



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 19 FEBRUARY	TUESDAY 20 FEBRUARY	WEDNESDAY 21 FEBRUARY	THURSDAY 22 FEBRUARY	FRIDAY 23 FEBRUARY
100% Cod Fish Fingers (1, 4)	Beef Spaghetti Bolognese with Garlic Bread (1, 8, 9)	Roast Turkey	 <p>Mild Chicken Curry with Rice and Poppadum (1) Mixed Vegetable Cottage Pie Mac n' Cheese (1, 9, 11) Sweetcorn and Salad Bar Half Pancake with a Selection of Sauces (1, 7, 9)</p>	Home Made Sausage Roll (1, 8)
Cheese and Tomato Turnover (1, 9)	Mushroom Risotto (10)	Cauliflower and Broccoli Cheese in a Yorkshire Pudding (1, 7, 9, 11)		Vegetarian Sausage in a Roll (1)
	Salmon and Chive Carbonara (1, 4, 9)			
Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
Herby Potatoes, BBQ Beans and Salad Bar	Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage		Chips, Baked Beans and Salad Bar
Apple and Cinnamon Crumble with Custard (1, 9)	Tutti Frutti Tuesday	Sticky Toffee Pudding with Custard (1, 7, 9, 14)		Chocolate and Orange 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**

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

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MONDAY 26 FEBRUARY	TUESDAY 27 FEBRUARY	WEDNESDAY 28 FEBRUARY	THURSDAY 29 FEBRUARY	FRIDAY 1 MARCH
Chicken in a Wrap (1)	Meat Feast Pizza (1, 8, 9)	Roast Gammon with Pineapple	Chicken Pie with Mashed Potato (1)	Beefburger in a Bun (1, 8, 10, 11, 14)
Mixed Bean Wrap (1)	Cheese and Tomato Pizza (1, 8, 9)	Mixed Vegetable Casserole with a Herby Scone (1, 9)	Vegetable Biryani	Vegetarian Burger in a Bun (1, 8)
Macaroni Cheese (1, 9, 11)		Arrabiata Pasta (1)		Red Pesto Linguine (1)
	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
Savoury Rice, Sweetcorn and Salad Bar	Cubed Potatoes, Garden Peas and Salad Bar	Roast Potatoes, Fresh Broccoli and Mashed Swede	Fresh Carrots and Salad Bar	Chips, Baked Beans and Salad Bar
Pineapple Upside Down Cake with Custard (1, 7, 9)	Fruity Flapjack (1)	Chocolate Sponge with Chocolate Sauce (1, 7, 9)	Tutti Frutti Thursday	Lemon Shortbread Finger (1)

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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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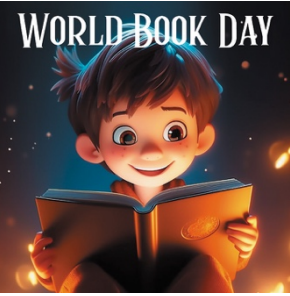




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MONDAY 4 MARCH	TUESDAY 5 MARCH	WEDNESDAY 6 MARCH	THURSDAY 7 MARCH	FRIDAY 8 MARCH
Bolognese Pasta Bake (1, 9)	Pulled Pork Taco	Slow Roast Beef with Yorkshire Pudding (1, 7, 9)	 <p>WORLD BOOK DAY</p> <p>Matilda Chicken Nuggets (1, 10)</p> <p>The Gruffalo Quorn Nuggets (1)</p> <p>Supertato Jacket with a Choice of Fillings</p> <p>The Twits Herby Potatoes, Spaghetti Hoops and Salad Bar</p> <p>Going on a Bear Hunt Chocolate Cookie with Ice Cream (1, 9)</p>	Breaded Fish (1, 4)
Spinach and Chickpea Curry (1)	Cheese and Tomato Baked Pitta (1, 9)	Butternut Squash and Cherry Tomato Crumble (1)		Mixed Bean and Rice Burrito (1)
Pea and Salmon Twirls (1, 4)		Mediterranean Vegetable Pasta Bows (1)		Spinach and Feta Pasta (1, 9)
	Jacket Potato with Topping of the Day			
Fresh Broccoli and Salad Bar	Cubed Potatoes, Sweetcorn and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans		Chips, Baked Beans and Salad Bar
Lemon Drizzle Cake with a Lemon Sauce (1, 7)	Tutti Frutti Tuesday	Banana Loaf and Custard (1, 7, 8, 9)		Blueberry Cupcake (1, 7)

