

FABULOUS FOOD AT SCHOOL

As the school's catering provider, Independent Catering provides a freshly made lunch in our school kitchens using locally grown produce from the UK.

Complementing the choice of main meal and vegetables your child can supplement their lunch with a freshly prepared salad from the salad bar and a choice of 4 desserts.

The cost of a 2 course lunch is only **£2.58** including fresh bread and the 12-15 choice self serve salad bar.

We ensure healthy free school meals are universally available for those entitled to a free school lunch. The free lunch is equivalent to £500 a year, representing an amazing saving for your child across the year in reception, year 1 and year 2. The cost will increase to £2.70 from Monday 3rd November.

With less than 2% of packed lunches meeting the nutritional standards of school meals, it's clear that improving childhood nutrition is essential. Nutritious school meals play a crucial role in supporting children's health, development, and learning.

We use local suppliers (mainly from Kent) for our salads, vegetables and fresh fruit

We use wholegrain rice

We use wholemeal pasta

We sneak fresh vegetables into our homemade sauces!

We use a 50/50 split of wholemeal and plain flour for our freshly made bread

Our salad bars, consisting over 10 salads daily, are suitable for vegetarian and vegan diets

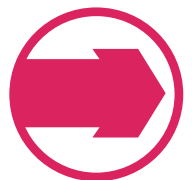
We provide a choice of 4 desserts every day, suitable for all tastes, including cheese and biscuits, fruit jelly and a fresh fruit platter

All the allergens are listed on the menus - please let the school know if you have any concerns regarding your child's allergy

Choosing a freshly made hot lunch saves time and effort in the morning routine, removing the need to prepare a packed lunch.

Our menus change termly and include a wide variety of meals, letting your child experience different types of food, encouraging healthy eating habits and **NOT A FUSSY EATER!**

COME AND TRY OUR NEW MENUS



freshingredients  **freshfood**

[CLICK HERE TO VIEW OUR SHORT PROMOTIONAL MOVIE](#)



WE ONLY USE



FRESH MEAT



FRESH PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

INDEPENDENTCATERING.CO.UK

EDUCATERLIMITED.COM

Around the World



FRANCE

THURSDAY 25 SEPTEMBER

MENU

Poulet Ratatouille avec Riz Pilaf
(Ratatouille Chicken with Savoury Rice)

Quiche aux Courgettes Rôties et Tomates (1, 7, 9)
(Roasted Courgette and Tomato Quiche)

Pâtes au Pistou (1)
(French Pesto Pasta)

Pomme de Terre en Robe des Champs
avec Choix de Garnitures
(Jacket Potato with a Choice of Toppings)

Tarte Fine Aux Pommes avec Crème Anglaise (1, 7, 9)
(French Apple Tart with Custard)

WE ONLY USE



FRESHUKBEEF



FRESHUKPORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLE MEAL PASTA

freshingredients  **freshfood**

INDEPENDENTCATERING | EDUCATER LIMITED

SUPERHERO DAY



THURSDAY 2 OCTOBER
SEE MENU BOARDS FOR DETAILS

WE ONLY USE



FRESHUKBEEF



FRESHUKPORK



FREERANGEEGGS



LOCALFRUIT&VEG



WHOLEMEALPASTA

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Around the World



INDIA

WEDNESDAY 14 OCTOBER

MENU

**Chicken Korma with
Pilau Rice and Poppadums**

**Sweet Potato and Chick Pea Curry
with Bombay Potatoes (Vegan)**

**Desi Vegetable Pasta (1)
(Tomato and Vegetable Pasta)**

Jacket Potato with a Choice of Toppings

**Homemade Onion Bhaji (1, 7, 9)
Chutneys in the Salad Bar**

Indian Cookies (1, 7, 9)

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FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

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