



INDEPENDENTCATERING | EDUCATER LIMITED

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 31 AUGUST	TUESDAY 1 SEPTEMBER	WEDNESDAY 2 SEPTEMBER	THURSDAY 3 SEPTEMBER	FRIDAY 4 SEPTEMBER
M MEAT FISH	Bank Holiday	INSET DAY	Chicken Sausages with Gravy (1, 14)	Mediterranean Chicken with Tomato and Peppers	Breaded Fish (1, 4)
V VEGETARIAN VEGAN			Vegetable Sausage (1) VEGAN	Butternut and Pea Risotto (May Contain 10) Try our Ingredient of the month VEGAN	Cheese and Onion Turnover (1, 9) (May Contain 8)
P PASTA DISH				Macaroni Cheese (1, 9, 11) (May Contain 8)	
J JACKET POTATO			Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
S SIDE DISHES			Diced Potatoes with Garden Peas and Salad Bar	Wholemeal Rice, Broccoli and Salad Bar	Potato Wedges, Peas, Baked Beans and Salad Bar
D DESSERT DISHES			Oaty Apple Crumble with Custard (1, 9) (May Contain 7, 8)	Tutti Frutti Thursday	Vanilla Cookie (1) (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**

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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	MONDAY 7 SEPTEMBER	TUESDAY 8 SEPTEMBER	WEDNESDAY 9 SEPTEMBER	THURSDAY 10 SEPTEMBER	FRIDAY 11 SEPTEMBER
M MEAT FISH	Homemade Chicken Sausage Roll (1,14)	Turkey Mince Lasagne with Garlic and Herb Bread (1, 7, 9, 11) (May contain 8,10)	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	Chicken Fajita Wrap (1, 11)	Fishfingers (1, 4)
V VEGETARIAN VEGAN	Vegetarian Sausage Roll (1) VEGAN	Vegetable Lasagne with Garlic and Herb Bread (1, 7, 9, 11) (May contain 8, 10)	Roasted Beetroot, Cherry Tomato and Brie Filo Tart (1, 9) (May Contain 8, 12)	Vegetable and Bean Wrap (1, 11) (May contain 10) VEGAN	Lentil Kofta with Salad and Salsa Dip on the Side in a Bun VEGAN (May Contain 1, 10, 13) (1)
P PASTA DISH	Roasted Vegetable Pasta Bows (1)		Tomato and Basil Pasta (1)		Mixed Vegetable Ragu Twirls (1)
J JACKET POTATO		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
S SIDE DISHES	Herby New Potatoes, Baked Beans and Salad Bar	Fresh Broccoli and Salad Bar	Roast Potatoes, Cabbage and Fresh Carrots	Mexican Rice, Sweetcorn and Salad Bar	Potato Wedges Peas, Baked Beans and Salad Bar
D DESSERT DISHES	Cherry Oat Cookie (1, 13) (May Contain 8)	Mixed Berry Eton Mess (7, 9)	Apple Sponge and Custard (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Banana 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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	MONDAY 14 SEPTEMBER	TUESDAY 15 SEPTEMBER	WEDNESDAY 16 SEPTEMBER	THURSDAY 17 SEPTEMBER	FRIDAY 18 SEPTEMBER
M MEAT FISH	Mild Chicken Korma Curry with Rice and Naan Bread (1) (May Contain 11)	Beef Cottage Pie (May Contain 10)	Roast Turkey with Stuffing and Gravy (1)	Chicken Fajita and Rice (11)	Breaded Fish (1, 4)
V VEGETARIAN VEGAN	Butternut Squash Curry with Rice and Naan Bread (1) (May Contain 8) VEGAN	Halloumi, Sweet Potato and Pepper served on Rice (9)	Herb Crumb Topped Stuffed Courgette with Rice VEGAN (1) (May Contain 8)	Vegetable Quesadillas (1,9)	Sweet Potato and Chickpea Patty Wrap (1) VEGAN
P PASTA DISH		Fresh Pesto Pasta (1)		Mac 'n' Cheese (1, 9, 11) (May contain 8)	
J JACKET POTATO	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
S SIDE DISHES	Fresh Cauliflower and Salad Bar	Fresh Carrots and Salad Bar	Roast Potatoes, Roasted Root Vegetables and Fresh Cabbage	Broccoli, Sweetcorn and Salad Bar	Potato Wedges, Garden Peas and Salad Bar
D DESSERT DISHES	Apricot and Pear Sponge with Custard (1, 7, 9) (May Contain 8)	Pineapple Upside Down Cake with Custard (1, 7, 9) (May Contain 8)	Mixed Berry Mousse (9)	Iced Cinnamon Sponge (1, 7) (May contain 8)	Ginger Cookie (1) (May Contain 8)

