



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 27 th OCTOBER	TUESDAY 28 th OCTOBER	WEDNESDAY 29 th OCTOBER	THURSDAY 30 th OCTOBER	FRIDAY 31 TH OCTOBER
Sausage Casserole with Mashed Potato (1, 14)	BBQ Chicken Pizza (1, 8, 9)	Roast Turkey with Stuffing and Gravy (1)	Mild Chicken Rogan Curry with Rice and Naan Bread (1)	Fishfingers (1, 4)
Tomato and Basil Pasta (1)	Cheese and Tomato Pizza (1, 9)	Roasted Tomato, Carrot and Lentil Loaf VEGAN	Mac n' Cheese (1, 9, 11)	Quorn Dippers in a Wrap (1, 8) VEGAN
Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Sweetcorn and Salad Bar	Baked Beans, Diced Potatoes and Salad Bar	Roast Potatoes, Carrots and Green Beans	Garden Peas and Salad Bar	Chips, Baked Beans and Salad Bar
Caramelised Pear and Apple Cake with Custard (1,7,9)	Banana Loaf (1, 7)	Chocolate Sponge and Chocolate Sauce (1, 7, 9)	Tutti Frutti Thursday	Oaty Cherry Cookie (1, 14)

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



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

PHOENIX PRIMARY

INDEPENDENTCATERING.CO.UK

EDUCATERLIMITED.COM



INDEPENDENTCATERING | EDUCATER LIMITED

WEEK

1

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MONDAY 3 NOVEMBER	TUESDAY 4 NOVEMBER	WEDNESDAY 5 NOVEMBER	THURSDAY 6 NOVEMBER	FRIDAY 7 NOVEMBER
'Katsu' Chicken Nuggets (Sauce on the Side) (1, 8, 10)	Chinese Style Chicken with Rice and Poppadum (8)	Roast Gammon and Pineapple with Gravy	Beef Lasagne with Garlic Bread (1, 7, 8, 9, 11)	Breaded Fish (1, 4)
Katsu Quorn Dippers (Sauce on the Side) (1, 8) VEGAN	Tomato Pasta Twirls (1)	Red Leicester and Roast Vegetable Quiche (1, 7, 9)	Sweet and Sour Stir Fried Vegetables and Rice and Poppadum (8) VEGAN	Homemade Beetroot and Chickpea Burger in a Bun (1, 13) VEGAN
Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13)	Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13)	Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13)	Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13)	Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13)
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Savoury Rice with Garden Peas and Salad Bar	Carrots and Salad Bar	Roast Potatoes, Roasted Vegetables and Green Beans	Fresh Cabbage, Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
Oaty Apple Crumble with Custard (1, 9)	Lemon Cheesecake (1, 9)	Mixed Berry Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Vanilla Shortbread (1)

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

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WE ONLY USE



PHOENIX PRIMARY

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MONDAY 10 NOVEMBER	TUESDAY 11 NOVEMBER	WEDNESDAY 12 NOVEMBER	THURSDAY 13 NOVEMBER	FRIDAY 14 NOVEMBER
Beef Bolognese with Penne Pasta and Garlic Bread (1, 8)	Crispy BBQ Chicken Wrap (1, 8)	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	Chicken Pizza (1, 8, 9)	Fishfingers (1, 4)
Mac n' Cheese (1, 9, 11)	Vegetable Lasagne (1, 7, 9, 11)	Winter Vegetable Stew and Herb Dumplings (1) VEGAN	Cheese and Tomato Pizza (1, 9)	Pesto Baked Halloumi and Roasted Vegetables with Pitta Bread (1, 9)
Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Sweetcorn and Salad Bar	Herby Potatoes, Garden Peas and Salad Bar	Roast Potatoes, Roast Carrots and Cabbage	Baked Beans, Diced Potatoes and Salad Bar	Chips, Garden Peas and Salad Bar
Steamed Apple and Pear Sponge with Custard (1,7,9)	Berry Flapjack (1)	Toffee Sponge and Custard (1, 7, 9, 14)	Tutti Frutti Thursday	Iced Carrot Cake (1, 7, 9)

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

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN
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3 MOLLUSCS
4 FISH

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12 LUPIN

13 SESAME
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WE ONLY USE



FRESHUK BEEF FRESHUK PORK FREERANGE EGGS LOCALFRUIT & VEG WHOLEMEAL PASTA

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WEEK
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MONDAY 17 NOVEMBER	TUESDAY 18 NOVEMBER	WEDNESDAY 19 NOVEMBER	THURSDAY 20 NOVEMBER	FRIDAY 21 NOVEMBER
Sausage Casserole with Mashed Potato (1, 14)	 Beef Loaded Nachos (9) Mixed Bean Chilli in a Taco with Tomato Rice VEGAN Jacket Potato with Topping of the Day Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13) Golden Sweetcorn Mexican Salad Bar - Sour Cream, Guacamole, Tomato Salsa Biscoff Tres Leches (1, 9) (Biscoff Milk Cake)	Roast Turkey with Stuffing and Gravy (1)	Mild Chicken Rogan Curry with Rice and Naan Bread (1)	Fishfingers (1, 4)
Tomato and Basil Pasta (1)		Roasted Tomato, Carrot and Lentil Loaf VEGAN	Cheese Pasta bake (1, 9, 11)	Quorn Dippers in a Wrap (1, 8) VEGAN
Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13)		Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13)	Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13)	Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13)
Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Sweetcorn and Salad Bar		Roast Potatoes, Carrots, and Fresh Cabbage	Green Beans and Salad Bar	Chips, Baked Beans and Salad Bar
Caramelised Pear and Apple Cake with Custard (1,7,9)		Chocolate Sponge and Chocolate Sauce (1, 7, 9)	Tutti Frutti Thursday	Oaty Cherry Cookie (1, 14)

