

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

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

**MONDAY 2 JUNE TUESDAY 3 JUNE** WEDNESDAY 4 JUNE **THURSDAY 5 JUNE FRIDAY 6 JUNE** Oven Baked Pork and Beef Roast Turkey Very Mild Beef Chilli Breaded Fish Sausages with Onion Gravy with Stuffing and Gravy **BBQ** Chicken with Rice with Rice and Nachos (1, 4)(1, 14)(1) Oven Baked Vegetarian Red Leicester and Quorn Dippers Sausage with Onion Gravy Mac n' Cheese Vegetable Lasagne Roast Vegetable Tart (1, 8) (1) (1, 7, 9, 11)(1, 9, 11)VEGAN (1, 7, 9)VEGAN Cheese Baguette (1, 9, 13) Ham Baguette (1,13) Tuna Baguette (1, 4, 13) Jacket Potato with Topping of the Day Mashed Potatoes, Fresh Broccoli Roast Potatoes, Fresh Carrots Sweetcorn Chips, Baked Beans Garden Peas and Salad Bar and Green Beans and Salad Bar and Salad Bar and Salad Bar Apple and Berry Crumble Peach and Pear Sponge Vanilla Shortbread Orange Oaty Cookie with Custard with Custard Tutti Frutti Thursday (1) (1) (1, 7, 9)(1, 7, 9)

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

**ALLERGEN KEY** 

7 EGGS

9 MILK

**11 MUSTARD** 

12 LUPIN

**5** PEANUTS

**3 MOLLUSCS** 

4 FISH

<b>1</b> CEREALS CONTAINING GLUTEN	
2 CRUSTACEANS	

EALS CONTAINING GLUTEN	
ISTACEANS	

6 NUTS **8** SOYBEANS **10 CELERY \*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



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**13 SESAME** 

**14 SULPHUR DIOXIDE** 

VIKING TRUST



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MONDAY 9 JUNE	TUESDAY 10 JUNE	WEDNESDAY 11 JUNE	THURSDAY 12 JUNE	FRIDAY 13 JUNE
Beef Bolognaise Pasta Bake and Garlic Bread (1, 8, 9)	'Katsu' Chicken Nuggets (Sauce on the side) (1, 8, 10)	Slow Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	Chinese Style Chicken with Rice (1, 8)	Fishfingers (1, 4)
Sweet and Sour with Stir Fried Vegetables with Rice Noodles (8) VEGAN	Katsu' Quorn Dippers (Sauce on the side) (1, 8) VEGAN	Topped Baked Sweet Potato with Ratatouille VEGAN	Mac n' Cheese (1, 9, 11)	Homemade BBQ Carrot and Chickpea Burger (1,13) VEGAN
Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Sweetcorn and Salad Bar	Savoury Rice with Garden Peas and Salad Bar	Roast Potatoes, Roast Carrots and Cabbage	Broccoli and Salad Bar	Chips, Baked Beans and Salad Bar
Mixed Fruit Crunchy Crumble with Custard (1, 9)	Mixed Berry Cheesecake (1, 8, 9)	Iced Lemon Drizzle Cake with Custard (1, 7)	Tutti Frutti Thursday	Marble Cookie (1)

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

### **ALLERGEN KEY**

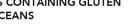
7 EGGS

9 MILK

**10 CELERY** 

1	CEREALS CONTAINING GLUTEN
2	CRUSTACEANS

FREERANGEEGGS LOCALFRUIT&VEG WHOLEMEALPASTA



**3 MOLLUSCS** 

4 FISH

6 NUTS **8** SOYBEANS **11 MUSTARD 13** SESAME 12 LUPIN

**14 SULPHUR DIOXIDE** 

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FRESHUKBEEF



FRESHUKPORK

**VIKING TRUST** 

**5** PEANUTS

INDEPENDENTCATERING.CO.UK



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# WEEK K

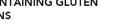
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MONDAY 16 JUNE	TUESDAY 17 JUNE	WEDNESDAY 18 JUNE	THURSDAY 19 JUNE	FRIDAY 20 JUNE
Fajita Chicken with Wraps (1, 11)	Homemade BBQ Chicken Pizza (1, 8, 9)	Roast Gammon and Pineapple with Gravy		Breaded Fish (1, 4)
Tomato and Basil Pasta (1)	Cheese and Tomato Pizza (1, 9)	Cherry Tomato and Roast Beetroot Tartlet (1) VEGAN		Cheese and Onion Turnover (1, 9)
Cheese Baguette (1, 9, 13) Ham Baguette (1,13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1,13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1,13) Tuna Baguette (1, 4, 13)	PLANETS DAY	Cheese Baguette (1, 9, 13) Ham Baguette (1,13) Tuna Baguette (1, 4, 13)
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Mercury Meteor Meatballs in Tomato Sauce served with Penne Pasta (1) Venus Vegetable and Bean Chilli with Rice	Jacket Potato with Topping of the Day
Savoury Rice, Sweetcorn and Salad Bar	Herbie Potatoes, Baked Beans and Salad Bar	Roast Potatoes, Roasted Vegetables, and Green Beans	Earthly Broccoli Trees and Corn Moons Jupiter Jacket Potato with Baked Beans, Cheese or Tuna Saturn Salad Bar and	Chips, Garden Peas and Salad Bar
Raisin Flapjack (1)	Tutti Frutti Tuesday	Banana Cake and Custard (1, 7, 9)	Fresh Bread <b>Uranus</b> Iced Lollies	Chocolate Brownie (1, 7)

