




# 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 20 APRIL	TUESDAY 21 APRIL	WEDNESDAY 22 APRIL	THURSDAY 23 APRIL	FRIDAY 24 APRIL
Mac n' Cheese <b>(1, 9, 11)</b> (May Contain 8)	Beef Lasagne with Garlic Bread <b>(1, 7, 8, 9, 11)</b>	Roast Turkey with Stuffing and Gravy <b>(1)</b>	<p><b>St Georges Day</b></p>  <p>ST GEORGES DAY</p> <p>Pork &amp; beef Sausages Toad in the Hole (1,7,9,14) Vegetable Sausage Toad in the Hole (1,7,9) Cheese</p> <p>Sandwich <b>(1,8, 9)</b> Ham Sandwich <b>(1,8)</b> Tuna Sandwich <b>(1,4,8)</b></p> <p>Jacket Potato with Choice of Toppings</p> <p>Creamed Potatoes Fresh Broccoli</p> <p>Chocolate Biscuits <b>(1, 7)</b> (May Contain 8)</p>	Burger in a Bun (with Ketchup & Cheese on the Side) <b>(1, 9, 14)</b> (May Contain 13)
Vegetarian Fajita <b>(1)</b> <b>VEGAN</b>	Vegetable Lasagne with Garlic Bread <b>(1, 7, 8, 9, 11)</b> (May Contain 10)	Vegetable & Lenti Cottage pie with Sweet Potato Topping (May Contain 10) <b>VEGAN</b>		Homemade Chickpea Burger in a Bun <b>(1)</b> (May Contain 13) <b>VEGAN</b>
Cheese Sandwich <b>(1,8, 9)</b> Ham Sandwich <b>(1,8)</b> Tuna Sandwich <b>(1,4,8)</b>	Cheese Baguette <b>(1, 9)</b> Ham Baguette <b>(1)</b> Tuna Baguette <b>(1, 4)</b> (Baguette May Contain 7,13)	Cheese Sandwich <b>(1,8, 9)</b> Ham Sandwich <b>(1,8)</b> Tuna Sandwich <b>(1,4,8)</b>		Cheese Wrap <b>(1, 9)</b> Ham wrap <b>(1)</b> Tuna Wrap <b>(1, 4)</b>
Chunky Tomato Pasta <b>(1)</b>	Jacket Potato with Topping of the Day	Tomato and Basil Pasta <b>(1)</b>		Mixed Vegetable Ragu Twirls <b>(1)</b>
Sweetcorn and Salad Bar	Herby New Potatoes, Garden Peas and Salad Bar <b>Try our Ingredient of the month</b>	Roast Potatoes, Fresh Carrots and green beans		Chips, Garden Peas/baked beans and Salad Bar
Oaty Apple Crumble with Custard <b>(1, 9)</b> (May Contain 7, 8)	Tutti Frutti Tuesday	Toffee Sponge and Custard <b>(1, 7, 9, 14)</b> (May Contain 8)		Marble Shortbread <b>(1)</b> (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  
**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**

