## INDEPENDENTCATERING|EDUCATERLIMITED

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

| MONDAY 15 APRIL | TUESDAY 16 APRIL | WEDNESDAY 17 APRIL | THURSDAY 18 APRIL | FRIDAY 19 APRIL |
| :---: | :---: | :---: | :---: | :---: |
| $100 \%$ Cod Fish Fingers | Beef Spaghetti Bolognaise with Garlic Bread $(1,8,9)$ | Roast Turkey | Mild Chicken Curry with Rice and Poppadum <br> (1) | Cheese and Tomato Pizza $(1,8,9)$ |
| Cheese and Tomato Turnover $(1,9)$ | Mushroom Risotto (10) | Cauliflower and Broccoli Cheese in a Yorkshire Pudding (1, 7, 9, 11) | Mixed Vegetable Cottage Pie | Vegetarian Sausage in a Roll <br> (1) |
| Tomato and Basil Pasta (1) |  | Salmon and Chive Carbonara $(1,4,9)$ |  | Roasted Pepper Spirals <br> (1) |
|  | Jacket Potato with Topping of the Day |  | Jacket Potato with Topping of the Day |  |
| Herby Potatoes, BBQ Beans and Salad Bar | Garden Peas and Salad Bar | Roast Potatoes, Fresh Carrots and Cabbage | Sweetcorn and Salad Bar | Chips, Baked Beans and Salad Bar |
| Apple and Cinnamon Crumble with Custard $(1,9)$ | Tutti Frutti Tuesday | Sticky Toffee Pudding with Custard (1, 7, 9, 14) | Fruity Flapjack <br> (1) | Chocolate and Orange Cookie (1) |

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS•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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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
WE ONLY USE 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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DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE

| MONDAY 29 APRIL | TUESDAY 30 APRIL | WEDNESDAY 1 MAY | THURSDAY 2 MAY | FRIDAY 3 MAY |
| :---: | :---: | :---: | :---: | :---: |
| Bolognaise Pasta Bake $(1,9)$ | Pulled Pork Taco | Roast Turkey | Pikachu Chicken Nuggets $(1,10)$ <br> Charmander Quorn Nuggets <br> (1) <br> Bulbasaur Jacket Potato with Topping of the Day <br> Wartortle Herby Potatoes, <br> Weedle Spaghetti Hoops and Salad Bar <br> Sandshrew Chocolate Cookie (1) | Breaded Fish $(1,4)$ |
| Spinach and Chickpea Curry <br> (1) | Cheese and Tomato Baked Pitta $(1,9)$ | Butternut Squash and Cherry Tomato Crumble <br> (1) |  | Mixed Bean and Rice Burrito (1) |
| Mediterranean Vegetable Pasta Bows <br> (1) |  | Pea and Salmon Twirls $(1,4)$ |  | Spinach and Feta Pasta $(1,9)$ |
|  | Jacket Potato with Topping of the Day |  |  |  |
| Fresh Broccoli and Salad Bar | Cubed Potatoes, Sweetcorn and Salad Bar | Roast Potatoes, Fresh Carrots and Green Beans |  | Chips, Baked Beans and Salad Bar |
| Lemon Drizzle Cake with a Lemon Sauce $(1,7)$ | Tutti Frutti Tuesday | Banana Loaf and Custard $(1,7,8,9)$ |  | Blueberry Cupcake $(1,7)$ |

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR

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| MONDAY 6 MAY | TUESDAY 7 MAY | WEDNESDAY 8 MAY | THURSDAY 9 MAY | FRIDAY 10 MAY |
| :---: | :---: | :---: | :---: | :---: |
| BANK HOLIDAY | Traditional Toad in the Hole with Gravy (1, 7, 9, 14) | Slow Cooked Roast Beef with Yorkshire Pudding $(1,7,9)$ | Beef Lasagne with Herby Bread (1, 8, 9, 11) | 100\% Cod Fishfingers $(1,4)$ |
|  | Vegetarian Toad in the Hole with Gravy $(1,7,9)$ | Leek and Potato Pie with a Shortcrust Topping $(1,9,11)$ | Mixed Bean and Vegetable Chilli with Rice | Falafel Kebab with a BBQ Sauce $(7,14)$ |
|  | Chunky Tomato Spirals <br> (1) |  | Fresh Pesto Pasta <br> (1) |  |
|  |  | Jacket Potato with Topping of the Day |  | Jacket Potato with Topping of the Day |
|  | Mashed Potato, Fresh Broccoli and Salad Bar | Roast Potatoes, Fresh Carrots and Cabbage | Garden Peas and Salad Bar | Chips, Baked Beans and Salad Bar |
|  | Strawberry Jelly Mousse <br> (9) | Pear Sponge with Chocolate Sauce (1, 7, 9) | Tutti Frutti Thursday | Melting Moment Cookie (1) |

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| :---: | :---: | :---: | :---: | :---: |
| Beef Enchiladas with Rice $(1,9)$ | Chicken Pitta Pocket <br> (1) | Roast Gammon with Pineapple | EUROPEAN DAY 20 <br> Traditional British Cottage Pie <br> Italian Mozzarella and Tomato Pizza (1, 8, 9) <br> Bulgarian Vegetable Ragu with Tagliatelle (1) <br> Mixed Garden Peas and Sweetcorn <br> Austrian Cherry Strudel (1) | Chicken Nuggets with Katsu Sauce $(1,10)$ |
| Mixed Vegetable Enchilada with Rice $(1,9)$ | Cheese and Onion Pinwheel $(1,9)$ | Spring Vegetable Casserole with a Herby Crust <br> (1) |  | Quorn Nuggets (1) |
|  | Macaroni Cheese $(1,9,11)$ |  |  |  |
| Jacket Potato with Topping of the Day |  | Jacket Potato with Topping of the Day |  | Jacket Potato with Topping of the Day |
| Fresh Broccoli and Salad Bar | Herby Potatoes, Garden Peas and Salad Bar | Roast Potatoes, Fresh Carrots and Green Beans |  | Chips, Baked Beans and Salad Bar |
| Mixed Berry Cheesecake $(1,8,9)$ | Raspberry Ripple Cupcake $(1,7)$ | Marble Sponge with Custard (1, 7, 9) |  | Chocolate Krispie Cake $(1,9)$ |

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

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| MONDAY 20 MAY | TUESDAY 21 MAY | WEDNESDAY 22 MAY | THURSDAY 23 MAY | FRIDAY 24 MAY |
| :---: | :---: | :---: | :---: | :---: |
| Chicken Curry with Rice and Poppadum <br> (1) | Beefburger in a Bun $(1,8,10,11,14)$ | Roast Turkey | Breaded Fish $(1,4)$ | Inset Day |
| Bean and Vegetable Goulash with Cous Cous <br> (1) | Hand Made Vegetarian Burger in a Bun $(1,8)$ | Courgette, Potato and Feta Slice $(1,9)$ | Homemade Vegetable Spring Roll $(1,8)$ |  |
| Chunky Tomato Pasta <br> (1) |  | Tomato and Basil Pasta (1) |  |  |
|  | Jacket Potato with Topping of the Day |  | Jacket Potato with Topping of the Day |  |
| Fresh Broccoli and Salad Bar | Herby Potatoes, Stack a Burger from the Salad Bar | Roast Potatoes Fresh Carrots and Green Beans | Chips, Baked Beans and Salad Bar |  |
| Tutti Frutti Monday | Apricot Cupcake $(1,7)$ | Apple Cake with a Crunchie Topping with Custard $(1,7,9)$ | Chef's Delight |  |

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