


# 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 2 NOVEMBER | TUESDAY 3 NOVEMBER | WEDNESDAY 4 NOVEMBER | THURSDAY 5 NOVEMBER | FRIDAY 6 NOVEMBER |
|---|---|---|---|---|---|
| **V** VEGETARIAN VEGAN | Shepherdess Pie **(8)** VEGAN | Vegetable and Quorn Mince Spring Roll **(1, 8, 12)** VEGAN | Leek and Mixed Bean Parcel **(1)** VEGAN | Sweet Potato and Chickpea Curry (May Contain 1, 11) VEGAN | Vegetable Sausage **(1)** VEGAN |
| **M** MAIN MEAL | Macaroni Cheese **(1, 9, 11)** (May Contain 8) | Chinese Style Chicken and Prawn Cracker **(2, 8)** | Roast Gammon and Pineapple with Gravy | Mild Chicken Curry (May Contain 1, 11) | Breaded Fish or Salmon Fish Cake **(1, 4)** |
| **P** PASTA DISH | Arrabbiata Pasta **(1)** | Tomato and Pepper Pasta **(1)** | Roasted Vegetable and Herb Pasta **(1)** | Homemade Pesto Pasta Bows **(1)** | Chunky Tomato Pasta **(1)** |
| **J** JACKET POTATO | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** |
| **S** SIDE DISHES | Garlic Bread **(1)** (May Contain 8) Garden Peas, Salad Bar | Stir Fry Vegetables and Noodles **(1, 7)** Salad Bar | Roast Potatoes, Fresh Carrots and Cabbage, Salad Bar | Rice, Naan Bread **(1)** House Salad | Chips, Peas and Baked Beans Salad Bar |
| **D** DESSERT DISHES | Fruity Flapjack **(1, 14)** | Mandarin Orange Jelly | Pineapple Upside Down Cake and Custard **(1, 7, 9)** (May Contain 8) | Fruit Smoothie Day | 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 | 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

**4 CHOICE MENU**

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# INDEPENDENTCATERING | EDUCATERLIMITED

WEEK 2

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| | MONDAY 9 NOVEMBER | TUESDAY 10 NOVEMBER | WEDNESDAY 11 NOVEMBER | THURSDAY 12 NOVEMBER | FRIDAY 13 NOVEMBER |
|---|---|---|---|---|---|
| **V** VEGETARIAN VEGAN | Vegetarian Chilli with Nachos<br>(May Contain 1)<br>**VEGAN** | <br>**Diwali Day**<br>Sweet Potato, Butternut Squash Curry and Chickpea Curry with Rice and Naan Bread<br>**(1)** (May Contain 11)<br>**VEGAN**<br>Butter Chicken with Rice and Naan Bread **(1)** served with Cauliflower and Aloo Potatoes (May contain 1, 11)<br>Sweet Pepper Pasta **(1)** | Cauliflower and Broccoli Stuffed Yorkshire Pudding<br>**(1, 7, 9, 11)**<br>(May contain 8) | Vegetable and Lentil Casserole with New Potatoes<br>**VEGAN** | <br>**Children In Need Day**<br>Pork and Beef Sausage, Chips and Beans or Peas<br>**(1,14)**<br>Vegetable Sausage, Chips and Beans or Peas<br>**(1)**<br>**VEGAN**<br>Leek and Tomato Pasta Bake<br>**(1, 9)**<br>Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**<br>Melting Moment Cookie<br>**(1, 7)** (May Contain 8) |
| **M** MAIN MEAL | Mild Chilli Con Carne with Nachos<br>(May Contain 1) | | Roast Beef with a Yorkshire Pudding and Gravy<br>**(1, 7, 9)** | Chicken Meatballs in Homemade Tomato Sauce with Spaghetti<br>**(1)** | |
| **P** PASTA DISH | Cheesy Pasta Bows<br>**(1, 9, 11)** | | Chunky Tomato Pasta<br>**(1)** | Homemade Pesto Pasta<br>**(1)** | |
| **J** JACKET POTATO | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | |
| **S** SIDE DISHES | Wholemeal Rice and Sweetcorn, Salad Bar | | Roast Potatoes, Fresh Carrots and Green Beans, Salad Bar | Fresh Broccoli, Salad Bar | |
| **D** DESSERT DISHES | Fruit Smoothie Day | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**<br>Peach Mousse with Shortbread<br>**(1, 9)** (May contain 8) | Caramelised Apple Sponge and Custard<br>**(1, 7, 9)**<br>(May Contain 8) | Tutti Frutti Thursday | |

