

# 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



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

## MONDAY 1 NOVEMBER



Chicken and Tomato Pasta  
Bake with Herby Bread  
(1, 8, 9)



Winter Vegetable Cottage Pie  
with Gravy  
(10)



Fresh Pesto Pasta  
(1)



Filled Baked Jacket Potato  
Please see our blackboard for  
choice of toppings



Roasted Butternut Squash  
and  
Garden Peas



Apple and Berry Crumble  
with Custard  
(1, 7, 8, 9)

## TUESDAY 2 NOVEMBER

Shepherd's Pie  
(10)

Cheese and Tomato Pizza  
(1, 8, 9)

Mixed Pepper Spiral Pasta  
(1)

Filled Baked Jacket Potato  
Please see our blackboard for  
choice of toppings

Cubed Potatoes, Fresh Broccoli  
and Baked Beans

Lemon and Orange Cupcake  
(1, 7)

## WEDNESDAY 3 NOVEMBER

Roast Herby Chicken

Butternut Squash and  
Sweet Potato Crumble  
(1)

Chunky Tomato Pasta  
(1)

Filled Baked Jacket Potato  
Please see our blackboard for  
choice of toppings

Roast Potatoes,  
Fresh Green Cabbage  
and Carrots

Steamed Jam Sponge  
with Custard  
(1, 7, 8, 9)

## THURSDAY 4 NOVEMBER

Mild Chilli Con Carne with  
Rice and Nachos  
(10)

Homemade Vegetable Spring  
Roll with Rice and  
Sweet Chilli Sauce  
(1, 8)

Mac n' Cheese  
(1, 9, 11)

Filled Baked Jacket Potato  
Please see our blackboard for  
choice of toppings

Selection of Fresh Mexican  
Salads and Sweetcorn

Tutti Frutti Thursday

## FRIDAY 5 NOVEMBER



Hot Dogs in a Roll (1, 8)

Vegetarian Sausage  
in a Roll (1, 8)

Salmon and Chive Fish Cake  
with Tomato Pasta (1, 4, 7)

Filled Baked Jacket Potato  
see blackboard for  
choice of toppings

Chips, Braised Onions  
and BBQ Beans

Ice Cream (9)  
with Fruit Wedges

**AVAILABLE DAILY - FRUITY YOGHURT • 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**

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

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WE ONLY USE



FRESH MEAT



FREE RANGE EGGS



MSC FISH



ORGANIC MILK

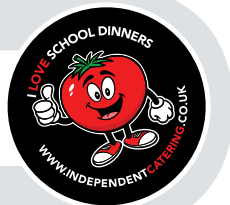


LOCAL FRUIT & VEG



WHOLEMEAL PASTA

INDEPENDENTCATERING.CO.UK  
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## MONDAY 8 NOVEMBER

## TUESDAY 9 NOVEMBER

## WEDNESDAY 10 NOVEMBER

## THURSDAY 11 NOVEMBER

## FRIDAY 12 NOVEMBER



Chicken Tacos with Rice  
(10)

Spaghetti Bolognaise  
with Garlic Bread  
(1, 8, 10)

Roast Pork  
with Apple Sauce

Chicken Pie with a  
Pastry Top and Mashed Potato  
(1)

Gluten Free Breaded Fish  
(4)



Bean and Vegetable Goulash  
with Mini Dumplings  
and New Potatoes  
(1, 8)

Vegetable Toad in the Hole  
with Cubed Potatoes  
and Gravy  
(1, 7, 8, 9, 14)

Leek and Potato Pie  
with a Shortcrust Top  
(1)

Sweet Potato and  
Spinach Lasagne  
(1, 7, 9, 11)

Mixed Bean and  
Winter Vegetable Wrap  
(1)



Chunky Tomato Pasta  
(1)

Roasted Mediterranean  
Vegetable Pasta  
(1)

Arrabiata Pasta  
(1)

3 Cheese Pasta Bake  
(1, 9, 11)

Tomato and Basil Pasta  
(1)



Filled Baked Jacket Potato  
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choice of toppings

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Fresh Broccoli  
and Sweetcorn

Fresh Carrots  
and Green Beans

Roast Potatoes, Fresh Mashed  
Swede and Savoy Cabbage

Fresh Carrots and  
Garden Peas

Chips, Baked Beans  
and Mushy Peas



Banana Loaf  
with Custard  
(1, 7, 8, 9)

Strawberry Muffin  
(1, 7)

Chocolate Sponge with  
Chocolate Sauce  
(1, 7, 8, 9)

Tutti Fruitti Thursday

Fruity Flap Jack  
(1, 14)

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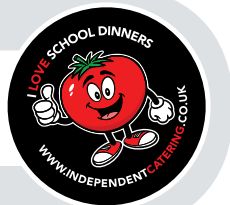


