

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



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

MONDAY 31 AUGUST

TUESDAY 1 SEPTEMBER

WEDNESDAY 2 SEPTEMBER

THURSDAY 3 SEPTEMBER

FRIDAY 4 SEPTEMBER



BANK HOLIDAY

INSET DAY

Oven Baked Sausages
with Gravy
(1, 8)

Oven Baked Vegetarian
Sausage with Gravy
(1)

Mediterranean Mixed
Vegetable Pasta
(1)



Mashed Potatoes, Fresh
Carrots and Green Beans

Peach and Apple Crumble
with Custard
(1, 7, 9)

Herby Bread
(1, 8)

Spaghetti Beef Bolognese
(1)

Vegetable Biryani



Filled Baked Jacket Potato
Please see our blackboard for
choice of toppings

Fresh Broccoli
and Sweetcorn

TUTTI FRUTTI THURSDAY

Garlic Bread
(1, 8)

100% Cod Fish Fingers
(1, 4)

Cheese and Tomato
Baked Pitta
(1, 9)

Salmon Fishcake
with Pesto Pasta
(1, 4, 7)



Chips, Baked Beans
and Fruity Slaw
(9)

Lemon Drizzle Cake
(1, 7)

Poppy Seed Bread
(1, 8)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • FRUITY YOGHURT • JELLY

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



FRESH MEAT



FREE RANGE EGGS



MSC FISH



ORGANIC MILK



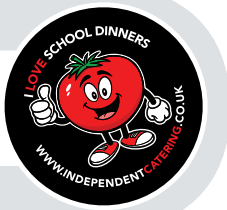
LOCAL FRUIT & VEG



WHOLEMEAL PASTA

INDEPENDENTCATERING.CO.UK

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MONDAY 7 SEPTEMBER

Mexican Style
Chicken Tortilla Bake
(1, 10)

Spanish Style Frittata
(7, 9)

Macaroni Cheese
(1, 9, 11)



Potato Wedges, Fresh Broccoli
and Sweetcorn

Chocolate and Orange
Mousse Cake
(1, 7, 8, 9)

Caramelised Red Onion Bread
(1, 8)

TUESDAY 8 SEPTEMBER

BBQ Beef Pizza
(1, 8, 9, 14)

Mozzarella Cheese
and Tomato Pizza
(1, 8, 9)



Filled Baked Jacket Potato
Please see our blackboard for
choice of toppings

Diced Herby Potatoes, Fresh
Carrots and BBQ Beans

Jam and Coconut Sponge
with Custard
(1, 7, 9)

Garlic Dough Balls
(1, 8)

WEDNESDAY 9 SEPTEMBER

Roast Herby Chicken

Mixed Vegetable Whirl
(1)

Roasted Pepper Pasta
(1)



Roast Potatoes, Mashed Swede
and Green Beans

Peach Strudel with Custard
(1, 9)

Plaited Bread
(1, 8)

THURSDAY 10 SEPTEMBER

Mild Beef Curry with
Rice and Poppodum

Sweet and Spicy
Vegetable Noodles
(1, 7, 8, 14)



Filled Baked Jacket Potato
Please see our blackboard for
choice of toppings

Fresh Onion Bhaji
and Garden Peas

100% Fruit Yummy Ice Lolly

Naan Bread
(1, 8)

FRIDAY 11 SEPTEMBER

Hot Dog in a Roll
(1, 8)

Vegetarian Hot Dog in a Roll
(1, 14)

Vegetable Bolognese Pasta
(1)



Chips, Baked Beans and
Caramelised Onions

Swirly Cookies
(1)

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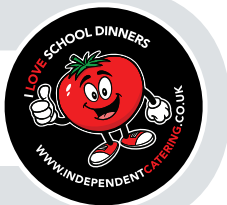
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MONDAY 14 SEPTEMBER



Beef Bolognese Pasta Bake
(1, 9, 10)



Vegetable Cottage Pie
(10)



Filled Baked Jacket Potato
Please see our blackboard for
choice of toppings



Fresh Broccoli
and Cauliflower



Banoffee Mousse
(1, 9)



Herby Bread
(1, 8)

TUESDAY 15 SEPTEMBER

Chicken in a Fajita Sauce with a
Crushed Nacho Topping
(10, 11)

Sweet Potato and
Coconut Dansak Curry

Mac n' Cheese
(1, 9, 11)



Rice, Fresh Carrots
and Green Beans

Cherry Sponge
and Custard
(1, 7, 9)

Baked Tortillas
(1, 8)

WEDNESDAY 16 SEPTEMBER

Roast Beef with
Yorkshire Pudding
(1, 7, 9)