AVAILABLE DAILY – HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • FRESH SALAD BAR
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DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE

	MONDAY 21 SEPTEMBER	TUESDAY 22 SEPTEMBER	WEDNESDAY 23 SEPTEMBER	THURSDAY 24 SEPTEMBER	FRIDAY 25 SEPTEMBER
M MEAT FISH	Chicken Sausages with Gravy (1, 14)	Mild Beef Chilli	Roast Turkey with Gravy	Mediterranean Chicken with Tomato and Peppers	Breaded Fish (1, 4)
V VEGETARIAN VEGAN	Vegetable Sausage (1) VEGAN	Mixed Bean Chilli VEGAN	Cherry Tomato, Cheese and Roast Vegetable Quiche (1, 7, 9) (May Contain 8, 10)	Butternut and Pea Risotto VEGAN (May Contain 10)	Cheese and Onion Turnover (1, 9) (May Contain 8)
P PASTA DISH		Fresh Pesto Pasta (1)		Macaroni Cheese (1, 9, 11) (May Contain 8)	
J JACKET POTATO	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
S SIDE DISHES	Diced Potatoes with Garden Peas and Salad Bar	Tomato Rice with Green Beans and Salad Bar	Roast Potatoes, Roasted Root Vegetables, and Fresh Cabbage	Wholemeal Rice, Broccoli and Salad Bar	Potato Wedges, Peas, Baked Beans and Salad Bar
D DESSERT DISHES	Oaty Apple Crumble with Custard (1, 9) (May Contain 7, 8)	Mixed Berry Cheesecake (1, 9) (May Contain 8)	Lemon Cake with Custard (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Vanilla Cookie (1) (May Contain 8)

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

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

	MONDAY 28 SEPTEMBER	TUESDAY 29 SEPTEMBER	WEDNESDAY 30 SEPTEMBER	THURSDAY 1 OCTOBER	FRIDAY 2 OCTOBER
M MEAT FISH	Mild Chicken Korma Curry with Rice and Naan Bread (1) (May Contain 11)	Turkey Mince Lasagne with Garlic and Herb Bread (1, 7, 9, 11) (May contain 8,10)	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	Chicken Sausage Meat Pinwheel (1, 9, 14)	Fishfingers (1, 4)
V VEGETARIAN VEGAN	Butternut Squash Curry with Rice and Naan Bread (1) (May Contain8) VEGAN	Vegetable Lasagne with Garlic and Herb Bread (1, 7, 9, 11) (May contain 8, 10)	Roasted Beetroot, Cherry Tomato and Brie Filo Tart (1, 9) (May Contain8,12)	Cheese and Onion Pinwheel (1, 9)	Lentil Kofta with Salad and Salsa Dip on the Side in a Bun (1) (May Contain 1, 10, 13) VEGAN
P PASTA DISH	Mac n' Cheese (1, 9, 11) (May Contain 8)		Roasted Vegetable Pasta Bows (1)		Mixed Vegetable Ragu Twirls (1)
J JACKET POTATO		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
S SIDE DISHES	Fresh Cauliflower and Salad Bar	Fresh Broccoli and Salad Bar	Roast Potatoes, Cabbage and Fresh Carrots	Herby Potatoes (May contain 10) Sweetcorn or Baked Beans	Potato Wedges, Peas, Baked Beans and Salad Bar
D DESSERT DISHES	Cherry Oat Cookie (1, 13) (May Contain 8)	Mixed Berry Eton Mess (7, 9)	Iced Sponge and Custard (1, 7, 9) (May Contain 8)	Vanilla Cupcakes (1, 7) (May contain 8)	Banana 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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	MONDAY 5 OCTOBER	TUESDAY 6 OCTOBER	WEDNESDAY 7 OCTOBER	THURSDAY 8 OCTOBER	FRIDAY 9 OCTOBER
M MEAT FISH	Homemade Chicken Sausage Roll (1, 14)	Beef Cottage Pie (May Contain 10)	Roast Turkey with Stuffing and Gravy (1)	V Cheese and Tomato Calzone (1, 8, 9) (May Contain 7, 10)	Breaded Fish (1, 4)
V VEGETARIAN VEGAN	Vegetarian Sausage Roll (1) VEGAN	Halloumi, Sweet Potato and Pepper served on Rice (9)	Herb Crumb Topped Stuffed Courgette with Rice (May Contain 8) VEGAN	Roasted Vegetable & Caramelised Red Onion Calzone (1, 8, 9) (May Contain 7, 10) V	Sweet Potato and Chickpea Patty Wrap VEGAN (1)
P PASTA DISH		Mac n' Cheese (1, 9, 11) (May Contain 8)		Mixed Pepper Pasta (1)	
J JACKET POTATO	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
S SIDE DISHES	Herby New Potatoes, Baked Beans and Salad Bar	Fresh Carrots and Salad Bar	Roast Potatoes, Roasted Root Vegetables and Fresh Cabbage	Diced Potatoes, Fresh Broccoli, and Salad Bar	Potato Wedges, Garden Peas and Salad Bar
D DESSERT DISHES	Apricot and Pear Sponge with Custard (1, 7, 9) (May Contain 8)	Pineapple Upside Down Cake with Custard (1, 7, 9) (May Contain 8)	Mixed Berry Mousse with Biscuit Crumb (1, 9) (May Contain 8)	Tutti Frutti Thursday	Ginger Cookie (1) (May Contain 8)

