INDEPENDENTCATERING | EDUCATERLIMITED

WEEK 1

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

MENU

	MONDAY 1 SEPTEMBER	TUESDAY 2 SEPTEMBER	WEDNESDAY 3 SEPTEMBER	THURSDAY 4 SEPTEMBER	FRIDAY 5 SEPTEMBER
M MAIN	Oven Baked Pork and Beef Sausages with Onion Gravy (1, 14)	Mild Chicken Rogan Curry with Rice (1)	Roast Gammon and Pineapple with Gravy	Fajita Chicken with Wraps and Rice (1, 11)	Breaded Fish (1, 4)
V VEGGIE	Oven Baked Vegetarian Crumble 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)	Homemade BBQ Carrot and Chickpea Burger (1, 13) VEGAN
P PASTA	Chunky Tomato Pasta (1)	Mac n' Cheese (1, 9, 11)	Mixed Pepper Pasta (1)	Fresh Pesto Pasta (1)	Arrabiata Pasta Twirls (1)
J POTATO	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
S SIDES	Mashed Potatoes, Garden Peas and Salad Bar	Carrots and Salad Bar	Roast Potatoes, Roasted Vegetables and Green Beans	Fresh Broccoli, Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
D DESSERT	Apple and Berry Crumble with Custard (1, 9)	Vanilla Shortbread (1)	Peach and Pear Sponge with Custard (1, 7, 9)	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

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

FRESHUKBEEF FRESHUKPORK FREERANGEEGGS LOCALFRUIT&VEG WHOLEMEALPASTA

4 CHOICE MENU St Mathews

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WEEK 2

MENU

	MONDAY 8 SEPTEMBER	TUESDAY 9 SEPTEMBER	WEDNESDAY 10 SEPTEMBER	THURSDAY 11 SEPTEMBER	FRIDAY 12 SEPTEMBER
M MAIN	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 (8)	Fishfingers (1, 4)
V VEGGIE	Butternut and Bean Bake with New Potatoes VEGAN	Katsu Quorn Dippers (Sauce on the side) (1, 8) VEGAN	Roasted Vegetable Puff Pastry Parcel (1) VEGAN	Sweet and Sour Stir Fried Vegetables and Rice (8) VEGAN	Cheese and Onion Turnover (1, 9)
P PASTA	Mixed Vegetable Ragu Twirls (1)	Salmon and Pea Linguine (1, 4, 9)	Tomato and Basil Pasta (1)	Mac n' Cheese (1, 9, 11)	Mixed Vegetable Ragu Twirls (1)
J POTATO	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
S SIDES	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
D DESSERT	Berry Flapjack (1)	Chocolate Brownie (1, 7)	Mixed Berry Sponge and Custard (1, 7, 9)	Tutti Frutti Thursday	Wonky Strawberry Jelly with Shortbread (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

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WEEK 3

	MONDAY 15 SEPTEMBER	TUESDAY 16 SEPTEMBER	WEDNESDAY 17 SEPTEMBER	THURSDAY 18 SEPTEMBER	FRIDAY 19 SEPTEMBER
M MAIN	Homemade Sausage Rolls (1, 14)	Very Mild Beef Chilli with Rice and Nachos	Roast Turkey with Stuffing and Gravy (1)	BBQ Chicken Pizza (1, 9)	Fishfingers (1, 4)
V VEGGIE	Pesto Baked Halloumi and Roasted Vegetables with Pitta Bread (1, 9)	Sweet Potato and Leek Crumble (1) VEGAN	Roasted Tomato, Carrot and Lentil Loaf VEGAN	Cheese and Tomato Pizza Wrap (1, 9)	Quorn Dippers in a Wrap (1, 8) VEGAN
P PASTA	Roasted Spring Vegetable Pasta Bows (1)	Mac n' Cheese (1, 9, 11)	Mixed Pepper Pasta (1)	Mixed Vegetable Ragu Twirls (1)	Tomato Sauce served with Pasta Bows (1)
J POTATO	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
S SIDES	Potato Wedges, Sweetcorn and Salad Bar	Garden Peas and Salad Bar	Roast Potatoes, Carrots, and Green Beans	Baked Beans, Diced Potatoes and Salad Bar	Chips, Baked Beans and Salad Bar
D DESSERT	Apricot and Apple Crumble with Custard (1, 9)	Toffee Sponge and Custard (1, 7, 9, 14)	Iced Carrot Cupcakes (1, 7, 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	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

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WEEK 4

MENU

	MONDAY 22 SEPTEMBER	TUESDAY 23 SEPTEMBER	WEDNESDAY 24 SEPTEMBER	THURSDAY 25 SEPTEMBER	FRIDAY 26 SEPTEMBER
M MAIN	Oven Baked Pork and Beef Sausages with Onion Gravy (1, 14)	Mild Chicken Rogan Curry with Rice (1)	Roast Gammon and Pineapple with Gravy	**SEE MENU BOARD FOR DETAILS**	Breaded Fish (1, 4)
V VEGGIE	Oven Baked Vegetarian Crumble with Onion Gravy (1) **VEGAN**	Chickpea Korma with Rice (1) **VEGAN**	Red Leicester and Roast Vegetable Tart (1, 7, 9)		Homemade BBQ Carrot and Chickpea Burger (1, 13) **VEGAN**
P PASTA	Chunky Tomato Pasta (1)	Mac n' Cheese (1, 9, 11)	Mixed Pepper Pasta (1)		Arrabiata Pasta Twirls (1)
J POTATO	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
S SIDES	Mashed Potatoes, Garden Peas and Salad Bar	Carrots and Salad Bar	Roast Potatoes, Roasted Vegetables and Green Beans		Chips, Baked Beans and Salad Bar
D DESSERT	Apple and Berry Crumble with Custard (1, 9)	Vanilla Shortbread (1)	Peach and Pear Sponge with Custard (1, 7, 9)		Orange Drizzle Cupcakes (1, 7)

