



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

MONDAY 1 JUNE	TUESDAY 2 JUNE	WEDNESDAY 3 JUNE	THURSDAY 4 JUNE	FRIDAY 5 JUNE
Mac n' Cheese & Garlic Bread (1,9,11) (May Contain 8)	Chicken Meatballs served in a Tomato Sauce (1) (May Contain 10)	Roast Turkey with Stuffing and Gravy (1)	Beef chilli & Nachos (May Contain 1,11)	Breaded Fish (1, 4)
Chickpea Korma with Rice and Naan Bread (1) (May Contain 11) VEGAN	Lentil Meatball in a Tomato Sauce (1,7)	Butternut Squash & Mixed Bean Turnover (1) VEGAN	Quorn Chilli & Nachos (8) (May Contain 1,11) VEGAN	Courgette & Sweetcorn Fritters, with a poached Egg (1, 7) Try our Ingredient of the month
Fresh Basil Pasta (1)	Vegetable Ragu Twirls (1)	Mixed Pepper Pasta (1)	Creamy Tomato Pasta (1,9)	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	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Green Beans Fresh Salad Bar	Jacket wedges Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage	Savoury Rice Broccoli & Salad Bar	Chips, Garden Peas and Salad Bar
Oaty Apple & berry Crumble with Custard (1, 9) (May Contain 7, 8)	Fresh Strawberry Jelly	Pineapple upside down Sponge and Custard (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Cherry Oaty cookie (1,14) (May contain 8)

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



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

MONDAY 8 JUNE	TUESDAY 9 JUNE	WEDNESDAY 10 JUNE	THURSDAY 11 JUNE	FRIDAY 12 JUNE
Mild Chicken Korma Curry with Rice and Naan Bread (1) (May Contain 11)	Cheese and Tomato Pizza (1, 8, 9) (May Contain 7)	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	BBQ Chicken Wrap (1,14)	Fishfingers (1, 4) or Salmon Fishcake (1, 4)
Halloumi, Sweet potato & pepper Quesadilla (1,9)	Quorn & Vegetable Noodles (1, 7, 8)	Roast Vegetable Quiche (1, 7, 9) (May Contain 8,10) Try our Ingredient of the month	Roast Vegetable & Bean Wrap (1) (May contain 10) VEGAN	Falafel Burger in a Bun (1) (May contain 13) VEGAN
Chunky Tomato Twirls (1)	Pesto Pasta (1)	Tomato and Basil Pasta (1)	Mac n' Cheese (1, 9, 11) (May Contain 8)	Mixed Vegetable Ragu Twirls (1)
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
Fresh Broccoli and Salad Bar	Fresh Carrots and Salad Bar	Roast Potatoes, Cabbage and Peas	Broccoli, Herby New Potatoes and Salad Bar	Chips, Peas, Baked Beans and Salad Bar
Iced Carrot Cake (1, 7, 9) (May Contain 8)	Shortbread served with Watermelon (8) (May Contain 8)	Chocolate Sponge and Chocolate Sauce (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Strawberry Cup Cake (1, 7) (May Contain 8)

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

5 PEANUTS
6 NUTS

7 EGGS
8 SOYBEANS

9 MILK
10 CELERY

11 MUSTARD
12 LUPIN

13 SESAME
14 SULPHUR DIOXIDE

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WE ONLY USE



FRESH BEEF



FRESH PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

St Matthews

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

MONDAY 15 JUNE	TUESDAY 16 JUNE	WEDNESDAY 17 JUNE	THURSDAY 18 JUNE	FRIDAY 19 JUNE
Open Beef Burrito (1,9) (May Contain 10,11)	Homemade Sausage Roll (1,14)	Roast Gammon and Pineapple with Gravy	 <p>Italian Meatballs with Spaghetti served with Focaccia (1, 8)</p> <p>3 Cheese Risotto (9)</p> <p>Pasta Arrabbiata (1)</p> <p>Pasta in a Tomato Sauce</p> <p>Jacket Potato with Choice of Toppings</p> <p>Italian Oven Roasted Vegetables</p> <p>Chocolate Torta Della Nonna (1, 7, 9)</p> <p>Chocolate Tart (May Contain 8)</p>	Breaded Fish (1, 4)
Mixed Bean Chilli Burrito (May Contain 1,10, 11) VEGAN	Vegetarian Sausage Roll (1) VEGAN	Cauliflower & Broccoli Cheese Yorkshire pudding (1,7,9,11) (May Contain 8)		Quorn Dippers (1,8) VEGAN
Mac n' Cheese (1, 9, 11) (May Contain 8)	Roasted Vegetable Pasta Bows (1) Try our Ingredient of the month	Mixed Pepper Pasta (1)		Roasted Courgette Ragu Twirls (1) Try our Ingredient of the month
Jacket Potato with Topping of the Day	Jacket Potato with Choice of Toppings	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
Grated Carrots and Salad Bar	Herby New Potatoes, Baked Beans and Salad Bar	Roast Potatoes, Fresh Carrots and Broccoli		Chips, Garden Peas and Salad Bar
Lemon Drizzle cake (1,7) (May Contain 8)	Peach Sponge & Custard (1,7,9) (May Contain 8)	Homemade Scone Fresh Cream & Strawberries (1,9) (May Contain 8)		Rice Krispie cake (1,9)

