upside Down Cake and Custard (1, 7, 9) | Strawberry Jelly Mousse (9) | Chocolate Sponge with Chocolate Sauce (1, 7, 9) | Tutti Frutti Thursday | Fruity Flapjack (1) |

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

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 |

***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



INDEPENDENTCATERING | EDUCATERLIMITED

WEEK
3

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 18 NOVEMBER | TUESDAY 19 NOVEMBER | WEDNESDAY 20 NOVEMBER | THURSDAY 21 NOVEMBER | FRIDAY 22 NOVEMBER |
|--|--|---|--|--|
| Beef Burger in a Bun (1, 8, 13) | Sweet Chicken with Savoury Rice (8) | Roast Turkey | Beef Meatballs in a Tomato Sauce with Spaghetti (1) | Breaded Fish (1, 4) |
| Veggie Burger in a Bun (1, 13) | Chickpea and Vegetable Tagine with New Potatoes | Roasted Tomato and Basil Feta Tart (1, 7, 9) | Carrot and Sweetcorn Fritter with Cubed Potatoes (1, 7, 9, 11) | Cheese and Onion Pasty (1, 9) |
| Tomato and Basil Pasta (1) | Cheesy Pasta Bake (1, 9, 11) | Mixed Pepper Twirls (1) | Roasted Vegetable Pasta (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 |
| Herby Potatoes, Baked Beans and Salad Bar | Fresh Broccoli and Salad Bar | Roast Potatoes, Fresh Carrots and Winter Medley of Vegetables | Sweetcorn and Salad Bar | Chips, Garden Peas and Salad Bar |
| Pear Sponge with Custard (1, 7, 9) | Chocolate Krispie Cake (9) | Blackberry Sponge with Custard (1, 7, 9) | Tutti Frutti Thursday | Marble Cupcake (1, 7) |

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

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 |

***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



INDEPENDENTCATERING | EDUCATER LIMITED

WEEK

4

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 25 NOVEMBER | TUESDAY 26 NOVEMBER | WEDNESDAY 27 NOVEMBER | THURSDAY 28 NOVEMBER | FRIDAY 29 NOVEMBER |
|---|---|---|--|---------------------------------------|
| Chinese Style Chicken with Rice (8) | Beef Pasta Bake (1, 8, 9) | Roast Gammon with Pineapple | Pork Sausages with Mashed Potato and Gravy (1, 14) | Fishfingers (1, 4) |
| Cheese and Tomato Pinwheel (1, 9) | Cauliflower and Chickpea Curry with Rice (1) | Mushroom and Pepper Pesto Slice (1) | Vegetarian Sausages with Mashed Potato and Gravy (1) | Vegetarian Burger in a Bun (1, 8, 13) |
| Fresh Pesto Linguine (1) | Tuna Pasta Bake (1, 4, 9) | Mixed Vegetable Ragù (1) | Chunky Tomato 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 |
| Sweetcorn and Salad Bar | Green Beans and Salad Bar | Roast Potatoes, Fresh Carrots and Savoy Cabbage | Fresh Broccoli and Salad Bar | Chips, Baked Beans and Salad Bar |
| Mixed Fruit Sponge with Custard (1, 7, 9) | Lemon Shortbread Finger with Fruit Wedges (1) | Raspberry Ripple Cake with Custard (1, 7, 9) | Tutti Frutti Thursday | Vanilla Cookie (1) |



