

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 2 NOVEMBER	TUESDAY 3 NOVEMBER	WEDNESDAY 4 NOVEMBER	THURSDAY 5 NOVEMBER	FRIDAY 6 NOVEMBER
V VEGETARIAN VEGAN	Shepherdess Pie **(8)** VEGAN	Vegetable and Quorn Mince Spring Roll **(1, 8, 12)** VEGAN	Leek and Mixed Bean Parcel **(1)** VEGAN	Sweet Potato and Chickpea Curry (May Contain 1, 11) VEGAN	Vegetable Sausage **(1)** VEGAN
M MAIN MEAL	Macaroni Cheese **(1, 9, 11)** (May Contain 8)	Chinese Style Chicken and Prawn Cracker **(2, 8)**	Roast Gammon and Pineapple with Gravy	Mild Chicken Curry (May Contain 1, 11)	Breaded Fish or Salmon Fish Cake **(1, 4)**
P PASTA DISH	Arrabbiata Pasta **(1)**	Tomato and Pepper Pasta **(1)**	Roasted Vegetable and Herb Pasta **(1)**	Homemade Pesto Pasta Bows **(1)**	Chunky Tomato Pasta **(1)**
J JACKET POTATO	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**
S SIDE DISHES	Garlic Bread **(1)** (May Contain 8) Garden Peas, Salad Bar	Stir Fry Vegetables and Noodles **(1, 7)** Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage, Salad Bar	Rice, Naan Bread **(1)** House Salad	Chips, Peas and Baked Beans Salad Bar
D DESSERT DISHES	Fruity Flapjack **(1, 14)**	Mandarin Orange Jelly	Pineapple Upside Down Cake and Custard **(1, 7, 9)** (May Contain 8)	Fruit Smoothie Day	Rice Krispie Cake **(1, 9)**

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

***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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WEEK 2

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	MONDAY 9 NOVEMBER	TUESDAY 10 NOVEMBER	WEDNESDAY 11 NOVEMBER	THURSDAY 12 NOVEMBER	FRIDAY 13 NOVEMBER
V VEGETARIAN VEGAN	Vegetarian Chilli with Nachos (May Contain 1) **VEGAN**	 **Diwali Day** Sweet Potato, Butternut Squash Curry and Chickpea Curry with Rice and Naan Bread **(1)** (May Contain 11) **VEGAN**	Cauliflower and Broccoli Stuffed Yorkshire Pudding **(1, 7, 9, 11)** (May contain 8)	Vegetable and Lentil Casserole with New Potatoes **VEGAN**	 **Children In Need Day** Pork and Beef Sausage, Chips and Beans or Peas **(1,14)**
M MAIN MEAL	Mild Chilli Con Carne with Nachos (May Contain 1)	Butter Chicken with Rice and Naan Bread **(1)** served with Cauliflower and Aloo Potatoes (May contain 1, 11)	Roast Beef with a Yorkshire Pudding and Gravy **(1, 7, 9)**	Chicken Meatballs in Homemade Tomato Sauce with Spaghetti **(1)**	Vegetable Sausage, Chips and Beans or Peas **(1)** **VEGAN**
P PASTA DISH	Cheesy Pasta Bows **(1, 9, 11)**	Sweet Pepper Pasta **(1)**	Chunky Tomato Pasta **(1)**	Homemade Pesto Pasta **(1)**	Leek and Tomato Pasta Bake **(1, 9)**
J JACKET POTATO	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**
S SIDE DISHES	Wholemeal Rice and Sweetcorn, Salad Bar	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Roast Potatoes, Fresh Carrots and Green Beans, Salad Bar	Fresh Broccoli, Salad Bar	Melting Moment Cookie **(1, 7)** (May Contain 8)
D DESSERT DISHES	Fruit Smoothie Day	Peach Mousse with Shortbread **(1, 9)** (May contain 8)	Caramelised Apple Sponge and Custard **(1, 7, 9)** (May Contain 8)	Tutti Frutti Thursday	

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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WEEK 3