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

5 PEANUTS
6 NUTS

7 EGGS
8 SOYBEANS

9 MILK
10 CELERY

11 MUSTARD
12 LUPIN

13 SESAME
14 SULPHUR DIOXIDE

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

MONDAY 22 JUNE	TUESDAY 23 JUNE	WEDNESDAY 24 JUNE	THURSDAY 25 JUNE	FRIDAY 26 JUNE
Mac n' Cheese & Garlic Bread (1,9,11) (May Contain 8)	Chicken Meatballs served in a Tomato Sauce (1) (May Contain 10)	Roast Turkey with Stuffing and Gravy (1)	Beef chilli & Nachos (May Contain 1,11)	Breaded Fish (1, 4)
Chickpea Korma with Rice and Naan Bread (1) (May Contain 11) VEGAN	Lentil Meatball in a Tomato Sauce (1,7)	Butternut Squash & Mixed Bean Turnover (1) VEGAN	Quorn Chilli & Nachos (8) (May Contain 1,11) VEGAN	Courgette & Sweetcorn Fritters, with a poached Egg (1, 7) Try our Ingredient of the month
Fresh Basil Pasta (1)	Vegetable Ragu Twirls (1)	Mixed Pepper Pasta (1)	Creamy Tomato Pasta (1,9)	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	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Green Beans Fresh Salad Bar	Jacket wedges Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage	Savoury Rice Broccoli & Salad Bar	Chips, Garden Peas and Salad Bar
Oaty Apple & berry Crumble with Custard (1, 9) (May Contain 7, 8)	Fresh Strawberry Jelly	Pineapple upside down Sponge and Custard (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Cherry Oaty cookie (1,14) (May contain 8)

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

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WE ONLY USE



FRESH BEEF



FRESH PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

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WEEK

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

MONDAY 29 JUNE	TUESDAY 30 JUNE	WEDNESDAY 1 JULY	THURSDAY 2 JULY	FRIDAY 3 JULY
Mild Chicken Korma Curry with Rice and Naan Bread (1) (May Contain 11)	Cheese and Tomato Pizza (1, 8, 9) (May Contain 7)	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	BBQ Chicken Wrap (1,14)	Fishfingers (1, 4) or Salmon Fishcake (1, 4)
Halloumi, Sweet potato & pepper Quesadilla (1,9)	Quorn & Vegetable Noodles (1, 7, 8)	Roast Vegetable Quiche (1, 7, 9) (May Contain 8,10)	Roast Vegetable & Bean Wrap (1) (May contain 10) VEGAN	Falafel Burger in a Bun (1) (May contain 13) VEGAN
Chunky Tomato Twirls (1)	Pesto Pasta (1)	Tomato and Basil Pasta (1)	Mac n' Cheese (1, 9, 11) (May Contain 8)	Mixed Vegetable Ragu Twirls (1)
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
Fresh Broccoli and Salad Bar	Fresh Carrots and Salad Bar	Roast Potatoes, Cabbage and Peas	Broccoli, Herby New Potatoes and Salad Bar	Chips, Peas, Baked Beans and Salad Bar
Iced Carrot Cake (1, 7, 9) (May Contain 8)	Shortbread served with Watermelon (8) (May Contain 8)	Chocolate Sponge and Chocolate Sauce (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday Try our Ingredient of the month	Strawberry Cup Cake (1, 7) (May Contain 8)