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FRESHUK BEEF



FRESHUK PORK



FREERANGE EGGS



ORGANIC MILK



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

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MONDAY 11 MARCH	TUESDAY 12 MARCH	WEDNESDAY 13 MARCH	THURSDAY 14 MARCH	FRIDAY 15 MARCH
Mexican Style Chicken with Savoury Rice	Traditional Toad in the Hole with Gravy (1, 7, 9, 14)	Roast Turkey	Beef Lasagne with Herby Bread (1, 8, 9, 11)	100% Cod Fishfingers (1, 4)
Stir Fry Vegetables in a Pitta and New Potatoes (1, 8)	Vegetarian Toad in the Hole with Gravy (1, 7, 9)	Leek and Potato Pie with a Shortcrust Topping (1, 9, 11)	Mixed Bean and Vegetable Chilli with Rice	Falafel Kebab with a BBQ Sauce (7, 14)
Mac n' Cheese (1, 9, 11)		Mixed Vegetable Ragu Pasta (1)		Tomato and Basil Twirls (1)
	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
Sweetcorn and Salad Bar	Mashed Potato, Fresh Broccoli and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage	Garden Peas and Salad Bar	Chips, Baked Beans and Salad Bar
Oatie Peach Crumble with Custard (1, 9)	Strawberry Jelly Mousse (9)	Pear Sponge with Chocolate Sauce (1, 7, 9)	Tutti Frutti Thursday	Melting Moment Cookie (1)

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MONDAY 18 MARCH	TUESDAY 19 MARCH	WEDNESDAY 20 MARCH	THURSDAY 21 MARCH	FRIDAY 22 MARCH
Cumberland Sausages with Gravy (1, 14)	Chicken Pitta Pocket (1)	Roast Gammon with Pineapple	Beef Meatballs in a Tomato Sauce with Spaghetti (1)	Chicken Nuggets with Katsu (1, 10)
Vegetarian Sausages with Gravy (1)	Cheese and Onion Pinwheel (1, 9)	Spring Vegetable Casserole with a Herby Crust (1)	Spinach, Sweet Potato and Lentil Curry with Rice (1)	Quorn Nuggets (1)
	Macaroni Cheese (1, 9, 11)		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
Mashed Potato, Fresh Broccoli and Salad Bar	Herby Potatoes, Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans	Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
Mixed Berry Cheesecake (1, 8, 9)	Raspberry Ripple Cupcake (1, 7)	Marble Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Chocolate Krispie Cake (1, 9)

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MONDAY 25 MARCH	TUESDAY 26 MARCH	WEDNESDAY 27 MARCH	THURSDAY 28 MARCH	FRIDAY 29 MARCH
Chicken Enchiladas with Savoury Rice (1, 9)	 <p>Easter Bunny Beefburger in a Bun (1, 8, 10, 11, 14) Celebration Hand Made Vegetarian Burger in a Bun (1, 8) Easter Parade Jacket Potato with a Choice of Fillings Easter Egg Herby Potatoes, Stack a Burger from the Salad Bar Easter Surprise Cupcake (1, 7)</p>	Slow Roast Beef with a Yorkshire Pudding (1, 7, 9)	Breaded Fish (1, 4)	GOOD FRIDAY
Bean and Vegetable Goulash with Cous Cous (1)		Courgette, Potato and Feta Slice (1, 9)	Homemade Vegetable Spring Roll (1, 8)	
Chunky Tomato Pasta (1)		Tomato and Basil Pasta (1)		
			Jacket Potato with Topping of the Day	
Fresh Broccoli and Salad Bar		Roast Potatoes Fresh Carrots and Green Beans	Chips, Baked Beans and Salad Bar	
Tutti Frutti Monday		Apple Cake with a Crunchie Topping with Custard (1, 7, 9)	Chef's Delight	

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