



# 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 5 JUNE	TUESDAY 6 JUNE	WEDNESDAY 7 JUNE	THURSDAY 8 JUNE	FRIDAY 9 JUNE
Breaded Chicken Steak (1)	Spaghetti Bolognese with Garlic Bread (1, 8)	Roast Turkey with Yorkshire Pudding (1, 7, 9)	Cottage Pie	Fishfingers (1, 4)
Crispy Quorn Nuggets (1)	Vegetable Kebab with New Potatoes	Tomato, Courgette and Basil Tartlet (1, 7, 9)	Cheese and Tomato Pizza with Potato Wedges (1, 8, 9)	Homemade Vegetable Spring Roll (1, 8)
Fresh Pesto and Pea Spirals (1)	Mixed Vegetable Ragu Pasta (1)	Salmon and Dill Pasta (1, 4)	Chunky Tomato Pasta (1)	Roasted Pepper Twists (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, BBQ Beans and Sweetcorn	Fresh Carrots and Green Beans	Roast Potatoes, Fresh Broccoli and Roasted Summer Vegetables	Garden Peas and Chef's Salad	Chips, Baked Beans and Mushy Peas
Apple and Peach Crumble with Custard (1, 7, 9)	Banoffee Mousse (1, 9)	Raspberry Ripple Sponge with Custard (1, 7, 9)	Ice Lolly	Ginger Oatie Cookie (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



FRESHUKBEEF



FRESHUKPORK



FREERANGEEGGS



ORGANICMILK



LOCALFRUIT&VEG



WHOLEMEALPASTA

**4 CHOICE MENU**

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MONDAY 12 JUNE	TUESDAY 13 JUNE	WEDNESDAY 14 JUNE	THURSDAY 15 JUNE	FRIDAY 16 JUNE
Baked Cumberland Sausages with Gravy (1, 14)	Turkey Tacos with Rice	Slow Roasted Beef	Chicken and Tomato Pasta Bake (1, 9)	Breaded Fish (1, 4)
Baked Vegetarian Sausages with Gravy (1)	Mixed Vegetable Cobbler (1)	Broccoli and Cauliflower Cheese Filled Yorkshire (1, 7, 9)	Biryani Stuffed Pepper	Cheese and Onion Pasty (1, 9)
Sweet Red Pepper Pasta (1)	Mac n' Cheese (1, 9, 11)	Fresh Pesto Linguine (1)	Roasted Mediterranean 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
Mashed Potato, Roasted Butternut Squash and Green Beans	Fresh Broccoli and Sweetcorn	Roast Potatoes, Fresh Savoy Cabbage and Carrots	Mixed Roasted Summer Vegetables and Garden Peas	Chips, Baked Beans and Mushy Peas
Lemon Shortbread Finger with Fruit Wedges (1)	Strawberry Jelly Mousse (9)	Orange and Blueberry Sponge with Custard (1, 7, 9)	Ice lolly	Apricot Flap Jack (1)

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MONDAY 19 JUNE	TUESDAY 20 JUNE	WEDNESDAY 21 JUNE	THURSDAY 22 JUNE	FRIDAY 23 JUNE
Chicken Curry with Rice and Poppadum (1)	Beef Lasagne with Herby Bread (1, 8, 9)	Roast Gammon with Pineapple	<p><b>BEACH DAY</b></p>  <p>Surfs Up Beefburger in a Bun (1, 8, 10, 11, 14) Sunset Vegetarian Burger in a Bun (1) Sea Shells Arrabiata Pasta (1) Ocean Breeze Jacket Potato with Choice of Fillings Sun Shade Potato Wedges, Sandcastle Stack a Burger from our Salad Bar Land Ahoy Ice lolly</p>	Fish Fingers (1, 4)
Summer Vegetable Ratatouille	Sweet Potato and Carrot Rosti with New Potatoes	Cheesy Leek and Potato Pie (1, 9)		Mixed Vegetable Wrap (1)
Tomato Twirls (1)	Mixed Vegetable Pasta (1)	Roasted Pepper Pasta (1)		Summer Vegetable Cannelloni (1, 9)
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
Handmade Onion Bhaji and Green Beans	Fresh Broccoli and Sweetcorn	Roast Potatoes, Fresh Carrots and Savoy Cabbage		Chips, Baked Beans and Garden Peas
Chocolate Brownie with Orange Wedges (1, 7)	Cinnamon Sponge with Custard (1, 7, 9)	Peach Strudel with Custard (1, 7, 9)		Strawberry Cupcake (1, 7)