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

## ALLERGEN KEY

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WEEK 3

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| | MONDAY 16 NOVEMBER | TUESDAY 17 NOVEMBER | WEDNESDAY 18 NOVEMBER | THURSDAY 19 NOVEMBER | FRIDAY 20 NOVEMBER |
|---|---|---|---|---|---|
| **V** VEGETARIAN VEGAN | Vegetable Spaghetti Bolognese **(1)** **VEGAN** | Vegetable and Mixed Bean Wrap **(1)** **VEGAN** | Roasted Squash, Spinach and Lentil Pie **(1)** **VEGAN** | Vegetable Kebab with Halloumi in a Pitta Bread and Tzatziki **(1, 9)** | Margherita Pizza **(1, 8, 9)** (May Contain 7) |
| **M** MAIN MEAL | Beef Spaghetti Bolognese **(1)** | Chicken Fajitas with Wraps **(1, 11)** | Roast Turkey, Stuffing and Gravy **(1)** | Lamb Kebab (Kofta) with Pitta Bread and Tzatziki **(1, 9)** | Fish Fingers **(1, 4)** |
| **P** PASTA DISH | Tomato and Pepper Pasta **(1)** | Homemade Pesto Pasta Bows **(1)** | Herby Roast Vegetable Pasta **(1)** | Mac n' Cheese **(1, 9, 11)** (May Contain 8) | Chunky Tomato Pasta **(1)** |
| **J** JACKET POTATO | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** |
| **S** SIDE DISHES | Garlic Bread **(1, 8)** Sweetcorn, Salad Bar | Rice, Fresh Broccoli, Salad Bar | Roast Potatoes, Cabbage and Fresh Carrots, Salad Bar | Wholemeal Rice and Homemade Slaw **(1)** | Chips, Garden Peas and Baked Beans, Salad Bar |
| **D** DESSERT DISHES | Chocolate Pudding and Chocolate Sauce **(1, 7, 9)** (May Contain 8) | Strawberry Jelly Mousse **(9)** | Oaty Apple Crumble and Custard **(1, 9)** (May Contain 8) | Tutti Fruity Thursday Mixed Melon Pots | Fruit Smoothie Day |

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

## ALLERGEN KEY

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**4 CHOICE MENU**

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# INDEPENDENTCATERING | EDUCATERLIMITED

WEEK 4

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| | MONDAY 23 NOVEMBER | TUESDAY 24 NOVEMBER | WEDNESDAY 25 NOVEMBER | THURSDAY 26 NOVEMBER | FRIDAY 27 NOVEMBER |
|---|---|---|---|---|---|
| **V** VEGETARIAN VEGAN | Mixed Vegetable Shepherdess Pie VEGAN | Cheese and Tomato Pinwheel (1, 9) | Leek and Mixed Bean Parcel (1) VEGAN | Sweet Potato and Chickpea Curry (May Contain 1, 11) VEGAN | Cheese and Bean Quesadilla (1, 9) VEGAN |
| **M** MAIN MEAL | Chinese Style Chicken and Prawn Crackers (2, 8) | Homemade Sausage Rolls (1, 14) | Roast Gammon and Pineapple with Gravy | Mild Chicken Curry (May Contain 1, 11) | Breaded Fish or Salmon Fish Cake (1, 4) |
| **P** PASTA DISH | Tomato and Pepper Pasta (1) | Arrabbiata Pasta (1) | Roasted Vegetable and Herb Pasta (1) | Macaroni Cheese (1, 9, 11) (May Contain 8) | Tomato and Basil Pasta (1) |
| **J** JACKET POTATO | Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4) | Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4) | Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4) | Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4) | Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4) |
| **S** SIDE DISHES | Stir Fry Vegetables and Noodles (1, 7, 8) Salad Bar | Jacket Wedges, Baked Beans, Salad Bar | Roast Potatoes, Fresh Carrots and Cabbage, Salad Bar | Rice, Naan Bread (1) Green Beans, Salad Bar | Chips, Garden Peas and Baked Beans, Salad Bar |
| **D** DESSERT DISHES | Iced Vanilla Sponge (1, 7) (May Contain 8) | Fruit Smoothie Day | Lemon Drizzle Cake (1, 7) (May Contain 8) | Tutti Frutti Thursday Fruit Jelly | Rice Krispie Cake (1, 9) |

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

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# INDEPENDENTCATERING | EDUCATERLIMITED

WEEK 5

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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 30 NOVEMBER | TUESDAY 1 DECEMBER | WEDNESDAY 2 DECEMBER | THURSDAY 3 DECEMBER | FRIDAY 4 DECEMBER |
|---|---|---|---|---|---|
| **V** VEGETARIAN VEGAN | Vegetarian Chilli with Nachos (May Contain 1) **VEGAN** | Homemade Vegetable Pie **(1)** (May Contain 8) **VEGAN** | Cauliflower and Broccoli Stuffed Yorkshire Pudding **(1, 7, 9, 11)** (May contain 8) | Vegetable and Lentil Casserole **VEGAN** | Quorn Dippers **(1)** **VEGAN** |
| **M** MAIN MEAL | Mild Chilli Con Carne with Nachos (May Contain 1) | Homemade Chicken Pie **(1, 9)** (May Contain 8, 10) | Roast Beef with a Yorkshire Pudding and Gravy **(1, 7, 9)** | Beef and Pork Sausages with Gravy **(1, 14)** (May Contain 8) | Fish Fingers **(1, 4)** |
| **P** PASTA DISH | Homemade Pesto Pasta **(1)** | Mac n' Cheese **(1, 9, 11)** (May Contain 8) | Chunky Tomato Pasta **(1)** | Butternut Squash, Spinach and Feta Tagliatelle **(1, 9)** | Vegetable Ragu Twirls **(1)** |
| **J** JACKET POTATO | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** |
| **S** SIDE DISHES | Rice and Sweetcorn, Salad Bar | New Potatoes and Fresh Broccoli, Salad Bar | Roast Potatoes, Fresh Carrots and Cabbage, Salad Bar | Mashed Potatoes and Green Beans, Salad Bar | Chips, Peas, Baked Beans, Salad Bar |
| **D** DESSERT DISHES | Fruit Smoothie Day | Mandarin Orange Jelly | Orange and Chocolate Brownie **(1, 7)** (May Contain 8) | Tutti Frutti Thursday Winter Berry Mousse **(9)** | 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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WE ONLY USE