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	MONDAY 16 NOVEMBER	TUESDAY 17 NOVEMBER	WEDNESDAY 18 NOVEMBER	THURSDAY 19 NOVEMBER	FRIDAY 20 NOVEMBER
V VEGETARIAN VEGAN	Vegetable Spaghetti Bolognese **(1)** **VEGAN**	Vegetable and Mixed Bean Wrap **(1)** **VEGAN**	Roasted Squash, Spinach and Lentil Pie **(1)** **VEGAN**	Vegetable Kebab with Halloumi in a Pitta Bread and Tzatziki **(1, 9)**	Margherita Pizza **(1, 8, 9)** (May Contain 7)
M MAIN MEAL	Beef Spaghetti Bolognese **(1)**	Chicken Fajitas with Wraps **(1, 11)**	Roast Turkey, Stuffing and Gravy **(1)**	Lamb Kebab (Kofta) with Pitta Bread and Tzatziki **(1, 9)**	Fish Fingers **(1, 4)**
P PASTA DISH	Tomato and Pepper Pasta **(1)**	Homemade Pesto Pasta Bows **(1)**	Herby Roast Vegetable Pasta **(1)**	Mac n' Cheese **(1, 9, 11)** (May Contain 8)	Chunky Tomato Pasta **(1)**
J JACKET POTATO	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**
S SIDE DISHES	Garlic Bread **(1, 8)** Sweetcorn, Salad Bar	Rice, Fresh Broccoli, Salad Bar	Roast Potatoes, Cabbage and Fresh Carrots, Salad Bar	Wholemeal Rice and Homemade Slaw **(1)**	Chips, Garden Peas and Baked Beans, Salad Bar
D DESSERT DISHES	Chocolate Pudding and Chocolate Sauce **(1, 7, 9)** (May Contain 8)	Strawberry Jelly Mousse **(9)**	Oaty Apple Crumble and Custard **(1, 9)** (May Contain 8)	Tutti Fruity Thursday Mixed Melon Pots	Fruit Smoothie Day

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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WEEK 4

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	MONDAY 23 NOVEMBER	TUESDAY 24 NOVEMBER	WEDNESDAY 25 NOVEMBER	THURSDAY 26 NOVEMBER	FRIDAY 27 NOVEMBER
V VEGETARIAN VEGAN	Mixed Vegetable Shepherdess Pie VEGAN	Cheese and Tomato Pinwheel (1, 9)	Leek and Mixed Bean Parcel (1) VEGAN	Sweet Potato and Chickpea Curry (May Contain 1, 11) VEGAN	Cheese and Bean Quesadilla (1, 9) VEGAN
M MAIN MEAL	Chinese Style Chicken and Prawn Crackers (2, 8)	Homemade Sausage Rolls (1, 14)	Roast Gammon and Pineapple with Gravy	Mild Chicken Curry (May Contain 1, 11)	Breaded Fish or Salmon Fish Cake (1, 4)
P PASTA DISH	Tomato and Pepper Pasta (1)	Arrabbiata Pasta (1)	Roasted Vegetable and Herb Pasta (1)	Macaroni Cheese (1, 9, 11) (May Contain 8)	Tomato and Basil Pasta (1)
J JACKET POTATO	Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4)	Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4)	Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4)	Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4)	Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4)
S SIDE DISHES	Stir Fry Vegetables and Noodles (1, 7, 8) Salad Bar	Jacket Wedges, Baked Beans, Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage, Salad Bar	Rice, Naan Bread (1) Green Beans, Salad Bar	Chips, Garden Peas and Baked Beans, Salad Bar
D DESSERT DISHES	Iced Vanilla Sponge (1, 7) (May Contain 8)	Fruit Smoothie Day	Lemon Drizzle Cake (1, 7) (May Contain 8)	Tutti Frutti Thursday Fruit Jelly	Rice Krispie Cake (1, 9)

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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WEEK 5

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

	MONDAY 30 NOVEMBER	TUESDAY 1 DECEMBER	WEDNESDAY 2 DECEMBER	THURSDAY 3 DECEMBER	FRIDAY 4 DECEMBER
V VEGETARIAN VEGAN	Vegetarian Chilli with Nachos (May Contain 1) VEGAN	Homemade Vegetable Pie (1) (May Contain 8) VEGAN	Cauliflower and Broccoli Stuffed Yorkshire Pudding (1, 7, 9, 11) (May contain 8)	Vegetable and Lentil Casserole VEGAN	Quorn Dippers (1) VEGAN
M MAIN MEAL	Mild Chilli Con Carne with Nachos (May Contain 1)	Homemade Chicken Pie (1, 9) (May Contain 8, 10)	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	Beef and Pork Sausages with Gravy (1, 14) (May Contain 8)	Fish Fingers (1, 4)
P PASTA DISH	Homemade Pesto Pasta (1)	Mac n' Cheese (1, 9, 11) (May Contain 8)	Chunky Tomato Pasta (1)	Butternut Squash, Spinach and Feta Tagliatelle (1, 9)	Vegetable Ragu Twirls (1)
J JACKET POTATO	Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4)	Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4)	Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4)	Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4)	Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4)
S SIDE DISHES	Rice and Sweetcorn, Salad Bar	New Potatoes and Fresh Broccoli, Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage, Salad Bar	Mashed Potatoes and Green Beans, Salad Bar	Chips, Peas, Baked Beans, Salad Bar
D DESSERT DISHES	Fruit Smoothie Day	Mandarin Orange Jelly	Orange and Chocolate Brownie (1, 7) (May Contain 8)	Tutti Frutti Thursday Winter Berry Mousse (9)	Cherry Oaty Cookie (1, 14) (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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WEEK 6