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



FRESHUK BEEF



FRESHUK PORK



FREERANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

UPTON JUNIORS

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MONDAY 27 APRIL	TUESDAY 28 APRIL	WEDNESDAY 29 APRIL	THURSDAY 30 APRIL	FRIDAY 1 MAY
Beef Pasta Bolognese and Garlic Bread (1, 8)	Fajita Chicken Wrap (1, 11)	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	Homemade Sausage Roll (1, 8, 9, 14)	Fishfingers (1, 4) or Salmon Fishcake (1, 4)
Lentil and Bean Spaghetti Bolognese and Garlic Bread (1, 8) VEGAN	Roast Vegetable & Bean Wrap (1, 11) VEGAN	Pea, Sweet Potato, and roast Cherry Tomato Risotto (9)	Cheese, Potato and Leek Turnover (1, 9)	Pesto Halloumi and Roasted Vegetables with Pitta Bread (1, 9)
Cheese Sandwich (1,8, 9) Ham Sandwich (1,8) Tuna Sandwich (1,4,8)	Cheese Baguette (1, 9) Ham Baguette (1) Tuna Baguette (1, 4) (Baguette May Contain 7,13)	Cheese Sandwich (1,8, 9) Ham Sandwich (1,8) Tuna Sandwich (1,4,8)	Cheese Baguette (1, 9) Ham Baguette (1) Tuna Baguette (1, 4) (Baguette May Contain 7,13)	Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)
Jacket Potato with Topping of the Day	Mac n' Cheese (1, 9, 11) (May Contain 8)	Jacket Potato with Topping of the Day	Fresh Pesto Pasta (1)	Jacket Potato with Topping of the Day
Fresh Broccoli and Salad Bar	Fresh Carrots and Salad Bar	Roast Potatoes, Spring Cabbage and Peas	Broccoli, Herby New Potatoes and Salad Bar Try our Ingredient of the month	Chips, Peas, Baked Beans and Salad Bar
Banana Cake with Custard (1, 7, 9) (May Contain 8)	Iced Carrot Cake (1, 7, 9) (May Contain 8)	Chocolate Sponge and Chocolate Sauce (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Oaty Cherry 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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WE ONLY USE



UPTON JUNIORS

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WEEK  
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MONDAY 4 MAY	TUESDAY 5 MAY	WEDNESDAY 6 MAY	THURSDAY 7 MAY	FRIDAY 8 MAY
<b>Bank Holiday</b>	Open Beef Burrito <b>(1,9)</b> (May Contain 11)	Roast Gammon and Pineapple with Gravy	Meat Feast Pizza <b>(1, 8, 9)</b> (May Contain 7)	Breaded Fish <b>(1, 4)</b>
	Mixed Bean Chilli in a Taco (May Contain 1, 11) <b>VEGAN</b>	Cheese and Roast Vegetable Quiche <b>(1, 7, 9)</b> (May Contain 10)	Cheese and Tomato Pizza <b>(1, 8, 9)</b> (May Contain 7)	Courgette & Sweetcorn Fritters <b>(1,)</b>
	Cheese Baguette <b>(1, 9)</b> Ham Baguette <b>(1)</b> Tuna Baguette <b>(1, 4)</b> (Baguette May Contain 7,13)	Cheese Sandwich <b>(1,8, 9)</b> Ham Sandwich <b>(1,8)</b> Tuna Sandwich <b>(1,4,8)</b>	Cheese Baguette <b>(1, 9)</b> Ham Baguette <b>(1)</b> Tuna Baguette <b>(1, 4)</b> (Baguette May Contain 7,13)	Cheese Wrap <b>(1, 9)</b> Ham wrap <b>(1)</b> Tuna Wrap <b>(1, 4)</b>
	Jacket Potato with Topping of the Day	Mixed Pepper Pasta <b>(1)</b>	Jacket Potato with Topping of the Day	Arrabiata Pasta Twirls <b>(1)</b>
	Tomato Rice with Green Beans and Salad Bar	Roast Potatoes, Carrots and Cabbage	New Potatoes, Sweetcorn	Chips, Peas & Baked Beans and Salad Bar
	Mixed Berry Cheesecake <b>(1, 9)</b> (May Contain 8) <b>Try our Ingredient of the month</b>	Strawberry Cupcake <b>(1, 7)</b> (May Contain 8) <b>Try our Ingredient of the month</b>	Tutti Frutti Thursday	Chocolate Krispie <b>(1, 9)</b>