**4 CHOICE MENU**

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WEEK 6

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

| | MONDAY 7 DECEMBER | TUESDAY 8 DECEMBER | WEDNESDAY 9 DECEMBER | THURSDAY 10 DECEMBER | FRIDAY 11 DECEMBER |
|---|---|---|---|---|---|
| **V** VEGETARIAN VEGAN | Vegetable Spaghetti Bolognese **(1)** **VEGAN** | Vegetable and Mixed Bean Wrap **(1)** **VEGAN** | Roasted Squash, Spinach and Lentil Pie **(1)** **VEGAN** | Vegetable Kebab with Halloumi in a Pitta Bread and Tzatziki **(1, 9)** | Margherita Pizza **(1, 8, 9)** (May Contain 7) |
| **M** MAIN MEAL | Beef Spaghetti Bolognese **(1)** | Chicken Fajitas with Wraps **(1, 11)** | Roast Gammon and Pineapple **(1)** | Lamb Kebab (Kofta) with Pitta Bread and Tzatziki **(1, 9)** | Breaded Fish **(1, 4)** |
| **P** PASTA DISH | Tomato and Pepper Pasta **(1)** | Pesto Pasta Bows **(1)** | Herby Roast Vegetable Pasta **(1)** | Mac n' Cheese **(1, 9, 11)** (May Contain 8) | Chunky Tomato Pasta **(1)** |
| **J** JACKET POTATO | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** |
| **S** SIDE DISHES | Garlic Bread **(1, 8)** Sweetcorn, Salad Bar | Rice, Fresh Broccoli, Salad Bar | Roast Potatoes, Cabbage and Fresh Carrots, Salad Bar | Rice and Homemade Slaw | Chips, Garden Peas and Baked Beans, Salad Bar |
| **D** DESSERT DISHES | Chocolate Pudding and Chocolate Sauce **(1, 7, 9)** (May Contain 8) | Strawberry Jelly Mousse **(9)** | Oaty Apple Crumble and Custard **(1, 9)** (May Contain 8) | Tutti Fruity Thursday Mixed Melon Pots | Fruit Smoothie Day |

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

## ALLERGEN KEY

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WEEK 7

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| | MONDAY 14 DECEMBER | TUESDAY 15 DECEMBER | WEDNESDAY 16 DECEMBER | THURSDAY 17 DECEMBER | FRIDAY 18 DECEMBER |
|---|---|---|---|---|---|
| **V** VEGETARIAN VEGAN | Shepherdess Pie **(8)** VEGAN | Vegetable and Quorn Mince Spring Roll **(1, 8, 12)** VEGAN | Leek and Mixed Bean Parcel **(1)** VEGAN | Sweet Potato and Chickpea Curry (May Contain 1, 11) VEGAN | Vegetable Sausage **(1)** VEGAN |
| **M** MAIN MEAL | Macaroni Cheese **(1, 9, 11)** (May Contain 8) | Chinese Style Chicken **(1, 8)** with Prawn Crackers **(2)** | Roast Gammon and Pineapple with Gravy | Mild Chicken Curry (May Contain 1, 11) | Fish Fingers **(1, 4)** |
| **P** PASTA DISH | Pasta Arrabbiata **(1)** | Tomato and Pepper Pasta **(1)** | Roasted Vegetable and Herb Pasta **(1)** | Macaroni Cheese **(1, 9, 11)** (May Contain 8) | Chunky Tomato Pasta **(1)** |
| **J** JACKET POTATO | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** | Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)** |
| **S** SIDE DISHES | Garlic Bread **(1)** (May Contain 8) Garden Peas, Salad Bar | Stir Fry Vegetables and Noodles **(1, 7)** Salad Bar | Roast Potatoes, Fresh Carrots and Cabbage, Salad Bar | Rice, Naan Bread and Green Beans **(1)** Salad Bar | Chips, Garden Peas, Baked Beans, Salad Bar |
| **D** DESSERT DISHES | Pear Sponge and Custard **(1, 7, 9)** (May Contain 8) | Mandarin Orange Jelly | Pineapple Upside Down Cake and Custard **(1, 7, 9)** (May Contain 8) | Fruit Smoothie Day | Rice Krispie Cake **(1, 9)** |

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

**ALLERGEN KEY**

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