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

### **ALLERGEN KEY**

<b>1</b> CEREALS CONTAINING GLUTEN	
2 CRUSTACEANS	



**3 MOLLUSCS** 

4 FISH

#### 6 NUTS **8** SOYBEANS

**5** PEANUTS

**11 MUSTARD 13** SESAME 12 LUPIN **14 SULPHUR DIOXIDE** 

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FRESHUKBEEF



FRESHUKPORK FREERANGEEGGS LOCALFRUIT&VEG WHOLEMEALPASTA **VIKING TRUST** 

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MONDAY 23 JUNE	TUESDAY 24 JUNE	WEDNESDAY 25 JUNE	THURSDAY 26 JUNE	FRIDAY 27 JUNE
Oven Baked Pork and Beef Sausages with Gravy (1, 14)	Beef Lasagne With Garlic Bread (1, 7, 8, 9, 11)	Roast Turkey with Stuffing and Gravy (1)	Sticky Sweet Chicken with Rice	Fishfingers (1, 4)
Baked Halloumi and Vegetables in a Pitta Bread (1, 9)	Chickpea and Mixed Bean with Savoury Rice VEGAN	Roasted Tomato, Carrot and Lentil Loaf VEGAN	Mac 'n' Cheese (1, 9,11)	Mixed Vegetable Quiche (1, 7, 9)
Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Potato Wedges, Sweetcorn, and Salad Bar	Fresh Broccoli And Salad Bar	Roast Potatoes, Carrots, and Green Beans	Garden Peas and Salad Bar	Chips, Baked Beans and Salad Bar
Lemon Shortbread With Fruit Wedges (1)	Chocolate Sponge and Chocolate Sauce (1, 7, 9)	Mixed Berry and Apple Crumble with Custard (1, 9)	Tutti Frutti Thursday	Oaty Cherry Cookie (1, 14)

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

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7 EGGS

9 MILK

**10 CELERY** 

**11 MUSTARD** 

12 LUPIN

1 CEREALS CONTAINING GLUTEN	
2 CRUSTACEANS	

**3 MOLLUSCS** 4 FISH

#### 6 NUTS **8** SOYBEANS **\*ALL OUR MENUS ARE TREE NUT AND PEANUT FREE**

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FRESHUKBEEF



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FRESHUKPORK

FREERANGEEGGS LOCALFRUIT&VEG WHOLEMEALPASTA

**VIKING TRUST** 

**5** PEANUTS

INDEPENDENTCATERING.CO.UK

**13** SESAME

**14 SULPHUR DIOXIDE** 



WEEK

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	MONDAY 30 JUNE	TUESDAY 1 JULY	WEDNESDAY 2 JULY	THURSDAY 3 JULY	FRIDAY 4 JULY
)	Mild Chicken Rogan Josh with Rice (1)	Homemade Sausage Roll with Potato Wedges (1, 14)	Slow Roast Beef and Yorkshire Pudding with Gravy (1, 7, 9)	Tomato and Chicken Pasta Bake (1, 9)	Breaded Fish (1, 4)
	Mac n' Cheese (1, 9, 11)	Veggie Quorn Nuggets with Potato Wedges (1) VEGAN	Summer Vegetable Puff Pastry Parcel (1) VEGAN	Homemade Margarita Pizza with Cubed Potatoes (1, 8, 9)	Sweet Stir-Fried Vegetables with Stir Fried Rice (8, 14) VEGAN
)	Cheese Baguette (1, 9, 13) Ham Baguette (1,13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1,13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1,13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1,13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1,13) Tuna Baguette (1, 4, 13)
)	Jacket Potato with Topping of the Day				
	Sweetcorn and Salad Bar	Baked Beans and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans	Fresh Broccoli and Salad Bar	Chips, Garden Peas and Salad Bar
	Kentish Apple Sponge Cake (1, 7)	Berry Mousse with Biscuit Crumb (1, 9)	Toffee Sponge and Custard (1, 7, 9, 14)	Tutti Frutti Thursday	Orange Drizzle Cupcakes (1, 7)