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

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	MONDAY 12 OCTOBER	TUESDAY 13 OCTOBER	WEDNESDAY 14 OCTOBER	THURSDAY 15 OCTOBER	FRIDAY 16 OCTOBER
M MAIN FISH	Chicken Sausages with Gravy (1, 14)	Mild Beef Chilli	Roast Turkey with Gravy	Mediterranean Chicken with Tomato and Peppers	Breaded Fish (1, 4)
V VEGETARIAN VEGAN	Vegetable Sausage (1) VEGAN	Mixed Bean Chilli VEGAN	Cherry Tomato, Cheese and Roast Vegetable Quiche (1, 7, 9) (May Contain 8,10)	Sweet Potato and Pea Risotto VEGAN (May Contain 10)	Cheese and Onion Turnover (1, 9) (May Contain 8)
P PASTA DISH		Fresh Pesto Pasta (1)		Macaroni Cheese (1, 9, 11) (May Contain 8)	
J JACKET POTATO	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
S SIDE DISHES	Diced Potatoes with Garden Peas and Salad Bar	Tomato Rice with Green Beans and Salad Bar	Roast Potatoes, Roasted Root Vegetables, and Fresh Cabbage	Wholemeal Rice, Broccoli and Salad Bar Try our Ingredient of the month	Potato Wedges, Peas, Baked Beans and Salad Bar
D DESSERT DISHES	Oaty Apple Crumble with Custard (1,9) (May Contain 7, 8)	Mixed Berry Cheesecake (1,9) (May Contain 8)	Lemon Cake With Custard (1,7,9) (May Contain 8)	Tutti Frutti Thursday	Vanilla Cookie (1) (May Contain 8)

Try our Ingredient of the month

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

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FRESH BEEF



FRESH PORK



FRESH AND ORGANIC



LOCALLY SOURCED



WHOLEMEAL FLOUR

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	MONDAY 19 OCTOBER	TUESDAY 20 OCTOBER	WEDNESDAY 21 OCTOBER	THURSDAY 22 OCTOBER	FRIDAY 23 OCTOBER
M MEAT FISH	Homemade Chicken Sausage Roll (1, 14)	Turkey Mince Lasagne with Garlic and Herb Bread (1, 7, 9, 11) (May contain 8, 10)	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	Chicken Fajita Wrap (1, 11)	Fishfingers (1, 4)
V VEGETARIAN VEGAN	Vegetarian Sausage Roll (1) VEGAN	Vegetable Lasagne with Garlic and Herb Bread (1, 7, 9, 11) (May contain 8, 10)	Roasted Beetroot, Cherry Tomato and Brie Filo Tart (1, 9) (May Contain 8, 12)	Vegetable and Bean Wrap (1, 11) (May contain 10) VEGAN	Lentil Kofta with Salad and Salsa Dip on the Side in a Bun (1) (May Contain 1, 10, 13) VEGAN
P PASTA DISH	Roasted Vegetable Pasta Bows (1)		Mac n' Cheese (1, 9, 11) (May Contain 8)		Mixed Vegetable Ragu Twirls (1)
J JACKET POTATO		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
S SIDE DISHES	Herby New Potatoes, Baked Beans and Salad Bar	Fresh Broccoli and Salad Bar	Roast Potatoes, Cabbage and Fresh Carrots	Mexican Rice, Sweetcorn and Salad Bar	Potato Wedges, Peas, Baked Beans and Salad Bar
D DESSERT DISHES	Cherry Oat Cookie (1, 13) (May Contain 8)	Mixed Berry Eton Mess (7, 9)	Apple Sponge and Custard (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Banana 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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