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## MONDAY 15 NOVEMBER



Mild Chicken Korma  
with Rice and Poppadum's



Mixed Vegetable Moussaka  
(1, 9, 11)



Tomato and Basil Pasta  
(1)



Filled Baked Jacket Potato  
Please see our blackboard for  
choice of toppings



Onion Bhaji  
and Green Beans



Oatie Peach Crumble  
with Custard  
(1, 7, 8, 9)

## TUESDAY 16 NOVEMBER

### WOODLAND DAY



Sausage Tree Trunk Pinwheel  
(1, 8)

Plant Cheese and  
Onion Pinwheel (1, 8, 9)

Pine Cone Roasted Pepper  
Spirals (1)

Leafy Filled Jacket Potato  
see blackboard for  
choice of toppings

Willow Wedges, Stag's Slaw (7)  
and Squirrel's Sweetcorn

Magpie's Mud Muffin (1, 7)

## WEDNESDAY 17 NOVEMBER

Roast Beef with  
Yorkshire Pudding  
(1, 7, 9)

Butternut Squash  
and Chickpea Tagine  
(10)

Vegetable Bolognese Pasta  
(1)

Filled Baked Jacket Potato  
Please see our blackboard for  
choice of toppings

Roast Potatoes, Roasted  
Butternut Squash and Broccoli

Apple Pie  
with Custard  
(1, 7, 8, 9)

## THURSDAY 18 NOVEMBER

Sticky BBQ Chicken  
with Savoury Rice  
(14)

Oriental Style  
Vegetable Noodles  
(1, 7, 8)

Macaroni Cheese  
with a Herby Topping  
(1, 9, 11)

Filled Baked Jacket Potato  
Please see our blackboard for  
choice of toppings

Fresh Carrots  
and Garden Peas

Tutti Fruitti Thursday

## FRIDAY 19 NOVEMBER

100% Cod Fish Fingers  
(1, 4)

Crispy Quorn Nuggets  
(1, 7, 9)

Fresh Pesto Pasta  
(1)

Filled Baked Jacket Potato  
Please see our blackboard for  
choice of toppings

Chips, Baked Beans  
and Mushy Peas

Lemon Mousse with a  
Shortbread Finger  
(1, 9)

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ORGANIC MILK



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## MONDAY 22 NOVEMBER

## TUESDAY 23 NOVEMBER

## WEDNESDAY 24 NOVEMBER

## THURSDAY 25 NOVEMBER

## FRIDAY 26 NOVEMBER



Baked Sausages with Gravy  
(1, 8)

Bolognaise Pasta Bake  
with Garlic Bread  
(1, 8, 10)

Roast Herby Chicken

Meat Feast Pizza  
(1, 8, 9)

Gluten Free Breaded Fish  
(4)



Vegetarian Baked Sausages  
with Gravy  
(1, 14)

Butternut Squash  
and Leek Risotto  
(10)

Tortilla Quiche  
(1, 7, 9)

Cheese and Tomato Pizza  
(1, 8, 9)

Chickpea and Coriander Burger  
(1)



Mac n' Cheese  
(1, 9, 11)

Tomato and Basil Pasta  
(1)

Mixed Roasted  
Vegetable Pasta  
(1)

Arrabiata Pasta  
(1)

Salmon and Dill Pasta  
(1, 4, 9, 11)



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Mashed Potato,  
Roasted Winter Vegetables  
and Sweetcorn

Fresh Cauliflower  
and Broccoli

Roast Potatoes, Roasted Winter  
Vegetables and Green Beans

Cubed Potato, Fresh Carrots  
and Garden Peas

Chips, Baked Beans and  
Mushy Peas



Ginger Sponge  
with Custard  
(1, 7, 8, 9)

Cherry Shortbread  
with Vanilla Sauce  
(1, 7, 8, 9)

Pineapple Upside Down Cake  
with Custard  
(1, 7, 8, 9, 14)

Tutti Fruitti Thursday

Blueberry Muffin  
(1, 7)

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## MONDAY 29 NOVEMBER

## TUESDAY 30 NOVEMBER

## WEDNESDAY 1 DECEMBER

## THURSDAY 2 DECEMBER

## FRIDAY 3 DECEMBER



Beef Lasagne  
with Garlic Bread  
(1, 8, 9, 11)

Fishfingers in a Wrap  
(1, 4)

Roast Gammon  
with Pineapple  
(14)

Mexican Style Chicken  
with Savoury Rice

Beefburger in a Bun  
(1, 10, 11, 14)



Vegetable Biryani  
(10)

Crispy Quorn Nuggets  
(1, 7, 9)

Winter Vegetable Slice  
(1, 9)

Winter Vegetable  
Cottage Pie  
(10)

Cheese and Tomato  
Baked Pitta  
(1, 9)



