








# INDEPENDENTCATERING | EDUCATER LIMITED

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

WEEK  
**1**

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

MONDAY 3 JUNE	TUESDAY 4 JUNE	WEDNESDAY 5 JUNE	THURSDAY 6 JUNE	FRIDAY 7 JUNE
Spaghetti Bolognaise with Garlic Bread (1, 8)	Meat Feast Pizza (1, 8, 9)	Roast Gammon with Pineapple	Mild Chicken Curry with Rice and a Poppadum (1)	Breaded Fish (1, 4)
Vegetable Biryani (1)	Cheese and Tomato Pizza (1, 8, 9)	Leek and Potato Pie with a Shortcrust Topping (1, 9, 11)	Vegetable Shepherd's Pie with Sweet Potato Topping	Mixed Bean Wrap (1)
	Salmon and Pea Linguine (1, 4)		Chunky Tomato Pasta (1)	
Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
Green Beans and Salad Bar	Herby Potatoes, Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Summer Vegetable Medley	Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
Mixed Fruit Crumble with Custard (1, 9)	Strawberry Cupcake (1, 7)	Chocolate Sponge with Chocolate Sauce (1, 7, 9)	Fruity Ice Lolly	Oatie Cookie (1)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR**

### ALLERGEN KEY

- |                                    |                   |                  |                   |                  |                   |                           |
|------------------------------------|-------------------|------------------|-------------------|------------------|-------------------|---------------------------|
| <b>1</b> CEREALS CONTAINING GLUTEN | <b>3</b> MOLLUSCS | <b>5</b> PEANUTS | <b>7</b> EGGS     | <b>9</b> MILK    | <b>11</b> MUSTARD | <b>13</b> SESAME          |
| <b>2</b> CRUSTACEANS               | <b>4</b> FISH     | <b>6</b> NUTS    | <b>8</b> SOYBEANS | <b>10</b> CELERY | <b>12</b> LUPIN   | <b>14</b> SULPHUR DIOXIDE |

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

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WE ONLY USE



FRESHUK BEEF



FRESHUK PORK



FREERANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

**3 CHOICE MENU**

INDEPENDENTCATERING.CO.UK

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MONDAY 10 JUNE	TUESDAY 11 JUNE	WEDNESDAY 12 JUNE	THURSDAY 13 JUNE	FRIDAY 14 JUNE
Crispy Chicken Wrap (1, 8)	Beef Lasagne with Herby Bread (1, 8, 9, 11)	Roast Turkey	Pulled Pork Taco with Rice	Fishfingers (1, 4)
Vegetarian BBQ Sausage Wrap (1, 14)	Butternut Squash and Chickpea Tagine with Rice	Broccoli and Cauliflower Cheese Stuffed Yorkshire (1, 7, 9, 11)	Cheese and Tomato Turnover (1, 9)	Chickpea and Coriander Burger (1, 7)
Mac n' Cheese (1, 9, 11)		Arrabiata Pasta (1)		Mediterranean Vegetable Pasta (1)
	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
Cubed Potatoes, Baked Beans and Salad Bar	Fresh Broccoli and Salad Bar	Roast Potatoes, Fresh Carrots and Spring Green Cabbage	Herby Potatoes, Green Beans and Salad Bar	Chips, Garden Peas and Salad Bar
Apple Sponge with Custard (1, 7, 9)	Lemon Shortbread Finger with Fruit Wedges (1)	Raspberry Ripple Sponge with Custard (1, 7, 9)	Fruity Ice Lolly	Chocolate Krispie Cake (1, 9)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR**

