




# 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 21 APRIL	TUESDAY 22 APRIL	WEDNESDAY 23 APRIL	THURSDAY 24 APRIL	FRIDAY 25 APRIL
EASTER MONDAY	Oven Baked Pork and Beef Sausages with Gravy (1, 14)	 <b>EASTER LUNCH</b> Roast Beef and Yorkshire Pudding (1, 7, 9) Rice and Bean Stuffed Pepper <b>VEGAN</b> Tomato and Basil Pasta Twirls (1) Jacket Potato with Topping of the Day Roast Potatoes, Fresh Carrots and Spring Greens Easter Delights	Cheese and Tomato Pizza with Potato Wedges (1, 8, 9)	Breaded Fish (1, 4)
	Oven Baked Vegetarian Sausage with Gravy (1) <b>VEGAN</b>		Cauliflower and Chickpea Curry with Rice (1) <b>VEGAN</b>	Homemade Spring Roll (1, 8) <b>VEGAN</b>
	Salmon and Pea Spaghetti (1, 4)		Mixed Vegetable Pasta (1)	Fresh Pesto Pasta (1)
	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	Chips, Garden Peas and Salad Bar
	Mixed Berry Cup Cake (1, 7)		Apple and Pear Crumble with Custard (1, 9)	Melting Moment Cookie (1, 7)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE AND BISCUITS (1, 9) • FRESH SALAD BAR**

### ALLERGEN KEY

- |                                    |                   |                  |                   |                  |                   |                           |
|------------------------------------|-------------------|------------------|-------------------|------------------|-------------------|---------------------------|
| <b>1</b> CEREALS CONTAINING GLUTEN | <b>3</b> MOLLUSCS | <b>5</b> PEANUTS | <b>7</b> EGGS     | <b>9</b> MILK    | <b>11</b> MUSTARD | <b>13</b> SESAME          |
| <b>2</b> CRUSTACEANS               | <b>4</b> FISH     | <b>6</b> NUTS    | <b>8</b> SOYBEANS | <b>10</b> CELERY | <b>12</b> LUPIN   | <b>14</b> SULPHUR DIOXIDE |

**\*ALL OUR MENUS ARE TREE NUT AND PEANUT FREE**

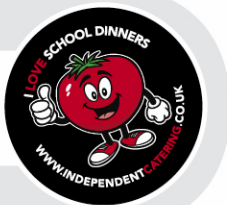
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WE ONLY USE



**4 CHOICE MENU**

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WEEK  
**2**

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MONDAY 28 APRIL	TUESDAY 29 APRIL	WEDNESDAY 30 APRIL	THURSDAY 1 MAY	FRIDAY 2 MAY
Mild Chicken Curry with Rice and a Poppadum (1)	Beef Meatballs in a Tomato Sauce with Spaghetti (1)	Roast Gammon with Pineapple	Crispy Chicken in a Wrap (1, 8)	Fishfingers (1, 4)
Spring Vegetable Pie with a Sweet Potato Topping <b>VEGAN</b>	Chickpea and Vegetable Tagine with New Potatoes <b>VEGAN</b>	Courgette Bake <b>VEGAN</b>	Quorn Dippers in a Wrap (1, 8) <b>VEGAN</b>	Cheese and Tomato Turnover (1, 9)
Mac n' Cheese (1, 9, 11)	Mediterranean Vegetable Pasta Bows (1)	Chunky Tomato Pasta (1)	Arrabiata Pasta Twirls (1)	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
Sweetcorn and Salad Bar	Fresh Broccoli and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans	Potato Wedges, Baked Beans and Salad Bar	Chips, Garden Peas and Salad Bar
Pineapple Upside Down Cake with Custard (1, 7, 9)	Tutti Frutti Tuesday	Raspberry Ripple Sponge with Custard (1, 7, 9)	Chocolate Brownie (1, 7)	Oatie Cookie (1)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE AND BISCUITS (1, 9) • FRESH SALAD BAR**

### ALLERGEN KEY

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| <b>2</b> CRUSTACEANS               | <b>4</b> FISH     | <b>6</b> NUTS    | <b>8</b> SOYBEANS | <b>10</b> CELERY | <b>12</b> LUPIN   | <b>14</b> SULPHUR DIOXIDE |