Leek and Cheese Tart
(1, 7, 9)



Filled Baked Jacket Potato
Please see our blackboard for
choice of toppings

Roast Potatoes,
Roasted Butternut Squash
and Garden Peas

Chocolate Sponge
with Chocolate Sauce
(1, 7, 9)

Black Olive Bread
(1, 8)

THURSDAY 17 SEPTEMBER

Pork Meatballs in a
Herby Tomato Sauce
(10)

Vegetable Tacos

Mediterranean Vegetable Pasta
(1)



Potato Wedges, Fresh Broccoli
and Sweetcorn

100% Fruit Yummy Ice Lolly

Sage and Apple Bread
(1, 8)

FRIDAY 18 SEPTEMBER

Breaded Coated Fish
(4)

Mixed Bean and Rice Burrito
(1)



Filled Baked Jacket Potato
Please see our blackboard for
choice of toppings

Chips, Baked Beans
and Mushy Peas

Lemon Shortbread
with Fruit Wedges
(1)

Sundried Tomato Bread
(1, 8)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • FRUITY YOGHURT • JELLY

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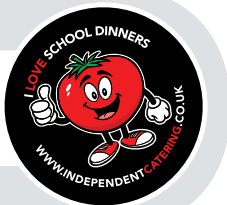
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MONDAY 21 SEPTEMBER

TUESDAY 22 SEPTEMBER

WEDNESDAY 23 SEPTEMBER

THURSDAY 24 SEPTEMBER

FRIDAY 25 SEPTEMBER



Mild Chilli Beef with Nachos
(10)

Chicken Lasagne
(1, 9, 10)

Roast Gammon
with Pineapple

Sticky BBQ Chicken
(14)

Breaded Coated Fish
(1, 4)



Chickpea and
Sweet Potato Samosa
(1)

Cheese and Onion Pasty
with Diced Potatoes
(1, 9)

Moroccan Chickpea
and Squash Stew
(10)

Tagine of Beans and
Mixed Vegetables
(10)

Falafel Kebab with a
Sweet Chilli Sauce



Mac n' Bacon Bake
(1, 9, 11)



Roasted Vegetable Pasta
(1)



Arrabiata Pasta
(1)



Filled Baked Jacket Potato
Please see our blackboard for
choice of toppings



Filled Baked Jacket Potato
Please see our blackboard for
choice of toppings



Savoury Rice, Roasted
Mediterranean Vegetables
and Garden Peas

Fresh Broccoli
and Sweetcorn

Roast Potatoes, Fresh Cabbage
and Carrots

Potato Wedges, Fruit Slaw (7)
and Green Beans

Chips, Baked Beans
and Green Salad



Peach and Apple Crumble
with Custard
(1, 7, 9)

100% Fruit Yummy Ice Lolly

Banana Loaf with
Chocolate Sauce
(1, 7, 9)

Ginger Sponge
with Custard
(1, 7, 9)

Blueberry Muffin
(1, 7)



Farmhouse Loaf
(1, 8)

Garlic Bread
(1, 8)

Apple Bread
(1, 8)

Black Olive Bread
(1, 8)

Plaited Bread
(1, 8)

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FRESH MEAT



FREE RANGE EGGS



MSC FISH



ORGANIC MILK



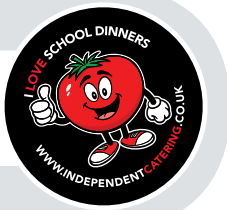
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MONDAY 28 SEPTEMBER



Minced Beef Enchilladas
with Diced Herby Potatoes
(1, 9)



Vegetable Cottage Pie



Filled Baked Jacket Potato
Please see our blackboard for
choice of toppings



Fresh Carrots
and Garden Peas



Strawberry Cupcake
(1, 7)



Poppy Seed Bread
(1, 8)

TUESDAY 29 SEPTEMBER

Chicken Spring Rolls
with Rice and a Prawn Cracker
(1, 2, 8)

Spinach and
Mushroom Lasagne
(1, 9, 10)

3 Cheese Pasta
(1, 9, 11)



Stir Fry Vegetables
and Sweetcorn

100% Fruit Yummy Ice Lolly

Sundried Tomato Bread
(1, 8)

WEDNESDAY 30 SEPTEMBER

Roast Pork
with Apple Sauce

Mixed Vegetable Tart
(1, 7, 9)



Filled Baked Jacket Potato
Please see our blackboard for
choice of toppings

Roast Potatoes, Fresh Broccoli
and Mashed Swede

Apple and Berry Cake
with Custard
(1, 7, 9)

Herby Bread
(1, 8)

THURSDAY 1 OCTOBER SMILE AND BE KIND DAY



Beaming Beef Burger in a
Beautiful Bun (1, 10, 11, 14)