Chunky Tomato Pasta  
(1)

Vegetable Ragu Pasta  
(1)

Fresh Pesto Pasta  
(1)

3 Cheese Pasta  
(1, 9, 11)

Mixed Vegetable  
Ragu Pasta  
(1)



Filled Baked Jacket Potato  
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Roasted Butternut Squash  
and Green Beans

Herby Potatoes,  
Chefs Salad and  
BBQ Beans

Roast Potatoes, Fresh Mashed  
Swede and Broccoli

Fresh Carrots  
and Garden Peas

Chips, Baked Beans  
and Stack a Burger from  
the Salad Bar



Chocolate Brownie  
Cookie (1, 7)  
with Fruit Wedges

Cinnamon Sponge with  
Butterscotch Sauce  
(1, 7, 8, 9, 14)

Sticky Toffee Apple Crumble  
with Custard  
(1, 7, 8, 9)

Tutti Fruitti Thursday

Orange Oatie Cookie  
(1)

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MSC FISH



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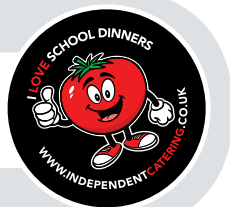


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## MONDAY 6 DECEMBER

## TUESDAY 7 DECEMBER

## WEDNESDAY 8 DECEMBER

## THURSDAY 9 DECEMBER

## FRIDAY 10 DECEMBER



Chicken and Vegetable Stew  
with Mini Dumplings  
(1)

Mild Chilli Beef  
with Nachos  
(10)

Roast Herby Chicken

Pulled Pork with  
a BBQ Sauce  
(14)

Gluten Free Breaded Fish  
(4)



Vegetable Cannelloni Bake  
(1, 9, 11)

Vegetable Pad Thai  
(1, 7, 8)

Cherry Tomato and  
Cheese Flan  
(1, 7, 9)

Spinach, Sweet Potato  
and Lentil Curry with Rice

Mexican Vegetable  
Tortilla Stack  
(1)



Winter Vegetable Cannelloni  
(1)

Vegetable Bolognese Pasta  
(1)

Roasted Pepper Spirals  
(1)

Macaroni Cheese  
with a Herby Topping  
(1, 9, 11)

Fresh Pesto Pasta  
(1)



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New Potatoes, Fresh Carrots  
and Green Beans

Fresh Cauliflower  
and Garden Peas

Roast Potatoes, Fresh Mashed  
Swede and Broccoli

Potato Wedges, Fruity Slaw (9)  
and Sweetcorn

Chips, Baked Beans  
and Mushy Peas



Fruit Sponge  
with Custard  
(1, 7, 8, 9)

Lemon Drizzle Cake  
(1, 7, 9)

Chocolate and Orange  
Chocolate Cake with  
Chocolate Sauce  
(1, 7, 8, 9)

Tutti Frutti Thursday

Fruity Granola Bar  
(1, 14)

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## MONDAY 13 DECEMBER

Spaghetti Bolognaise  
with Garlic Bread  
(1, 8, 10)

Vegetable and Rice Wrap  
(1)

Mixed Vegetable Spirals  
(1)

Filled Baked Jacket Potato  
Please see our blackboard for  
choice of toppings

Fresh Broccoli  
and Sweetcorn

Strawberry Mousse  
with Fruit Wedges  
(9)

## TUESDAY 14 DECEMBER

Breaded Chicken Steak  
(1, 7, 9, 10, 14)

Crispy Quorn Nuggets  
(1, 7, 9)

Roasted Mediterranean Pasta  
(1)

Filled Baked Jacket Potato  
Please see our blackboard for  
choice of toppings

Cubed Potatoes,  
Chef's Salad and Garden Peas

Carrot Cake  
with Custard  
(1, 7, 8, 9)

## WEDNESDAY 15 DECEMBER

Roast Pork with  
Apple Sauce

Cheese, Leek and Potato Pie  
with a Shortcrust Pastry  
(1, 7, 9)

Chunky Tomato Pasta  
(1)

Filled Baked Jacket Potato  
Please see our blackboard for  
choice of toppings

Roast Potatoes, Roasted  
Butternut Squash and Broccoli

Banana Loaf  
with Custard  
(1, 7, 8, 9)

## THURSDAY 16 DECEMBER

Swedish Style Beef Meatballs  
with Mashed Potato  
(1)

Sweet Potato and  
Spinach Lasagne  
(1, 7, 9, 11)

Mac n' Cheese  
(1, 9, 11)

Filled Baked Jacket Potato  
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Fresh Carrots  
and Green Beans

Tutti Fruitti Thursday

## FRIDAY 17 DECEMBER

*Christmas  
Lunch*



**SEE POSTER FOR MENU**

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