








# 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<br><b>(1,9,11)</b><br>(May Contain 8)                           | Roast Turkey<br>with Stuffing and Gravy<br><b>(1)</b>                                 | Beef chilli & Rice  | Breaded Fish<br><b>(1, 4)</b>   |
| INSET DAY   | Chickpea Korma<br>with Rice and Naan Bread<br><b>(1)</b><br>(May Contain 11)<br><b>VEGAN</b> | Butternut Squash & Mixed<br>Bean Turnover<br><b>(1)</b><br><b>VEGAN</b>               | Bean and vegetable Chilli &<br>Rice<br><b>VEGAN</b>                                 | Courgette & Sweetcorn<br>Fritters, with a poached Egg<br><b>(1, 7)</b>              |
|  | Fresh Basil Pasta<br><b>(1)</b>  | Mixed Pepper Pasta<br><b>(1)</b>  |  | Arrabiata Pasta Twirls<br><b>(1)</b>  |
|   |             |    | Jacket Potato with<br>Topping of the Day  |  |
|   | Green Beans<br>Fresh Salad Bar   | Roast Potatoes, Fresh Carrots<br>and Cabbage  | Broccoli & Salad Bar  | Potato Wedges Garden Peas<br>and Salad Bar  |
|   | Oaty Apple & berry Crumble<br>with Custard<br><b>(1, 9)</b><br>(May Contain 7, 8)            | Pineapple upside down<br>Sponge<br>and Custard<br><b>(1, 7, 9)</b><br>(May Contain 8) | Tutti Frutti Thursday   | Cherry Oaty cookie<br><b>(1,14)</b><br>(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

**\*ALL OUR MENUS ARE TREE NUT AND PEANUT FREE**

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WE ONLY USE



FRESHUKBEEF



FRESHUKPORK



FREERANGEEGGS



LOCALFRUIT&VEG



WHOLEMEALPASTA

**BANNOCKBURN ALL MAIN OPTIONS ARE NOT HALAL**

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WEEK  
**2**

**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<br>(1)<br>(May Contain 11)      | Cheese and Tomato Calzone<br>(1, 8, 9)<br>(May Contain 7)                         | Roast Beef with a Yorkshire Pudding and Gravy<br>(1, 7, 9)                          | BBQ Chicken Wrap<br>(1,14)  | Fishfingers<br>(1, 4)   |
| Halloumi, Sweet potato & pepper Quesadilla<br>(1,9)                               | Quorn & Vegetable Noodles<br>(1, 7, 8)  | Roast Vegetable Quiche<br>(1, 7, 9)<br>(May Contain 8,10)                           | Roast Vegetable & Bean Wrap<br>(1)<br>(May contain 10)<br><b>VEGAN</b>              | Falafel in a Pitta<br>(1)<br>(May contain 13)<br><b>VEGAN</b>                       |
| Mac n' Cheese<br>(1, 9, 11)<br>(May Contain 8)                                    |  | Tomato and Basil Pasta<br>(1)   |  | Mixed Vegetable Ragu Twirls<br>(1)  |
|  | 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  | Potato wedge Peas, Baked Beans and Salad Bar  |
| Iced Carrot Cake<br>(1, 7, 9)<br>(May Contain 8)                                  | Shortbread<br>(1)<br>(May Contain 8)  | Blueberry Sponge and Custard<br>(1, 7, 9)<br>(May Contain 8)                        | Tutti Frutti Thursday   | Strawberry Cup Cake<br>(1, 7)<br>(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

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| MONDAY 15 JUNE  | TUESDAY 16 JUNE   | WEDNESDAY 17 JUNE   | THURSDAY 18 JUNE  | FRIDAY 19 JUNE  |
|---|---|---|---|---|
| Open Beef Burrito<br><b>(1,9)</b><br>(May Contain 10,11)                          | Homemade Chicken Sausage Roll<br><b>(1,14)</b>                                    | Roast Turkey And Gravy  | Italian Meatballs with Spaghetti served with Focaccia<br><b>(1, 8)</b>              | Breaded Fish<br><b>(1, 4)</b>   |
| Mixed Bean Chilli Burrito<br>(May Contain 1,10, 11)<br><b>VEGAN</b>               | Vegetarian Sausage Roll<br><b>(1)</b><br><b>VEGAN</b>                             | Cauliflower & Broccoli Cheese Yorkshire pudding<br><b>(1,7,9,11)</b><br>(May Contain 8) | 3 Cheese Risotto<br><b>(9)</b>  | Cheese and Red Onion Pastry<br>(1,9,8)  |
|  | Roasted Vegetable Pasta Bows<br><b>(1)</b>  |      | Pasta Arrabbiata<br><b>(1)</b><br>Pasta in a Tomato Sauce                           |  |
| 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  | Italian Oven Roasted Vegetables   | Potato Wedges Garden Peas and Salad Bar   |
| Lemon Drizzle cake<br><b>(1,7)</b><br>(May Contain 8)                             | Peach Sponge & Custard<br><b>(1,7,9)</b><br>(May Contain 8)                       | Homemade Scone Fresh Cream & Strawberries<br><b>(1,9)</b><br>(May Contain 8)            | Vanilla Cookie<br><b>(1)</b>  | Flapjack<br><b>(1)</b>  |