It's Neat and it's got no
Meat so try our Amazing
Veggie Burger (1, 8)

Cheery Chunky Tomato Pasta (1)
Smiley Sides - Wonderful Wedges,
Don't Worry - BBQ Beans Happy

Feel Good Frozen Yogurt (9)

Keep Calm Be Kind
and Eat Fruit Wedges

FRIDAY 2 OCTOBER

Breaded Coated Fish
(4)

Cheese and Onion Pasty
(1, 9)



Filled Baked Jacket Potato
Please see our blackboard for
choice of toppings

Chips, Baked Beans
and Mushy Peas

Fruity Granola Bar
(1, 14)

Green Olive Bread
(1, 8)

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FRESH MEAT



FREE RANGE EGGS



MSC FISH



ORGANIC MILK



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

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MONDAY 5 OCTOBER

Cheesy Chicken Taco's
(9, 10)

Mixed Bean Quesadilla
(1)

Macaroni Cheese
(1, 9, 11)



Diced Herby Potatoes,
Fresh Broccoli and Sweetcorn

Fruit Mousse Pot
(9)

Beetroot Bread
(1, 8)

TUESDAY 6 OCTOBER

Pork Sausage,
Mashed Potato and Gravy
(1, 8)

Vegetable Spring Roll
with Noodles
(1, 7, 8)



Filled Baked Jacket Potato
Please see our blackboard for
choice of toppings

Fresh Cauliflower
and Garden Peas

100% Fruit Yummy Ice Lolly

Cheese and Onion Bread
(1, 8, 9)

WEDNESDAY 7 OCTOBER

Roast Herby Chicken

Potato and Leek Pie
(1, 9)

Mixed Pepper Pasta
(1)



Roast Potatoes,
Roasted Butternut Squash
and Green Beans

Raspberry Ripple Cake
with Custard
(1, 7, 9)

Green Olive Bread
(1, 8)

THURSDAY 8 OCTOBER

Shepherds Pie
(10)

Cheese and Tomato Pizza
(1, 8, 9)



Filled Baked Jacket Potato
Please see our blackboard for
choice of toppings

Fresh Broccoli
and Coleslaw

Lemon Shortbread Finger
with Fruit Wedges
(1)

Garlic Bread
(1, 8)

FRIDAY 9 OCTOBER

Crunchy Chicken Goujons
(1, 7)

Mixed Vegetable Pattie

Salmon and Chive Pasta
(1, 4, 9)



Chips, Baked Beans and
Tomato and Coriander Salsa

Chocolate Cornflake Krispies
(9)

Pesto Bread
(1, 8)

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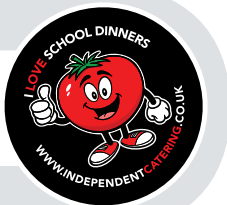
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MONDAY 12 OCTOBER



Chinese Style Chicken
with Rice and Prawn Cracker
(1, 2, 8)



Mixed Vegetable Moussaka
(1, 9, 10)



Cheesy Pasta Bake
(1, 9)



Stir Fry Vegetables
and Garden Peas



Marble Cake
with Custard
(1, 7, 9)



Red Onion Bread
(1, 8)

TUESDAY 13 OCTOBER

Pork Sausage Pinwheel
(1, 8)

Cheese and Onion Pinwheel
(1, 8, 9)



Filled Baked Jacket Potato
Please see our blackboard for
choice of toppings

Potato Wedges, Fresh Broccoli
and Baked Beans

Apricot Cup Cake
(1, 7, 9)

Sage and Apple Bread
(1, 8)

WEDNESDAY 14 OCTOBER

Roast Turkey

Vegetable Casserole
with Dumplings
(1)

Mediterranean Mixed
Vegetable Pasta
(1)



Roast Potatoes, Fresh Carrots
and Green Beans

Mandarin Sponge
with Custard
(1, 7, 9)

Herby Bread
(1, 8)

THURSDAY 15 OCTOBER

Spaghetti Beef Bolognese
(1)

Vegetable Biryani



Filled Baked Jacket Potato
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choice of toppings

Fresh Broccoli
and Sweetcorn

100% Fruit Yummy Ice Lolly

Garlic Bread
(1, 8)

FRIDAY 16 OCTOBER

100% Cod Fish Fingers
(1, 4)

Cheese and Tomato
Baked Pitta
(1, 9)

Salmon Fishcake
with Pesto Pasta
(1, 4, 7)



Chips, Mushy Peas
and Fruity Slaw
(9)

Lemon Drizzle Cake
(1, 7)

Poppy Seed Bread
(1, 8)

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