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

MONDAY 5 MAY	TUESDAY 6 MAY	WEDNESDAY 7 MAY	THURSDAY 8 MAY	FRIDAY 9 MAY
HOLIDAY	Ham and Cheese Pinwheel (1, 9)	Roast Beef with a Yorkshire Pudding (1, 7, 9)		Baked Breaded Fish (1, 4)
	Cheese and Onion Pinwheel (1, 9)	Leek and Squash Crumble (1) <b>VEGAN</b>		Vegetarian Sausage in a Roll (1) <b>VEGAN</b>
	Tomato Pasta (1)	Roasted Pepper Spirals (1)		Vegetable Ragu Pasta (1)
	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	Roast Potatoes, Medley of Vegetables and Green Beans		Chips, Garden Peas and Salad Bar
	Shortbread Finger with Fruit Wedges (1)	Sticky Toffee Pudding and Custard (1, 7, 9, 14)		Chocolate Cookie (1)
				Victorious Sausage and Mash with Gravy (1, 14) Winston Churchill's Potato Cake (Bubble and Squeak) Blackout Chunky Tomato Pasta (1) Ration Book Jacket Potato Surrender Spring Green Cabbage and Soldier Carrots Land Girls Jam Tart and Custard (1, 9)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE AND BISCUITS (1, 9) • FRESH SALAD BAR**

### ALLERGEN KEY

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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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MONDAY 12 MAY	TUESDAY 13 MAY	WEDNESDAY 14 MAY	THURSDAY 15 MAY	FRIDAY 16 MAY
Beefburger in a Bun (1, 8, 13)	Mexican Style Chicken in a Taco with Rice	Roast Turkey	 <p><b>UNDER THE SEA</b></p> <p>Star Fish 'Fingers' (1, 4) Nemo's Quorn Dippers (1, 8) Sea Horse Tomato Pasta Beluga Whale Jacket Potato Mini Hash Browns, Octopus Spaghetti Hoops (1) and Salad Bar Neptune's Jelly and Ice Cream (9)</p>	Battered Chicken Steak (1, 7, 8, 9)
Vegetarian Burger in a Bun (1, 13) <b>VEGAN</b>	Vegetable Cottage Pie <b>VEGAN</b>	Cheese and Leek Pie with a Shortcrust Topping (1, 9, 11)		Cheese and Tomato Baked Pitta (1, 9)
Mixed Pepper Pasta (1)	Chunky Tomato Pasta (1)	Roasted Spring Vegetable Pasta Bows (1)		Fajita Style Pasta (1, 14)
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
Potato Wedges, Baked Beans and Salad Bar	Fresh Broccoli and Salad Bar	Roast Potatoes, Fresh Carrots and Spring Greens		Chips, Garden Peas and Salad Bar
Blueberry Sponge with Custard (1, 7, 9)	Strawberry Jelly Mousse (9)	Chocolate Cake with Chocolate Sauce (1, 7, 9)		Fruity Flapjack (1)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE AND BISCUITS (1, 9) • FRESH SALAD BAR**

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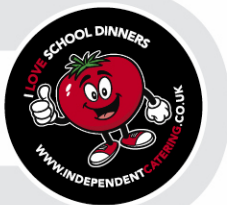


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MONDAY 19 MAY	TUESDAY 20 MAY	WEDNESDAY 21 MAY	THURSDAY 22 MAY	FRIDAY 23 MAY
Spaghetti Bolognaise with Garlic Bread (1, 8, 9)	Chicken Fajita with Savoury Rice (1, 11)	Roast Gammon with Pineapple	Meat Feast Pizza (1, 8, 9)	Baked Breaded Fish (1, 4)
Bean and Vegetable Chilli with Rice <b>VEGAN</b>	Potato and Vegetable Omelette (1, 7, 9)	Spring Vegetable Casserole with Dumplings (1) <b>VEGAN</b>	Cheese and Tomato Pizza (1, 8, 9)	Crispy Quorn Dippers (1, 8) <b>VEGAN</b>
Fresh Pesto Pasta Bows (1)	Tomato and Basil Pasta (1)	Mixed Vegetable Ragu Twirls (1)	Mediterranean 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
Fresh Broccoli and Salad Bar	Fresh Carrots and Salad Bar	Roast Potatoes, Mashed Swede and Green Beans	Herby Potatoes, Baked Beans and Salad Bar	Chips, Garden Peas and Salad Bar
Apple Flapjack Crumble with Custard (1, 9)	Mixed Berry Cupcake (1, 7)	Peach and Banana Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Chocolate Krispie Cake (1, 9)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE AND BISCUITS (1, 9) • FRESH SALAD BAR**

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FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

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