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

	MONDAY 7 DECEMBER	TUESDAY 8 DECEMBER	WEDNESDAY 9 DECEMBER	THURSDAY 10 DECEMBER	FRIDAY 11 DECEMBER
V VEGETARIAN VEGAN	Vegetable Spaghetti Bolognese **(1)** VEGAN	Vegetable and Mixed Bean Wrap **(1)** VEGAN	Roasted Squash, Spinach and Lentil Pie **(1)** VEGAN	Vegetable Kebab with Halloumi in a Pitta Bread and Tzatziki **(1, 9)**	Margherita Pizza **(1, 8, 9)** (May Contain 7)
M MAIN MEAL	Beef Spaghetti Bolognese **(1)**	Chicken Fajitas with Wraps **(1, 11)**	Roast Gammon and Pineapple **(1)**	Lamb Kebab (Kofta) with Pitta Bread and Tzatziki **(1, 9)**	Breaded Fish **(1, 4)**
P PASTA DISH	Tomato and Pepper Pasta **(1)**	Pesto Pasta Bows **(1)**	Herby Roast Vegetable Pasta **(1)**	Mac n' Cheese **(1, 9, 11)** (May Contain 8)	Chunky Tomato Pasta **(1)**
J JACKET POTATO	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**
S SIDE DISHES	Garlic Bread **(1, 8)** Sweetcorn, Salad Bar	Rice, Fresh Broccoli, Salad Bar	Roast Potatoes, Cabbage and Fresh Carrots, Salad Bar	Rice and Homemade Slaw	Chips, Garden Peas and Baked Beans, Salad Bar
D DESSERT DISHES	Chocolate Pudding and Chocolate Sauce **(1, 7, 9)** (May Contain 8)	Strawberry Jelly Mousse **(9)**	Oaty Apple Crumble and Custard **(1, 9)** (May Contain 8)	Tutti Fruity Thursday Mixed Melon Pots	Fruit Smoothie Day

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
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WEEK 7

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	MONDAY 14 DECEMBER	TUESDAY 15 DECEMBER	WEDNESDAY 16 DECEMBER	THURSDAY 17 DECEMBER	FRIDAY 18 DECEMBER
V VEGETARIAN VEGAN	Shepherdess Pie **(8)** VEGAN	Vegetable and Quorn Mince Spring Roll **(1, 8, 12)** VEGAN	Christmas Lunch 	Sweet Potato and Chickpea Curry (May Contain 1, 11) VEGAN	Vegetable Sausage **(1)** VEGAN
M MAIN MEAL	Macaroni Cheese **(1, 9, 11)** (May Contain 8)	Chinese Style Chicken **(1, 8)** with Prawn Crackers **(2)**		Mild Chicken Curry (May Contain 1, 11)	Fish Fingers **(1, 4)**
P PASTA DISH	Pasta Arrabbiata **(1)**	Tomato and Pepper Pasta **(1)**		Macaroni Cheese **(1, 9, 11)** (May Contain 8)	Chunky Tomato Pasta **(1)**
J JACKET POTATO	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**		Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**
S SIDE DISHES	Garlic Bread **(1)** (May Contain 8) Garden Peas, Salad Bar	Stir Fry Vegetables and Noodles **(1, 7)** Salad Bar		Rice, Naan Bread and Green Beans **(1)** Salad Bar	Chips, Garden Peas, Baked Beans, Salad Bar
D DESSERT DISHES	Pear Sponge and Custard **(1, 7, 9)** (May Contain 8)	Mandarin Orange Jelly		Fruit Smoothie Day	Rice Krispie Cake **(1, 9)**

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

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1 CEREALS CONTAINING GLUTEN	3 MOLLUSCS	5 PEANUTS	7 EGGS	9 MILK	11 MUSTARD	13 SESAME
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