








# 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 15 APRIL	TUESDAY 16 APRIL	WEDNESDAY 17 APRIL	THURSDAY 18 APRIL	FRIDAY 19 APRIL
100% Cod Fish Fingers (1, 4)	Beef Spaghetti Bolognaise with Garlic Bread (1, 8, 9)	Roast Turkey	Mild Chicken Curry with Rice and Poppadum (1)	Cheese and Tomato Pizza (1, 8, 9)
Cheese and Tomato Turnover (1, 9)	Mushroom Risotto (10)	Cauliflower and Broccoli Cheese in a Yorkshire Pudding (1, 7, 9, 11)	Mixed Vegetable Cottage Pie	Vegetarian Sausage in a Roll (1)
Tomato and Basil Pasta (1)		Salmon and Chive Carbonara (1, 4, 9)		Roasted Pepper Spirals (1)
	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
Herby Potatoes, BBQ Beans and Salad Bar	Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage	Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
Apple and Cinnamon Crumble with Custard (1, 9)	Tutti Frutti Tuesday	Sticky Toffee Pudding with Custard (1, 7, 9, 14)	Fruity Flapjack (1)	Chocolate and Orange 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**

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



**3 CHOICE MENU**

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MONDAY 22 APRIL	TUESDAY 23 APRIL	WEDNESDAY 24 APRIL	THURSDAY 25 APRIL	FRIDAY 26 APRIL
Chicken in a Wrap (1)	 <p>Traditional Cumberland Sausages with Gravy (1, 7, 9, 14)</p> <p>Vegetarian Sausages with Gravy (1)</p> <p>Jacket Potato with Topping of the Day</p> <p>Mashed Potato, Fresh Carrots and Salad Bar</p> <p>Jam Roly Poly with Custard (1, 7, 9)</p>	Slow Cooked Roast Beef with Yorkshire Pudding (1, 7, 9)	Chicken Pie with New Potatoes (1)	Beefburger in a Bun (1, 8, 10, 11, 14)
Mixed Bean Wrap (1)		Mixed Vegetable Casserole with a Herby Scone (1, 9)	Vegetable Biryani	Vegetarian Burger in a Bun (1, 8)
Macaroni Cheese (1, 9, 11)		Arrabiata Pasta (1)		Red Pesto Linguine (1)
			Jacket Potato with Topping of the Day	
Savoury Rice, Garden Peas and Salad Bar		Roast Potatoes, Fresh Broccoli and Mashed Swede	Green Beans and Salad Bar	Chips, Baked Beans and Salad Bar
Pineapple Upside Down Cake with Custard (1, 7, 9)		Chocolate Sponge with Chocolate Sauce (1, 7, 9)	Tutti Frutti Thursday	Lemon Shortbread Finger (1)

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

MONDAY 29 APRIL	TUESDAY 30 APRIL	WEDNESDAY 1 MAY	THURSDAY 2 MAY	FRIDAY 3 MAY
Bolognese Pasta Bake (1, 9)	Pulled Pork Taco	Roast Turkey	 <p>Pikachu Chicken Nuggets (1, 10)</p> <p>Charmander Quorn Nuggets (1)</p> <p>Bulbasaur Jacket Potato with Topping of the Day</p> <p>Wartortle Herby Potatoes, Weedle Spaghetti Hoops and Salad Bar</p> <p>Sandshrew Chocolate Cookie (1)</p>	Breaded Fish (1, 4)
Spinach and Chickpea Curry (1)	Cheese and Tomato Baked Pitta (1, 9)	Butternut Squash and Cherry Tomato Crumble (1)		Mixed Bean and Rice Burrito (1)
Mediterranean Vegetable Pasta Bows (1)		Pea and Salmon Twirls (1, 4)		Spinach and Feta Pasta (1, 9)
	Jacket Potato with Topping of the Day			
Fresh Broccoli and Salad Bar	Cubed Potatoes, Sweetcorn and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans		Chips, Baked Beans and Salad Bar
Lemon Drizzle Cake with a Lemon Sauce (1, 7)	Tutti Frutti Tuesday	Banana Loaf and Custard (1, 7, 8, 9)		Blueberry Cupcake (1, 7)