**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<br><b>(1,9,11)</b><br>(May Contain 8)                        | Chicken Meatballs served in a Tomato Sauce<br><b>(1)</b><br>(May Contain 10)      | Roast Turkey with Stuffing and Gravy<br><b>(1)</b>                                  | Beef chilli & Rice  | Breaded Fish<br><b>(1, 4)</b>   |
| Chickpea Korma with Rice and Naan Bread<br><b>(1)</b><br>(May Contain 11)<br><b>VEGAN</b> | Lentil Meatball in a Tomato Sauce<br><b>(1,7)</b>                                 | Butternut Squash & Mixed Bean Turnover<br><b>(1)</b><br><b>VEGAN</b>                | Bean and vegetable Chilli & Rice<br><b>VEGAN</b>                                    | Courgette & Sweetcorn Fritters, with a poached Egg<br><b>(1, 7)</b>                 |
|          | Vegetable Ragu Twirls<br><b>(1)</b>   |  | Creamy Tomato Pasta<br><b>(1,9)</b>   |  |
| Jacket Potato with Topping of the Day   |  | Jacket Potato with Topping of the Day   |  | Jacket Potato with Topping of the Day   |
| Green Beans<br>Fresh Salad Bar  | Jacket wedges<br>Garden Peas and Salad Bar  | Roast Potatoes, Fresh Carrots and Cabbage   | Savoury Rice<br>Broccoli & Salad Bar  | Potato Wedges Garden Peas and Salad Bar   |
| Oaty Apple & berry Crumble with Custard<br><b>(1, 9)</b><br>(May Contain 7, 8)            | Fresh Strawberry Jelly  | Pineapple upside down<br>Sponge and Custard<br><b>(1, 7, 9)</b><br>(May Contain 8)  | Tutti Frutti Thursday   | Cherry Oaty cookie<br><b>(1,14)</b><br>(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**  
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**14 SULPHUR DIOXIDE**

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| MONDAY 29 JUNE  | TUESDAY 30 JUNE   | WEDNESDAY 1 JULY  | THURSDAY 2 JULY   | FRIDAY 3 JULY   |
|---|---|---|---|---|
| Mild Chicken Korma Curry with Rice and Naan Bread<br><b>(1)</b><br>(May Contain 11) | Cheese and Tomato Calzone<br><b>(1, 8, 9)</b><br>(May Contain 7)                  | Roast Beef with a Yorkshire Pudding and Gravy<br><b>(1, 7, 9)</b>                   | BBQ Chicken Wrap<br><b>(1,14)</b>   | Fishfingers<br><b>(1, 4)</b>  |
| Halloumi, Sweet potato & pepper Quesadilla<br><b>(1,9)</b>                          | Quorn & Vegetable Noodles<br><b>(1, 7, 8)</b>                                     | Roast Vegetable Quiche<br><b>(1, 7, 9)</b><br>(May Contain 8,10)                    | Roast Vegetable & Bean Wrap<br><b>(1)</b><br>(May contain 10)<br><b>VEGAN</b>       | Falafel Burger in a Pitta<br><b>(1)</b><br>(May contain 13)<br><b>VEGAN</b>         |
| Chunky Tomato Twirls<br><b>(1)</b>  |  | Tomato and Basil Pasta<br><b>(1)</b>  |  | Mixed Vegetable Ragu Twirls<br><b>(1)</b>   |
|    | 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  | Potato Wedges, Peas, Baked Beans and Salad Bar                                      |
| Iced Carrot Cake<br><b>(1, 7, 9)</b><br>(May Contain 8)                             | Shortbread served with Watermelon<br><b>(1)</b><br>(May Contain 8)                | Blueberry Sponge and Custard<br><b>(1, 7, 9)</b><br>(May Contain 8)                 | Tutti Frutti Thursday<br><b>Try our Ingredient of the month</b>                     | Strawberry Cup Cake<br><b>(1, 7)</b><br>(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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**4 FISH**

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FRESH UK BEEF



FRESH UK PORK



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

| MONDAY 6 JULY   | TUESDAY 7 JULY  | WEDNESDAY 8 JULY  | THURSDAY 9 JULY  | FRIDAY 10 JULY  |
|---|---|---|--|---|
| Open Beef Burrito<br><b>(1,9)</b><br>(May Contain 10,11)                          | Homemade Chicken Sausage Roll<br><b>(1,14)</b>                                    | Roast Turkey with Stuffing and Gravy  | Beef Spaghetti Bolognaise and Garlic Bread<br><b>(1, 8)</b><br>(May Contain 10)                        | Breaded Fish<br><b>(1, 4)</b>   |
| Mixed Bean Chilli Burrito<br>(May Contain 1,10, 11)<br><b>VEGAN</b>               | Vegetarian Sausage Roll<br><b>(1)</b><br><b>VEGAN</b>                             | Cauliflower & Broccoli Cheese Yorkshire pudding<br><b>(1,7,9,11)</b><br>(May Contain 8) | Lentil and Bean Spaghetti Bolognaise and Garlic Bread<br><b>(1)</b><br>(May Contain 8)<br><b>VEGAN</b> | Cheese and Red Onion Pastry<br><b>(1,8,9)</b><br><b>VEGAN</b>                       |
|  | Roasted Courgette Ragu Twirls<br><b>(1)</b>                                       |      | Fresh Pesto Pasta<br><b>(1)</b>  |  |
| 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   | Potato Wedges, Garden Peas and Salad Bar  |
| Lemon Drizzle cake<br><b>(1,7)</b><br>(May Contain 8)                             | Peach Sponge & Custard<br><b>(1,7,9)</b><br>(May Contain 8)                       | Homemade Scone Fresh Cream & Strawberries<br><b>(1,9)</b><br>(May Contain 8)            | Tutti Frutti Thursday  | Ginger Cookie<br><b>(1,8)</b>   |

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

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

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