



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
1

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

MONDAY 2 JUNE	TUESDAY 3 JUNE	WEDNESDAY 4 JUNE	THURSDAY 5 JUNE	FRIDAY 6 JUNE
Oven Baked Pork and Beef Sausages with Onion Gravy (1, 14)	BBQ Chicken with Rice	Roast Turkey with Stuffing and Gravy (1)	Very Mild Beef Chilli with Rice and Nachos	Breaded Fish (1, 4)
Oven Baked Vegetarian Sausage with Onion Gravy (1) VEGAN	Chickpea Korma with Rice (1) VEGAN	Red Leicester and Roast Vegetable Tart (1, 7, 9)	Vegetable Lasagne (1, 7, 9, 11)	Quorn Dippers in a Wrap (1, 8) VEGAN
	Mac n' Cheese (1, 9, 11)		Arrabiata Pasta Twirls (1)	
Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
Mashed Potatoes, Garden Peas and Salad Bar	Fresh Broccoli and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans	Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
Apple and Berry Crumble with Custard (1, 7, 9)	Vanilla Shortbread (1)	Peach and Pear Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Orange Oaty Cookie (1)

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



3 CHOICE MENU (1)

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MONDAY 9 JUNE	TUESDAY 10 JUNE	WEDNESDAY 11 JUNE	THURSDAY 12 JUNE	FRIDAY 13 JUNE
Beef Bolognaise Pasta Bake and Garlic Bread (1, 8, 9)	'Katsu' Chicken Nuggets (Sauce on the side) (1, 8, 10)	Slow Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	Chinese Style Chicken with Rice (1, 8)	Fishfingers with Rice (1, 4)
Sweet and Sour with Stir Fried Vegetables with Rice Noodles (8) VEGAN	Katsu' Quorn Dippers (Sauce on the side) (1, 8) VEGAN	Topped Baked Sweet Potato with Ratatouille VEGAN	Butternut and Bean Bake with New Potatoes VEGAN	Homemade BBQ Carrot and Chickpea Burger (1,13) VEGAN
	Salmon and Pea Linguine (1, 4, 9)		Mac n' Cheese (1, 9, 11)	
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	Savoury Rice with Garden Peas and Salad Bar	Roast Potatoes, Roast Carrots and Cabbage	Broccoli and Salad Bar	Chips, Baked Beans and Salad Bar
Mixed Fruit Crunchy Crumble with Custard (1, 9)	Mixed Berry Cheesecake (1, 8, 9)	Iced Lemon Drizzle Cake with Custard (1, 7)	Tutti Frutti Thursday	Marble Cookie (1)

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

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MONDAY 16 JUNE	TUESDAY 17 JUNE	WEDNESDAY 18 JUNE	THURSDAY 19 JUNE	FRIDAY 20 JUNE
Fajita Chicken with Wraps (1, 11)	Homemade BBQ Chicken Pizza (1, 8, 9)	Roast Gammon and Pineapple with Gravy	 <p>Mercury Meteor Meatballs in Tomato Sauce served with Penne Pasta (1) Venus Vegetable and Bean Chilli with Rice Earthly Broccoli Trees and Corn Moons Jupiter Jacket Potato with Baked Beans, Cheese or Tuna Saturn Salad Bar and Fresh Bread Uranus Iced Lollies</p>	Breaded Fish (1, 4)
Chickpea and Vegetable Tagine VEGAN	Cheese and Tomato Pizza Wrap (1, 9)	Cherry Tomato and Roast Beetroot Tartlet (1) VEGAN		Cheese and Onion Turnover (1, 9)
Roasted Spring Vegetable Pasta Bows (1)		Tomato and Basil Pasta (1)		Sweet Red Pepper Pasta (1)
	Jacket Potato with Topping of the Day			
Savoury Rice, Sweetcorn and Salad Bar	Herbie Potatoes, Baked Beans and Salad Bar	Roast Potatoes, Roasted Vegetables, and Green Beans		Chips, Garden Peas and Salad Bar
Raisin Flapjack (1)	Tutti Frutti Tuesday	Banana Cake and Custard (1, 7, 9)	Chocolate Brownie (1, 7)	

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

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MONDAY 23 JUNE	TUESDAY 24 JUNE	WEDNESDAY 25 JUNE	THURSDAY 26 JUNE	FRIDAY 27 JUNE
Oven Baked Pork and Beef Sausages with Gravy (1, 14)	Beef Lasagne With Garlic Bread (1, 7, 8, 9, 11)	Roast Turkey with Stuffing and Gravy (1)	Sticky Sweet Chicken with Rice	Fishfingers (1, 4)
Baked Halloumi and Vegetables in a Pitta Bread (1, 9)	Chickpea and Mixed Bean with Savoury Rice VEGAN	Roasted Tomato, Carrot and Lentil Loaf VEGAN	Sweet Potato and Leek Crumble (1) VEGAN	Mixed Vegetable Quiche (1, 7, 9)
Roasted Vegetable Twirls (1, 9)		Mac 'n' Cheese (1, 9, 11)		Tomato Sauce served with Pasta Bows (1)
	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
Potato Wedges, Sweetcorn, and Salad Bar	Fresh Broccoli And Salad Bar	Roast Potatoes, Carrots, and Green Beans	Garden Peas and Salad Bar	Chips, Baked Beans and Salad Bar
Lemon Shortbread With Fruit Wedges (1)	Chocolate Sponge and Chocolate Sauce (1, 7, 9)	Mixed Berry and Apple Crumble with Custard (1, 9)	Tutti Frutti Thursday	Oaty Cherry Cookie (1, 14)