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

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MONDAY 6 MAY	TUESDAY 7 MAY	WEDNESDAY 8 MAY	THURSDAY 9 MAY	FRIDAY 10 MAY
BANK HOLIDAY	Traditional Toad in the Hole with Gravy (1, 7, 9, 14)	Slow Cooked Roast Beef with Yorkshire Pudding (1, 7, 9)	Beef Lasagne with Herby Bread (1, 8, 9, 11)	100% Cod Fishfingers (1, 4)
	Vegetarian Toad in the Hole with Gravy (1, 7, 9)	Leek and Potato Pie with a Shortcrust Topping (1, 9, 11)	Mixed Bean and Vegetable Chilli with Rice	Falafel Kebab with a BBQ Sauce (7, 14)
	Chunky Tomato Spirals (1)		Fresh Pesto Pasta (1)	
		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
	Mashed Potato, Fresh Broccoli and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage	Garden Peas and Salad Bar	Chips, Baked Beans and Salad Bar
	Strawberry Jelly Mousse (9)	Pear Sponge with Chocolate Sauce (1, 7, 9)	Tutti Frutti Thursday	Melting Moment Cookie (1)

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

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MONDAY 13 MAY	TUESDAY 14 MAY	WEDNESDAY 15 MAY	THURSDAY 16 MAY	FRIDAY 17 MAY
Beef Enchiladas with Rice (1, 9)	Chicken Pitta Pocket (1)	Roast Gammon with Pineapple	<p><b>EUROPEAN DAY</b></p>	Chicken Nuggets with Katsu Sauce (1, 10)
Mixed Vegetable Enchilada with Rice (1, 9)	Cheese and Onion Pinwheel (1, 9)	Spring Vegetable Casserole with a Herby Crust (1)		Quorn Nuggets (1)
	Macaroni Cheese (1, 9, 11)			
Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day		Traditional British Cottage Pie Italian Mozzarella and Tomato Pizza (1, 8, 9)
Fresh Broccoli and Salad Bar	Herby Potatoes, Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans		Bulgarian Vegetable Ragù with Tagliatelle (1) Mixed Garden Peas and Sweetcorn
Mixed Berry Cheesecake (1, 8, 9)	Raspberry Ripple Cupcake (1, 7)	Marble Sponge with Custard (1, 7, 9)		Austrian Cherry Strudel (1)
				Jacket Potato with Topping of the Day
				Chips, Baked Beans and Salad Bar
				Chocolate Krispie Cake (1, 9)

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MONDAY 20 MAY	TUESDAY 21 MAY	WEDNESDAY 22 MAY	THURSDAY 23 MAY	FRIDAY 24 MAY
Chicken Curry with Rice and Poppadum (1)	Beefburger in a Bun (1, 8, 10, 11, 14)	Roast Turkey	Beef Meatballs in a Tomato Sauce with Spaghetti (1)	Breaded Fish (1, 4)
Bean and Vegetable Goulash with Cous Cous (1)	Hand Made Vegetarian Burger in a Bun (1, 8)	Courgette, Potato and Feta Slice (1, 9)	Spinach, Sweet Potato and Lentil Curry with Rice (1)	Homemade Vegetable Spring Roll (1, 8)
Chunky Tomato Pasta (1)		Tomato and Basil Pasta (1)		Sweet Red Pepper Pasta (1)
	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
Fresh Broccoli and Salad Bar	Herby Potatoes, Stack a Burger from the Salad Bar	Roast Potatoes Fresh Carrots and Green Beans	Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
Tutti Frutti Monday	Apricot Cupcake (1, 7)	Apple Cake with a Crunchie Topping with Custard (1, 7, 9)	Tutti Frutti Thursday	Chef's Delight

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