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

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**4 CHOICE MENU**

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WEEK

4

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



MONDAY 26 JUNE	TUESDAY 27 JUNE	WEDNESDAY 28 JUNE	THURSDAY 29 JUNE	FRIDAY 30 JUNE
Spaghetti Bolognese with Garlic Bread (1, 8, 9)	Meat Feast Pizza (1, 8, 9)	Roast Turkey with Yorkshire Pudding (1, 7, 9)	Beef and Bean Burrito with Rice (1)	Breaded Fish (1, 4)
Spinach and Lentil Curry with Rice	Cheese and Tomato Pizza (1, 8, 9)	Local Kentish Vegetable Pie Topped with Filo Pastry (1)	Roasted Stir Fry Vegetables with Noodles (1, 7, 8)	Cheese and Onion Pinwheel (1, 9)
Fresh Pesto Pasta (1)	Roasted Vegetable Spirals (1)	Salmon Lasagne with a Cheesy Topping (1, 4, 9)	Macaroni Cheese (1, 9, 11)	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 Carrots and Green Beans	Cubed Potatoes, Coleslaw (7) and Sweetcorn	Roast Potatoes, Fresh Medley of Vegetables	Fresh Carrots and Broccoli	Chips, Baked Beans and Garden Peas
Blueberry and Coconut Sponge with Custard (1, 7, 9)	Mixed Fruit Cheesecake (1, 9)	Chocolate Sponge with Chocolate Sauce (1, 7, 9)	Ice lolly	Orange Oatie Cookie (1)

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

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WE ONLY USE



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



ORGANIC MILK



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

**4 CHOICE MENU**

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WEEK  
**5**

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



MONDAY 3 JULY	TUESDAY 4 JULY	WEDNESDAY 5 JULY	THURSDAY 6 JULY	FRIDAY 7 JULY
Chicken Fajitas with Savoury Rice (1)	<p><b>Independence Day</b></p> <p>Stars and Stripes Pork Sausage in a Roll (1, 14)</p> <p>Freedom Vegetarian Sausage in a Roll (1)</p> <p>All American Mac n' Cheese (1, 9, 11)</p> <p>Flying the Flag Jacket Potato with a Choice of Fillings</p> <p>A Parade Potato Wedges, 4th July Salad Specials and Garden Peas</p> <p>Banging Fireworks Ice Cream with Fruit Wedges (9)</p>	Slow Roast Beef	Chinese Style Chicken with Noodles and Prawn Cracker (1, 2, 7, 8)	Fish Fingers (1, 4)
Summer Vegetable Moussaka (1, 9, 11)		Mushroom, Spinach and Cheese Wellington (1, 9)	Mixed Vegetable Cottage Pie with a Sweet Potato Topping	Handmade Vegetable Burger in a Bun (1)
Chunky Tomato Pasta (1)		Mediterranean Vegetable Pasta Bake (1)	Tomato and Basil Pasta (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
Fresh Broccoli and Sweetcorn		Roast Potatoes, Fresh Carrots and Cauliflower Gratin (9)	Fresh Stir Fry Vegetables and Green Beans	Chips, Baked Beans and Mushy Peas
Mixed Berry and Apple Crumble with Custard (1, 7, 9)		Pineapple Upside Down Cake with Custard (1, 7, 9)	Tutti Frutti Thursday	Chocolate Brownie Cookie (1, 7)

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MONDAY 10 JULY	TUESDAY 11 JULY	WEDNESDAY 12 JULY	THURSDAY 13 JULY	FRIDAY 14 JULY
Beef Bolognese Pasta Bake (1, 9)	Chicken Taco's with Rice	Roast Gammon with Pineapple	Chicken and Vegetable Pie with a Mashed Potato Topping	Breaded Fish (1, 4)
Leek and Butternut Squash Risotto	Vegetarian Toad in the Hole with New Potatoes and Gravy (1, 7, 9)	Tomato and Caramelised Red Onion Tart (1, 7, 9)	Baked Veggie Korma with Rice	Cheese and Tomato Pitta Slice (1, 9)
Fresh Pesto Linguine (1)	3 Cheese Pasta (1, 9, 11)	Roasted Vegetable Pasta (1)	Chunky Tomato Spirals (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
Roasted Butternut Squash and Green Beans	Fresh Broccoli and Sweetcorn	Roast Potatoes, Fresh Medley of Vegetables	Fresh Carrots and Savoy Cabbage	Chips, Baked Beans and Garden Peas
Pear Sponge and Custard (1, 7, 9)	Pink Jam Slice (1, 7)	Fruit Sponge and Custard (1, 7, 9)	Ice Lolly	Apricot Cupcake (1, 7)

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MONDAY 17 JULY	TUESDAY 18 JULY	WEDNESDAY 19 JULY	THURSDAY 20 JULY	FRIDAY 21 JULY
Sticky BBQ Chicken with Rice (14)	Meatballs in a Herby Tomato Sauce with Spaghetti (1)	Slow Roast Beef	Handmade Sausage Roll (1, 8)	Fishfingers (1, 4)
Sweet Potato and Spinach Lasagne (1, 9, 11)	Mixed Bean and Vegetable Chilli with Rice	Roasted Vegetable Bake with a Herby Crumble (1)	Cheese and Onion Pinwheel (1, 9)	Crispy Quorn Dippers (1)
Mac n' Cheese (1, 9, 11)	Mixed Pepper Spirals (1)	Tomato and Basil Pasta (1)	Vegetable Pasta Bake (1)	Fresh Pesto and Pea Twirls (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
Fruity Slaw (7) and Green Beans	Fresh Broccoli and Sweetcorn	Roast Potatoes, Fresh Carrots and Savoy Cabbage	Chef's Mixed Salad and Garden Peas	Chips, Baked Beans and Mushy Peas
Peach Strudel with Custard (1, 7, 9)	Strawberry and Jelly Mousse (9)	Chocolate Orange Sponge with Custard (1, 7, 9)	Ice Lolly	Chef's Surprise

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