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

ALLERGEN KEY

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MONDAY 6 JULY	TUESDAY 7 JULY	WEDNESDAY 8 JULY	THURSDAY 9 JULY	FRIDAY 10 JULY
Open Beef Burrito (1,9) (May Contain 10,11)	Homemade Sausage Roll (1,14)	Roast Gammon and Pineapple with Gravy	Beef Spaghetti Bolognaise and Garlic Bread (1, 8) (May Contain 10)	Breaded Fish (1, 4)
Mixed Bean Chilli Burrito (May Contain 1,10, 11) VEGAN	Vegetarian Sausage Roll (1) VEGAN	Cauliflower & Broccoli Cheese Yorkshire pudding (1,7,9,11) (May Contain 8)	Lentil and Bean Spaghetti Bolognaise and Garlic Bread (1) (May Contain 8) VEGAN	Quorn Dippers (1,8) VEGAN
Mac n' Cheese (1, 9, 11) (May Contain 8)	Roasted Vegetable Pasta Bows (1)	Mixed Pepper Pasta (1)	Fresh Pesto Pasta (1)	Roasted Courgette Ragu Twirls (1) Try our Ingredient of the month
Jacket Potato with Topping of the Day	Jacket Potato with Choice of Toppings	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Grated Carrots and Salad Bar	Herby New Potatoes, Baked Beans and Salad Bar	Roast Potatoes, Fresh Carrots and Broccoli	Broccoli, Herby New Potatoes and Salad Bar	Chips, Garden Peas and Salad Bar
Lemon Drizzle cake (1,7) (May Contain 8)	Peach Sponge & Custard (1,7,9) (May Contain 8)	Homemade Scone Fresh Cream & Strawberries (1,9) (May Contain 8)	Tutti Frutti Thursday Try our Ingredient of the month	Rice Krispie cake (1,9)

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

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN
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FRESH PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

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MONDAY 13 JULY	TUESDAY 14 JULY	WEDNESDAY 15 JULY	THURSDAY 16 JULY	FRIDAY 17 JULY
BBQ Chicken Wrap (1,14)	 <p>Bacon Mac n' Cheese (1, 9, 11) (May Contain 8)</p> <p>Roasted Red Peppers, stuffed with Broccoli and Maple Tabbouleh (Cous Cous) (1) VEGAN</p> <p>Fiddlehead Pasta (1) (Slight version of Pesto Pasta)</p> <p>Jacket Potato with Choice of Toppings</p> <p>Peas & Sweetcorn and Salad Bar</p> <p>Mixed Canadian Salad Canadian Blueberry Muffins (1, 7, 9) (May Contain 8)</p>	Roast Turkey with Stuffing and Gravy (1)	Beef chilli & Nachos (May Contain 1,11)	Breaded Fish (1, 4)
Roast Vegetable & Bean Wrap (1) (May contain 10) VEGAN		Butternut Squash & Mixed Bean Turnover (1) VEGAN	Quorn Chilli & Nachos (8) (May Contain 1,11) VEGAN	Courgette & Sweetcorn Fritters, with a poached Egg (1, 7)
Fresh Basil Pasta (1)		Mixed Pepper Pasta (1)	Creamy Tomato Pasta (1,9)	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	Jacket Potato with Topping of the Day
Broccoli, Herby New Potatoes and Salad Bar		Roast Potatoes, Fresh Carrots and Cabbage	Savoury Rice Broccoli & Salad Bar	Chips, Garden Peas and Salad Bar
Oaty Apple & berry Crumble with Custard (1, 9) (May Contain 7, 8)		Pineapple upside down Sponge and Custard (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday Try our Ingredient of the month	Cherry Oaty cookie (1,14) (May contain 8)

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

ALLERGEN KEY

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MONDAY 20 JULY	TUESDAY 21 JULY	WEDNESDAY 22 JULY	THURSDAY 23 JULY	FRIDAY 24 JULY
Cheese and Tomato Pizza (1, 8, 9) (May Contain 7)	Fishfingers (1, 4) or Salmon Fishcake (1, 4)	Summer Holiday	Summer Holiday	Summer Holiday
Quorn & Vegetable Noodles (1, 7, 8)	Falafel Burger in a Bun (1) (May contain 13) VEGAN			
Pesto Pasta (1)	Mixed Vegetable Ragu Twirls (1)			
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day			
Fresh Broccoli and Salad Bar	Chips, Peas, Baked Beans and Salad Bar			
Iced Carrot Cake (1, 7, 9) (May Contain 8)	Strawberry Cup Cake (1, 7) (May Contain 8)			

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

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