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

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MONDAY 11 MAY	TUESDAY 12 MAY	WEDNESDAY 13 MAY	THURSDAY 14 MAY	FRIDAY 15 MAY
Mild Chicken Rogan Josh Curry with Rice and Naan Bread (1) (May Contain 11)	Beef Lasagne with Garlic Bread (1, 7, 8, 9, 11)	Roast Turkey with Stuffing and Gravy (1)	BBQ Chicken with Rice	Burger in a Bun (with Ketchup & Cheese on the Side) (1, 9, 14) (May Contain 13)
Chickpea Korma with Rice and Naan Bread (1) (May Contain 11) <b>VEGAN</b>	Vegetable Lasagne with Garlic Bread (1, 7, 8, 9, 11) (May Contain 10)	Vegetable & Lenti Cottage pie with Sweet Potato Topping (May Contain 10) <b>VEGAN</b>	Spring Vegetable & Bean Stew with Rice	Homemade Chickpea Burger in a Bun (1) (May Contain 13) <b>VEGAN</b>
Cheese Sandwich (1,8, 9) Ham Sandwich (1,8) Tuna Sandwich (1,4,8)	Cheese Baguette (1, 9) Ham Baguette (1) Tuna Baguette (1, 4) (Baguette May Contain 7,13)	Cheese Sandwich (1,8, 9) Ham Sandwich (1,8) Tuna Sandwich (1,4,8)	Cheese Baguette (1, 9) Ham Baguette (1) Tuna Baguette (1, 4) (Baguette May Contain 7,13)	Cheese Wrap (1, 9) Ham wrap (1) Tuna Wrap (1, 4)
Chunky Tomato Twirls (1)	Jacket Potato with Topping of the Day	Tomato and Basil Pasta (1)	Jacket Potato with Topping of the Day	Mixed Vegetable Ragu Twirls (1)
Sweetcorn and Salad Bar	Herby New Potatoes, Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage	Sweetcorn and Broccoli and Salad Bar	Chips, Garden Peas and Salad Bar
Apple Sponge with Custard (1, 7, 9) (May Contain 8)	Tutti Frutti Tuesday <b>Try our Ingredient of the month</b>	Toffee Sponge and Custard (1, 7, 9, 14) (May Contain 8)	Chocolate and Orange Brownie (1, 7) (May Contain 8)	Marble Shortbread (1) (May Contain 8)

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

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MONDAY 18 MAY	TUESDAY 19 MAY	WEDNESDAY 20 MAY	THURSDAY 21 MAY	FRIDAY 22 MAY
Beef Pasta Bolognese and Garlic Bread (1, 8)	 <p><b>Around the World</b> <b>GHANA</b> Chicken Jollof Rice (10)</p> <p>Black Eyed Bean Curry with Rice <b>VEGAN</b></p> <p>Cheese Baguette (1, 9) Ham Baguette (1) Tuna Baguette (1, 4) (Baguette May Contain 7,13)</p> <p>Pasta in a Rich Tomato Sauce and Peas (Ghanaian Pasta) (1)</p> <p>Nkate Nkwan-Inspired Sweet Potato and Spinach Stew (10)</p> <p>Strawberry Fool (9) <b>Try our Ingredient of the month</b></p>	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	Homemade Sausage Roll (1, 8, 9,14)	Fishfingers (1, 4) or Salmon Fishcake (1, 4)
Lentil and Bean Spaghetti Bolognese and Garlic Bread (1, 8) <b>VEGAN</b>		Pea, Sweet Potato, and roast Cherry Tomato Risotto (9)	Cheese, Potato and Leek Turnover (1, 9)	Pesto Halloumi and Roasted Vegetables with Pitta Bread (1, 9)
Cheese Sandwich (1,8, 9) Ham Sandwich (1,8) Tuna Sandwich (1,4,8)		Cheese Sandwich (1,8, 9) Ham Sandwich (1,8) Tuna Sandwich (1,4,8)	Cheese Baguette (1, 9) Ham Baguette (1) Tuna Baguette (1, 4) (Baguette May Contain 7,13)	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	Fresh Pesto Pasta (1)	Jacket Potato with Topping of the Day
Fresh Broccoli and Salad Bar		Roast Potatoes, Spring Cabbage and Peas	Broccoli, Herby New Potatoes and Salad Bar	Chips, Baked Beans and Salad Bar
Banana Cake with Custard (1, 7, 9) (May Contain 8)		Chocolate Sponge and Chocolate Sauce (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday <b>Try our Ingredient of the month</b>	Oaty Cherry Cookie (1, 14) (May Contain 8)

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

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