






* AMENDED MENU - TUESDAY 13th JULY HAS CHANGED *

INDEPENDENT CATERING EDUCATER LIMITED

Made in our 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 12 JULY	TUESDAY 20 JULY	WEDNESDAY 14 JULY	THURSDAY 15 JULY PIZZA THURSDAY	FRIDAY 16 JULY
<p>M Spaghetti Bolognaise and Garlic Bread (1, 8)</p> <p>V Spicy Black Bean Tacos with Rice</p> <p>P  Chunky Tomato Pasta (1)</p> <p>J Filled Baked Jacket Potato Please see our blackboard for choice of toppings</p> <p>S Fresh Broccoli and Sweetcorn</p> <p>D Apricot Cupcake (1, 7, 14)</p>	<p>M Homemade Sausage Roll (1, 8)</p> <p>V Cheese and Onion Whirl (1, 9)</p> <p>J  Filled Baked Jacket Potato Please see our blackboard for choice of toppings</p> <p>S Herby New Potatoes, Fruity Slaw and Green Beans</p> <p>D 100% Fruity Ice Lolly</p>	<p>M Roast Chicken</p> <p>V Butternut Squash and Carrot Rosti</p> <p>J  Filled Baked Jacket Potato Please see our blackboard for choice of toppings</p> <p>S Roast Potatoes, Fresh Carrots and Green Beans</p> <p>D Apple Sponge with Custard (1, 7, 8, 9)</p>	<p>M Meat Feast (1, 8, 9)</p> <p>V Cheese and Tomato (1, 7, 8, 9)</p> <p>J  Roasted Pepper Pasta (1)</p> <p>S Cubed Potatoes, Chefs Salad and Baked Beans</p> <p>D Chocolate Brownie Cookie with Fruit Wedges (1, 7)</p>	<p>M 100% Cod Fishfingers (1, 4)</p> <p>V Quorn Dippers with a BBQ Sauce (1, 7, 9, 14)</p> <p>J  Filled Baked Jacket Potato Please see our blackboard for choice of toppings</p> <p>S Chips, Baked Beans and Fruity Slaw (Spaghetti Hoops)</p> <p>D Tutti Fruitti Friday</p>

AVAILABLE DAILY - HOMEMADE FLAVOURED BREADS • FRUITY YOGHURT • CHEESE AND BISCUITS

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, SWEET 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





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MONDAY 19 JULY



Mild Chili, Beef with Rice and Nachos



Mixed Vegetable Mousakka (1, 9, 11)



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



Fresh Carrots and Garden Peas



Banana Loaf with Custard (1, 7, 8, 9)

TUESDAY 20 JULY



SEE POSTER FOR DETAILS

WEDNESDAY 21 JULY

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

Mixed Bean and Vegetable Tagine



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

Roast Potatoes, Fresh Broccoli and Cauliflower

Marble Sponge with Custard (1, 7, 8, 9)

THURSDAY 22 JULY

Sticky BBQ Chicken (14)

Spinach, Sweet Potato and Lentil Curry

Macaroin Cheese (1, 9, 11)



Savoury Rice, Roasted Mediterranean Vegetables and Sweetcorn

Raspberry Mousse with Fruit Wedges (9)

FRIDAY 23 JULY

Gluten Free Breaded Fish (4)

Chickpea and Coriander Burger



Filled Baked Jacket Potato
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Chips, Baked Beans and Mushy Peas

Chef's Surprise

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