

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

Bonfire Night



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



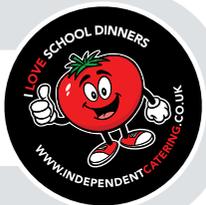
LOCAL FRUIT & VEG



WHOLE MEAL 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 Bolognese
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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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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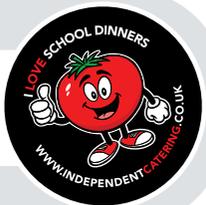


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MONDAY 15 NOVEMBER



Mild Chicken Korma
with Rice and Poppadam'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
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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
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choice of toppings

Chips, Baked Beans
and Mushy Peas

Lemon Mousse with a
Shortbread Finger
(1, 9)

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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)



Filled Baked Jacket Potato
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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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MSC FISH



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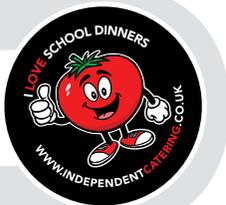
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MONDAY 29 NOVEMBER

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)



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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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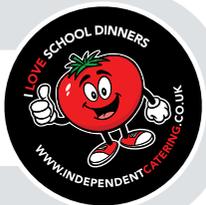


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MONDAY 6 DECEMBER

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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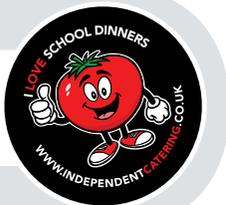
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TUESDAY 14 DECEMBER

WEDNESDAY 15 DECEMBER

THURSDAY 16 DECEMBER

FRIDAY 17 DECEMBER

Christmas Lunch



SEE POSTER FOR MENU



Spaghetti Bolognese 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)

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)

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)

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

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