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

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN
2 CRUSTACEANS

3 MOLLUSCS
4 FISH

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WE ONLY USE



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

3 CHOICE MENU (1)

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

MONDAY 30 JUNE	TUESDAY 1 JULY	WEDNESDAY 2 JULY	THURSDAY 3 JULY	FRIDAY 4 JULY
Mild Chicken Rogan Josh with Rice (1)	Homemade Sausage Roll with Potato Wedges (1, 14)	Slow Roast Beef and Yorkshire Pudding with Gravy (1, 7, 9)	Tomato and Chicken Pasta Bake (1, 9)	Breaded Fish (1, 4)
Ratatouille Wrap with Rice (1) VEGAN	Veggie Quorn Nuggets with Potato Wedges (1) VEGAN	Summer Vegetable Puff Pastry Parcel (1) VEGAN	Homemade Margarita Pizza with Cubed Potatoes (1, 8, 9)	Sweet Stir-Fried Vegetables with Stir Fried Rice (8, 14) VEGAN
Mac n' Cheese (1, 9, 11)		Mediterranean Pasta (1)		Chunky Tomato Pasta (1)
	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
Sweetcorn and Salad Bar	Baked Beans and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans	Fresh Broccoli and Salad Bar	Chips, Garden Peas and Salad Bar
Kentish Apple Sponge Cake (1, 7)	Berry Mousse with Biscuit Crumb (1, 9)	Toffee Sponge and Custard (1, 7, 9, 14)	Tutti Frutti Thursday	Orange Drizzle Cupcakes (1, 7)

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

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FRESH UK BEEF



FRESH UK PORK



FREERANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

3 CHOICE MENU (1)

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MONDAY 7 JULY	TUESDAY 8 JULY	WEDNESDAY 9 JULY	THURSDAY 10 JULY	FRIDAY 11 JULY	
Chicken Pie with New Potatoes (1)	Beef Spaghetti Bolognese and Herby Bread (1, 8)	Gammon and Pineapple with Gravy	<p>WIMBLEDON DAY</p> 	Fishfingers (1, 4)	
Homemade Spring Roll with Savoury Rice (1, 8) VEGAN	Courgette Bake VEGAN	Cheddar and Red Onion Quiche (1, 7, 9)		Chickpea and Carrot Burger in a Bun (1, 13) VEGAN	
Tomato Sauce served with Pasta Bows (1)		Salmon and Pea Linguine (1, 4, 9)		Roasted Vegetable Pasta (1)	
	Jacket Potato with Topping of the Day			Hot Dog with Mini Potato Puffs (1, 13, 14) Vegetable Hot Dog with Mini Potato Puffs (1, 13) VEGAN	
Sweetcorn and Salad Bar	Fresh Broccoli and Salad Bar	Roast Potatoes, Cabbage and Glazed Carrots		Jacket Potato with Topping of the Day Baked Beans and Salad Bar	Chips, Garden Peas and Salad Bar
Pear and Apple Crumble and Custard (1, 9)	Tutti Frutti Tuesday	Marble Cake and Custard (1, 7, 9)		Wonky Strawberry Mousse (9)	Iced Carrot Cupcakes (1, 7, 9)

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

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MONDAY 14 JULY	TUESDAY 15 JULY	WEDNESDAY 16 JULY	THURSDAY 17 JULY	FRIDAY 18 JULY
Beef Burger in a Bun with Ketchup on the Side (1, 8, 13)	Chicken Noodles with Prawn Crackers (1, 2, 7, 8)	Roast Turkey with Stuffing and Gravy (1)	Beef Burrito with Cheese and Rice (1, 9)	Breaded Fish (1, 4)
Pesto Roast Vegetables in a Half Pitta Bread (1) VEGAN	Sweet Potato and Chickpea Korma with Rice and Papadums (1) VEGAN	Cauliflower and Broccoli Stuffed Yorkshire Pudding (1, 7, 9, 11)	Courgette Stuffed with Mediterranean Vegetables and Rice VEGAN	Homemade Vegetable Pasty (1) VEGAN
	Mac n' Cheese (1, 9, 11)		Fresh Pesto and Pea Pasta Bows (1)	
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 'Build a Burger Salad Bar'	Broccoli and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans	Sweetcorn and Salad Bar	Chips, Garden Peas and Salad Bar
Wonky Berry Flapjack (1)	Wonky Berry Eton Mess (7, 9)	Wonky Berry Sponge and Custard (1, 7, 9)	Very Berry Fruity Thursday	Wonky Strawberry Jelly with Shortbread (1)

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

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FRESHUKBEEF



FRESHUKPORK



FREERANGEEGGS



LOCALFRUIT&VEG



WHOLEMEALPASTA

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MONDAY 21 JULY	TUESDAY 22 JULY	WEDNESDAY 23 JULY	THURSDAY 24 JULY	FRIDAY 25 JULY
Chicken Nuggets (1, 10)	Oven Baked Pork and Beef Sausages with Onion Gravy (1, 14)	Beef Bolognaise Pasta Bake and Garlic Bread (1, 8, 9)	<p>Have a lovely summer holiday and see you again soon!</p>	
Quorn Dippers (1)	Vegetable Hot Dog in a Roll (1, 13)	Sweet and Sour with Stir Fried Vegetables and Rice (8)		
	Mixed Pepper Penne Pasta (1)			
Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day		
Chips, Baked Beans Salad Bar	Cubed, Garden Peas and Salad Bar	Sweetcorn and Salad Bar		
Chocolate Sponge and Chocolate Sauce (1, 7, 9)	Tutti Frutti Tuesday	Chef's Delights		

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

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