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WE ONLY USE



FRESHUKBEEF



FRESHUKPORK



FREERANGE EGGS



LOCALFRUIT&VEG



WHOLEMEALPASTA

**3 CHOICE MENU**

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WEEK  
**3**

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

MONDAY 17 JUNE	TUESDAY 18 JUNE	WEDNESDAY 19 JUNE	THURSDAY 20 JUNE	FRIDAY 21 JUNE
Chicken Fajitas (1)	Beef Meatballs in a Herby Tomato Sauce with Spaghetti (1)	Slow Roast Beef with a Yorkshire Pudding (1, 7, 9)	<p><b>EURO FOOTBALL DAY</b></p> <p><b>DENMARK v ENGLAND</b> Pork Sausage in a Roll (1, 8) Vegetarian Sausage in a Roll (1) Jacket Potato with Topping of the Day Cubed Potatoes, Spaghetti Hoops (1) and Salad Bar Fruity Ice Lolly</p>	Breaded Fish (1, 4)
Falafel Kebab with a BBQ Sauce	Mixed Bean and Vegetable Chilli with Rice (10)	Roasted Tomato, Basil and Feta Tart (1, 7, 9)		Cheese and Onion Pasty (1, 9)
Tuna Pasta Bake (1, 4, 9)		Chunky Tomato Pasta (1)		Vegetable Ragu Tagliatelle (1)
	Jacket Potato with Topping of the Day			
Savoury Rice, Garden Peas and Salad Bar	Fresh Carrots and Salad Bar	Roast Potatoes, Fresh Broccoli and Roasted Butternut Squash		Chips, Baked Beans and Salad Bar
Ginger Sponge with a Lemon Sauce (1, 7)	Strawberry Jelly Mousse (9)	Pineapple Upside Down Cake with Custard (1, 7, 9)		Chocolate Brownie Cookie (1, 7)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR**

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WE ONLY USE



**3 CHOICE MENU**

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WEEK  
4

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MONDAY 24 JUNE	TUESDAY 25 JUNE	WEDNESDAY 26 JUNE	THURSDAY 27 JUNE	FRIDAY 28 JUNE
Honey Chicken with Rice (8)	<p><b>EURO FOOTBALL DAY</b></p> <p><b>ENGLAND v SLOVENIA</b></p> <p>Beefburger in a Bun (1, 8) Vegetarian Burger in a Bun (1, 8) Jacket Potato with Topping of the Day Herby Potatoes, Baked Beans and Salad Bar Mixed Fruit Cheesecake (1, 9)</p>	Roast Gammon with Pineapple	Beef Pasta Bake (1, 9)	Fishfingers (1, 4)
Cheese and Tomato Baked Pitta with New Potatoes (1, 9)		Summer Vegetable Casserole with a Herby Crumble (1)	Mixed Vegetable and Tomato Salsa on Warm Nachos (9)	Homemade Spring Roll (1, 8)
Macaroni Cheese (1, 9, 11)		Vegetable Ragu Pasta (1)		Chunky Tomato Pasta (1)
			Jacket Potato with Topping of the Day	
Sweetcorn and Salad Bar		Roast Potatoes, Fresh Carrots and Green Beans	Fresh Broccoli and Salad Bar	Chips, Garden Peas and Salad Bar
Chocolate Orange Brownie (1, 7, 9)		Pear Sponge with Custard (1, 7, 9)	Fruity Ice Lolly	Sticky Apple Flapjack (1, 14)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • 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 UK BEEF



FRESH UK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

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MONDAY 1 JULY	TUESDAY 2 JULY	WEDNESDAY 3 JULY	THURSDAY 4 JULY	FRIDAY 5 JULY
Spaghetti Bolognaise with Garlic Bread (1, 8)	Homemade Sausage Roll (1)	Roast Turkey	Mild Beef Chilli with Rice and Nachos	Breaded Fish (1, 4)
Cauliflower and Chickpea Curry with Rice (1)	Vegetarian Sausage in a Roll (1)	Mushroom, Pepper and Pesto Strudel (1)	Cheese and Tomato Pizza with Herby Potatoes (1, 8, 9)	Summer Vegetable Frittata (7, 9)
	Tuna Pasta Bake (1, 4, 9)		Fresh Pesto and Pea Linguine (1)	
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	Cubed Potatoes, Baked Beans and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans	Sweetcorn and Salad Bar	Chips, Garden Peas and Salad Bar
Banana Sponge with Custard (1, 7, 9)	Fruit Ice Lolly	Sticky Toffee Pudding with Custard (1, 7, 9, 14)	Chocolate Chip Cookie (1, 9)	Apricot Cup Cake (1, 7, 9)