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

**ALLERGEN KEY** 

1 CEREALS CONTAINING GLUTEN	
2 CRUSTACEANS	

**3 MOLLUSCS** 

4 FISH

6 NUTS **8** SOYBEANS

**5** PEANUTS

**11 MUSTARD 13** SESAME 12 LUPIN

**14 SULPHUR DIOXIDE** 

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FRESHUKBEEF FRESHUKPORK FREERANGEEGGS LOCALFRUIT&VEG WHOLEMEALPASTA **VIKING TRUST** 

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Jacket Potato with Topping of the Day



## INDEPENDENTCATERING | E D U C A T E R L I M I T E D

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MONDAY 7 JULY	TUESDAY 8 JULY	WEDNESDAY 9 JULY	THURSDAY 10 JULY	FRIDAY 11 JULY
Chicken Pie with New Potatoes (1)	Beef Spaghetti Bolognaise and Herby Bread (1, 8)	Gammon and Pineapple with Gravy	WIMBLEDON DAY	Fishfingers (1, 4)
Homemade Spring Roll with Savoury Rice (1, 8) VEGAN	Courgette Bake VEGAN	Cheddar and Red Onion Quiche (1, 7, 9)		Pesto Roast Vegetables in a Half Pitta Bread (1) VEGAN
Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)	Hot Dog with Mini Potato Puffs	Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	(1, 13,14) Vegetable Hot Dog with Mini Potato Puffs (1, 13) VEGAN	Jacket Potato with Topping of the Day
Sweetcorn and Salad Bar	Fresh Broccoli and Salad Bar	Roast Potatoes, Cabbage and Glazed Carrots	Jacket Potato with Topping of the Day Baked Beans and Salad Bar Wonky Strawberry Mousse	Chips, Garden Peas and Salad Bar
Pear and Apple Crumble and Custard (1, 9)	Tutti Frutti Tuesday	Marble Cake and Custard (1, 7, 9)	(9) Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)	Iced Carrot Cupcakes (1, 7, 9)

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

### **ALLERGEN KEY**

<b>1</b> CEREALS CONTAINING GLUTEN	
2 CRUSTACEANS	

S CONTAINING	GLUTEN	
CEANS		

**3 MOLLUSCS** 

4 FISH

6 NUTS	8 SOYBEANS

**5** PEANUTS

**11 MUSTARD 13** SESAME **14 SULPHUR DIOXIDE** 

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7 EGGS

9 MILK

**10 CELERY** 

12 LUPIN

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FRESHUKBEEF



FRESHUKPORK FREERANGEEGGS LOCALFRUIT&VEG WHOLEMEALPASTA **VIKING TRUST** 

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MONDAY 14 JULY	TUESDAY 15 JULY	WEDNESDAY 16 JULY	THURSDAY 17 JULY	FRIDAY 18 JULY
Beef Burger in a Bun with Ketchup on the Side (1, 8, 13)	Chicken Noodles with Prawn Crackers (1, 2, 7, 8)	Roast Turkey with Stuffing and Gravy (1)	Beef Burrito with Cheese and Rice (1, 9)	Breaded Fish (1, 4)
Chickpea and Carrot Burger in a Bun (1, 13) <b>VEGAN</b>	Mac n' Cheese (1, 9, 11)	Cauliflower and Broccoli Stuffed Yorkshire Pudding (1, 7, 9, 11)	Fresh Pesto and Pea Pasta Bows (1)	Homemade Vegetable Pasty (1) VEGAN
Cheese Baguette (1, 9, 13) Ham Baguette (1,13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1,13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1,13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1,13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1,13) Tuna Baguette (1, 4, 13)
Jacket Potato with Topping of the Day				
Potato Wedges, Baked Beans 'Build a Burger Salad Bar'	Broccoli and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans	Sweetcorn and Salad Bar	Chips, Garden Peas and Salad Bar
Wonky Berry Flapjack (1)	Wonky Berry Eton Mess (7, 9)	Wonky Berry Sponge and Custard (1, 7, 9)	Very Berry Fruity Thursday	Wonky Strawberry Jelly with Shortbread (1)

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4 FISH

6 NUTS		8	8 SOYBEANS		10 CELERY	
				-		

**5** PEANUTS

**11 MUSTARD 13** SESAME **14 SULPHUR DIOXIDE** 

12 LUPIN

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	Chicken Nuggets (1, 10)	Oven Baked Pork and Beef Sausages with Onion Gravy (1, 14)	Beef Bolognaise Pasta Bake and Garlic Bread (1, 8, 9)		
SIE	Quorn Dippers (1)	Vegetable Hot Dog in a Roll (1, 13)	Sweet and Sour with Stir Fried Vegetables and Rice (8)		
	Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)	Have a lovely s and see you	
P	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	and see you	again soon:
	Chips, Baked Beans Salad Bar	Cubed, Garden Peas and Salad Bar	Sweetcorn and Salad Bar		
SERT	Chocolate Sponge and Chocolate Sauce (1, 7, 9)	Tutti Frutti Tuesday	Chef's Delights		

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