

Independent Catering are delighted to be the schools' chosen caterer.

Independent Catering are a small company focussed on providing your child with **freshly prepared, healthy meals** that will help your children reach their five portions of fruit and vegetables a day, we're also committed to using **honest, local produce**. This means that meat served can be traced back to the farm and meets or exceeds UK animal welfare standards. Many of the vegetables used have been sourced locally which reduces the environmental impact of your children's lunches. What's more, all ingredients used in meals are **free from additives**, artificial **trans fats** and **GMO's**, and most of the food is **freshly prepared** by trained chefs. Avoiding processed foods mean that our chef knows exactly what's going in to the food they are preparing, and it will also ensure that children can connect the food they are eating to where it came from. We recognise that menus are inclusive of cultural needs and dietary requirements, so every child is catered for on our lunch menus.



YOUR FRESHFOOD CATERER

SAMPLE LUNCH MENU - 3 CHOICE



MONDAY
Sticky BBQ Chicken
with Rice



Tagine of Beans and
Winter Vegetables



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



Fresh Carrots
and Green Beans



Lemon Sponge
with Custard

TUESDAY

Shepherd's Pie

Cheese and Tomato Pizza

Mixed Pepper Pasta

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Fresh Broccoli
and Coleslaw

Fruity Cheesecake

WEDNESDAY

Roast Chicken with
Stuffing Balls

Layered Potato
and Onion Bake

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

Roast Potatoes, Fresh
Mashed Swede and
Garden Peas

Pineapple Upside Down
Cake with Custard

THURSDAY

Beef Lasagne

Stir Fry Vegetables
in a Pitta Bread

Tuna Pasta Bake

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Fresh Carrots
and Sweetcorn

TUTTI FRUTTI THURSDAY

FRIDAY

Bubble Coated Fish

Falafel Kebab with a
Sweet Chilli Sauce

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

Chips, Baked Beans
and Chefs Salad

Oatie Cookie

WE ONLY USE



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EDUCATERLIMITED.COM