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MONDAY 8 JULY	TUESDAY 9 JULY	WEDNESDAY 10 JULY	THURSDAY 11 JULY	FRIDAY 12 JULY
Mexican Style Chicken Tortilla Bake with Savoury Rice (1, 9)	Chicken Nuggets (1, 11)	Roast Beef with Yorkshire Pudding (1, 7, 9)	Ham and Cheese Turnover (1, 9)	Fishfingers (1, 4)
Summer Vegetable Cottage Pie (10)	Quorn Nuggets (1)	Lentil and Bean Loaf (1, 7)	Cheese and Tomato Turnover (1, 9)	Vegetarian Sausage (1)
	Salmon Lasagne (1, 4, 9, 11)		Mediterranean Vegetable Pasta (1)	
Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
Fresh Carrots and Salad Bar	Cubed Potatoes, Baked Beans and Salad Bar	Roast Potatoes, Fresh Broccoli and Roasted Butternut Squash	New Potatoes, Sweetcorn and Salad Bar	Chips, Garden Peas and Salad Bar
Blueberry Sponge with Custard (1, 7, 9)	Banoffee Mousse (9)	Chocolate Orange Sponge with Chocolate Sauce (1, 7, 9)	Fruity Ice Lolly	Melting Moment Cookie (1)



**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR**

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WEEK

7

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MONDAY 15 JULY	TUESDAY 16 JULY	WEDNESDAY 17 JULY	THURSDAY 18 JULY	FRIDAY 19 JULY
Cumberland Sausages with Yorkshire Pudding, Mashed Potatoes and Gravy (1, 7, 8, 9)	Beef Bolognese Pasta Bake with Garlic Bread (1, 8, 9)	Roast Gammon with Pineapple	Mild Chicken Curry with Rice and Poppadum (1)	Breaded Fish (1, 4)
Vegetarian Sausage with Yorkshire Pudding, Mashed Potatoes and Gravy (1, 8, 9)	Ratatouille Risotto (10)	Summer Vegetable Casserole with a Herby Scone (1)	Spinach and Feta Cannelloni (1, 9, 11)	Vegetable and Bean Mexican Tortilla Stack (1, 9)
	Fresh Pesto Pasta (1)		Macaroni Cheese (1, 9, 11)	
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	Sweetcorn and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans	Garden Peas and Salad Bar	Chips, Baked Beans and Salad Bar
Mixed Berry Ripple Cupcake (1, 7)	Lemon Drizzle Sponge (1, 7)	Salted Caramel Apple Crumble with Custard (1, 7, 9)	Fruity Ice Lolly	Chocolate Chip Cookie (1, 8, 9)

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MONDAY 22 JULY	TUESDAY 23 JULY	WEDNESDAY 24 JULY	THURSDAY 25 JULY	FRIDAY 26 JULY
Beef Cottage Pie	Battered Chicken Steak (1, 8)	Fishfingers (1, 4)	HOLIDAY	HOLIDAY
Cheese and Tomato Pizza with Herby Potatoes (1, 8, 9)	Quorn Nuggets (1)	Coriander Chickpea Burger (1, 7)		
Roasted Vegetable Pasta (1)		Mediterranean Vegetable Pasta Bows (1)		
	Jacket Potato with Topping of the Day			
Sweetcorn and Salad Bar	New Potatoes, Baked Beans and Salad Bar	Chips, Garden Peas and Salad Bar		
Tutti Frutti Monday	Chocolate Brownie Cookie (1, 7)	Chef's Delights		



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