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
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WEEK 5

MENU

	MONDAY 29 SEPTEMBER	TUESDAY 30 SEPTEMBER	WEDNESDAY 1 OCTOBER	THURSDAY 2 OCTOBER	FRIDAY 3 OCTOBER
M MAIN	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)	Spider-Man Meat Feast Pizza (1,7,8,9) with Curly Fries	Fishfingers (1, 4)
V VEGGIE	Butternut and Bean Bake with New Potatoes **VEGAN**	Katsu Quorn Dippers (Sauce on the side) (1, 8) **VEGAN**	Roasted Vegetable Puff Pastry Parcel (1) **VEGAN**		Cheese and Onion Turnover (1, 9)
P PASTA	Mixed Vegetable Ragu Twirls (1)	Salmon and Pea Linguine (1, 4, 9)	Tomato and Basil Pasta (1)		Mixed Vegetable Ragu Twirls (1)
J POTATO	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Captain America's Shield of Margherita Pizza (1,7,8,9) with Curly Fries, Peas and Sweetcorn	Jacket Potato with Topping of the Day
S SIDES	Sweetcorn and Salad Bar	Savoury Rice with Garden Peas and Salad Bar	Roast Potatoes, Roast Carrots and Cabbage	Hawkeye's Pasta Bows with Basil Tomato Sauce	Chips, Baked Beans and Salad Bar
D DESSERT	Berry Flapjack (1)	Chocolate Brownie (1, 7)	Mixed Berry Sponge and Custard (1, 7, 9)	Wolverine's Jacket Potato with Topping of the Day Iceman's Ice Lollies	Wonky Strawberry Jelly with Shortbread (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
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WEEK 6

MENU

	MONDAY 6 OCTOBER	TUESDAY 7 OCTOBER	WEDNESDAY 6 OCTOBER	THURSDAY 9 OCTOBER	FRIDAY 10 OCTOBER
M MAIN	Homemade Sausage Rolls (1, 14)	Very Mild Beef Chilli with Rice and Nachos	Roast Turkey with Stuffing and Gravy (1)	BBQ Chicken Pizza (1, 9)	Fishfingers (1, 4)
V VEGGIE	Pesto Baked Halloumi and Roasted Vegetables with Pitta Bread (1, 9)	Sweet Potato and Leek Crumble (1) VEGAN	Roasted Tomato, Carrot and Lentil Loaf VEGAN	Cheese and Tomato Pizza Wrap (1, 9)	Quorn Dippers in a Wrap (1, 8) VEGAN
P PASTA	Roasted Spring Vegetable Pasta Bows (1)	Mac n' Cheese (1, 9, 11)	Mixed Pepper Pasta (1)	Mixed Vegetable Ragu Twirls (1)	Tomato Sauce served with Pasta Bows (1)
J POTATO	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
S SIDES	Potato Wedges, Sweetcorn and Salad Bar	Garden Peas and Salad Bar	Roast Potatoes, Carrots and Green Beans	Baked Beans, Diced Potatoes and Salad Bar	Chips, Baked Beans and Salad Bar
D DESSERT	Apricot and Apple Crumble with Custard (1, 9)	Toffee Sponge and Custard (1, 7, 9, 14)	Iced Carrot Cupcakes (1, 7, 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

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WEEK 7

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	MONDAY 13 OCTOBER	TUESDAY 14 OCTOBER	WEDNESDAY 15 OCTOBER	THURSDAY 16 OCTOBER	FRIDAY 17 OCTOBER
M MAIN	Oven Baked Pork and Beef Sausages with Onion Gravy (1, 14)		Roast Gammon and Pineapple with Gravy (1, 11)	Fajita Chicken with Wraps and Rice (1, 11)	Breaded Fish (1, 4)
V VEGGIE	Oven Baked Vegetarian Crumble with Onion Gravy (1) VEGAN		Red Leicester and Roast Vegetable Tart (1, 7, 9)	Vegetable Lasagne (1, 7, 9, 11)	Homemade BBQ Carrot and Chickpea Burger (1, 13) VEGAN
P PASTA	Chunky Tomato Pasta (1)	**SEE MENU BOARD FOR DETAILS**	Mixed Pepper Pasta (1)	Fresh Pesto Pasta (1)	Arrabiata Pasta Twirls (1)
J POTATO	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
S SIDES	Mashed Potatoes, Garden Peas and Salad Bar		Roast Potatoes, Roasted Vegetables and Green Beans	Fresh Broccoli, Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
D DESSERT	Apple and Berry Crumble with Custard (1, 9)		Peach and Pear Sponge with Custard (1, 7, 9)	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

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN	3 MOLLUSCS	5 PEANUTS	7 EGGS	9 MILK	11 MUSTARD	13 SESAME
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