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

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MONDAY 24 NOVEMBER	TUESDAY 25 NOVEMBER	WEDNESDAY 26 NOVEMBER	THURSDAY 27 NOVEMBER	FRIDAY 28 NOVEMBER
'Katsu' Chicken Nuggets (Sauce on the Side) (1, 8, 10)	Beef Lasagne with Garlic Bread (1, 7, 8, 9, 11)	Roast Gammon and Pineapple with Gravy	Chinese Style Chicken with Rice and Poppadum (8)	Breaded Fish (1, 4)
Katsu Quorn Dippers (Sauce on the Side) (1, 8) VEGAN	Sweet and Sour Stir Fried Vegetables and Rice (8) VEGAN	Red Leicester and Roast Vegetable Quiche (1, 7, 9)	Mac n' Cheese (1, 9, 11)	Homemade Beetroot and Chickpea Burger in a Bun (1, 13) VEGAN
Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Savoury Rice with Garden Peas and Salad Bar	Carrots and Salad Bar	Roast Potatoes, Roasted Vegetables and Fresh Cabbage	Green Beans, Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
Oaty Apple Crumble with Custard (1, 9)	Lemon Cheesecake (1, 9)	Mixed Berry Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Vanilla Shortbread (1)

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

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MONDAY 1 DECEMBER	TUESDAY 2 DECEMBER	WEDNESDAY 3 DECEMBER	THURSDAY 4 DECEMBER	FRIDAY 5 DECEMBER
Very Mild Beef Chilli with Rice and Nachos	Crispy BBQ Chicken Wrap (1, 8)	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	 Toad in the Hole with Gravy and Mashed Potato (1, 7, 9, 14) Cheese and Onion Pasty with Mashed Potato and Gravy (1, 9) Jacket Potato with Topping of the Day Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13) Garden Peas Steamed Jam Sponge and Custard (1, 7, 9)	Fishfingers (1, 4)
Tomato and Basil Pasta (1)	Vegetable Lasagne (1, 7, 9, 11)	Winter Vegetable Stew and Herb Dumplings (1) VEGAN		Pesto Baked Halloumi and Roasted Vegetables with Pitta Bread (1, 9)
Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13)	Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13)	Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13)		Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13)
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
Sweetcorn and Salad Bar	Herby Potatoes Garden Peas and Salad Bar	Roast Potatoes, Roast Carrots and Cabbage		Chips, Baked Beans and Salad Bar
Steamed Apple and Pear Sponge with Custard (1,7,9)	Berry Flapjack (1)	Toffee Sponge and Custard (1, 7, 9, 14)		Iced Carrot Cake (1, 7, 9)

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

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MONDAY 8 DECEMBER	TUESDAY 9 DECEMBER	WEDNESDAY 10 DECEMBER	THURSDAY 11 DECEMBER	FRIDAY 12 DECEMBER
Sausage Casserole with Mashed Potato (1, 14)	BBQ Chicken Pizza (1, 8, 9)		Mild Chicken Rogan Curry with Rice and Naan Bread (1)	Fishfingers (1, 4)
Mixed Vegetable Ragu Twirls (1)	Cheese and Tomato Pizza (1, 9)	CHRISTMAS LUNCH	Mac n' Cheese (1, 9, 11)	Quorn Dippers in a Wrap (1, 8) VEGAN
Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)		Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)	Cheese Baguette (1, 9, 13) Ham Baguette (1, 13) Tuna Baguette (1, 4, 13)
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Sweetcorn and Salad Bar	Baked Beans, Diced Potatoes and Salad Bar		Garden Peas and Salad Bar	Chips, Baked Beans and Salad Bar
Caramelised Pear and Apple Cake with Custard (1,7,9)	Banana Loaf (1, 7)		Tutti Frutti Thursday	Oaty Cherry Cookie (1, 14)

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

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MONDAY 15 DECEMBER	TUESDAY 16 DECEMBER	WEDNESDAY 17 DECEMBER	THURSDAY 18 DECEMBER	FRIDAY 19 DECEMBER
'Katsu' Chicken Nuggets (Sauce on the Side) (1, 8, 10)	Beef Lasagne with Garlic Bread (1, 7, 8, 9, 11)	Roast Gammon and Pineapple with Gravy	Chinese Style Chicken with Rice and Poppadum (8)	Breaded Fish (1, 4)
Katsu Quorn Dippers (Sauce on the Side) (1, 8) VEGAN	Sweet and Sour Stir Fried Vegetables and Rice and Poppadum (8) VEGAN	Red Leicester and Roast Vegetable Quiche (1, 7, 9)	Mac n' Cheese (1, 9, 11)	Homemade Beetroot and Chickpea Burger in a Bun (1, 13) VEGAN
Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13)	Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13)	Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13)	Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13)	Cheese Roll (1, 9, 13) Ham Roll (1, 13) Tuna Roll (1, 4, 13))
Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Savoury Rice with Garden Peas and Salad Bar	Carrots and Salad Bar	Roast Potatoes, Roasted Vegetables and Fresh Cabbage	Green Beans, Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
Oaty Apple Crumble with Custard (1, 9)	Lemon Cheesecake (1, 9)	Mixed Berry Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Vanilla Shortbread (1)

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

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