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

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 |

***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



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

4 CHOICE MENU

INDEPENDENTCATERING.CO.UK

EDUCATERLIMITED.COM



INDEPENDENTCATERING | EDUCATER LIMITED

WEEK

5

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 2 DECEMBER | TUESDAY 3 DECEMBER | WEDNESDAY 4 DECEMBER | THURSDAY 5 DECEMBER | FRIDAY 6 DECEMBER |
|--|---|---|---|---------------------------------------|
| Spaghetti Bolognaise with Garlic Bread (1, 8, 9) | Mexican Style Chicken in a Taco with Rice | Roast Beef with a Yorkshire Pudding (1, 7, 9) | Meat Feast Pizza (1, 8, 9) | Breaded Fish (1, 4) |
| Mixed Bean and Vegetable Chilli with Rice | Vegetarian Sausage in a Wrap with BBQ Sauce (1, 14) | Local Kentish Vegetable Pie with a Shortcrust Topping (1) | Cheese and Tomato Pizza (1, 8, 9) | Vegetable Nuggets (1) |
| Mixed Vegetable Ragu Pasta (1) | Chunky Tomato Pasta (1) | Mixed Roasted Vegetable Pasta Twirls (1) | Salmon Lasagne (1, 4, 9) | Roasted Pepper 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 Salad Bar | Sweetcorn and Salad Bar | Roast Potatoes, Fresh Carrots and Green Beans | Cubed Potatoes, Baked Beans and Salad Bar | Chips, Garden Peas and Salad Bar |
| Mixed Fruit Crumble with Custard (1, 9) | Strawberry Cupcake (1, 7) | Jam Roly Poly with Custard (1, 7, 9) | Tutti Frutti Thursday | Apple Flapjack (1) |

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

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 |

***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



INDEPENDENTCATERING | EDUCATER LIMITED

WEEK

6

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 9 DECEMBER | TUESDAY 10 DECEMBER | WEDNESDAY 11 DECEMBER | THURSDAY 12 DECEMBER | FRIDAY 13 DECEMBER |
|---|--|--|---|--|
| Crispy Chicken Wrap (1, 8) | Beef Lasagne (1, 9, 11) | Roast Gammon with Pineapple | Chicken Pie with Mashed Potato (1) | Fishfingers (1, 4) |
| Mixed Bean Wrap (1) | Spinach, Sweet Potato and Lentil Curry with Rice (1) | Cauliflower and Broccoli Gratin in a Yorkshire Pudding (1, 7, 9, 11) | Cheese and Tomato Baked Pitta with Half a Jacket Potato (1, 8, 9) | Homemade Spring Roll (1, 8) |
| Fresh Pesto and Pea Linguine (1) | Tomato and Basil Pasta Twirls (1) | Roasted Winter Vegetable Pasta (1) | Chunky Tomato Pasta (1) | Red Pepper 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 |
| Herby Potatoes, Baked Beans and Salad Bar | Sweetcorn and Salad Bar | Roast Potatoes, Fresh Carrots and Savoy Cabbage | Fresh Broccoli and Salad Bar | Chips, Garden Peas and Salad Bar |
| Apple and Berry Sponge with Custard (1, 7, 9) | Chocolate and Orange Brownie (1, 7) | Lemon Drizzle Sponge with Custard (1, 7, 9) | Tutti Frutti Thursday | Melting Moment Cookie (1) |

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

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 |

***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



INDEPENDENTCATERING | EDUCATER LIMITED

WEEK

7

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 16 DECEMBER | TUESDAY 17 DECEMBER | WEDNESDAY 18 DECEMBER | THURSDAY 19 DECEMBER | FRIDAY 20 DECEMBER |
|--|---|---|---|---------------------------------------|
| Beef Bolognese Pasta Bake (1, 9) | Pork Sausage Pinwheel (1, 14) | Chef's Choice Roast of the Day | Cottage Pie | Breaded Fish (1, 4) |
| Winter Vegetable Pie with a Sweet Potato Topping | Cheese and Tomato Pinwheel (1, 9) | Mixed Vegetable Bake with a Herby Crumble Topping (1) | Cheese and Tomato Pizza with Herby Potatoes (1, 8, 9) | Vegetable Burger in a Bun (1, 8, 13) |
| Chunky Tomato Pasta (1) | Roasted Pepper Pasta (1) | Mixed Vegetable Ragu Pasta Twirls (1) | Arrabiata Pasta (1) | Tomato and Basil 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 |
| Sweetcorn and Salad Bar | Cubed Potatoes, Baked Beans and Salad Bar | Roast Potatoes, Fresh Broccoli and Mashed Swede | Fresh Carrots and Salad Bar | Chips, Garden Peas and Salad Bar |
| Christmas Muffin (1, 7) | Festive Fruit Crumble with Custard (1, 9) | Santa's Chocolate Slice (1, 7) | Tutti Frutti Thursday | Chef's Choice of Dessert |

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

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 |

***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