



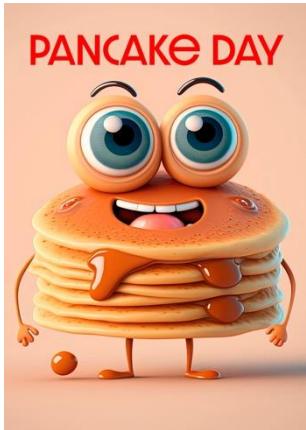
# INDEPENDENTCATERING | EDUCATER LIMITED

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 FEBRUARY	TUESDAY 21 FEBRUARY	WEDNESDAY 22 FEBRUARY	THURSDAY 23 FEBRUARY	FRIDAY 24 FEBRUARY	
100% Cod Fish Fingers (1, 4)	 <p><b>PANCAKE DAY</b></p>	Roast Turkey with Yorkshire Pudding (1, 7, 9)	Chicken and Vegetable Pie with a Mashed Potato Topping (10)	Homemade Sausage Roll (1, 14)	
Quorn Dippers (1, 7, 9)		Spring Vegetable Cobbler (1)	Vegetable Cottage Pie (10)	Cheese and Onion Pinwheel (1, 9)	
Mixed Pepper Ragu Pasta (1)		Chunky Tomato Spirals (1)	Mac n' Cheese (1, 9, 11)	Mixed Vegetable Pasta (1)	
Jacket Potato with Topping of the Day		Spaghetti Bolognaise with Garlic Bread (1, 8) Spinach and Chickpea Curry with Rice Fresh Pesto Pasta (1) Jacket Potato with Topping of the Day Fresh Chef's Salad and Green Beans Pancake with Fruity Sauce (1, 7, 9)	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day
Diced Potatoes, Baked Beans and Garden Peas		Roast Potatoes, Fresh Green Cabbage and Carrots	Fresh Broccoli and Sweetcorn	Chips, Coleslaw (7) and Baked Beans	
Apple and Berry Crumble with Custard (1, 7, 9)		Cinnamon Sponge and Custard (1, 7, 9)	Tutti Frutti Thursday	Lemon Shortbread Finger and Fruit Wedges (1)	

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • 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 BEEF FRESH PORK FREE RANGE EGGS ORGANIC MILK LOCAL FRUIT & VEG WHOLEMEAL PASTA

**4 CHOICE MENU**

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WEEK  
**2**

**DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE**



MONDAY 27 FEBRUARY	TUESDAY 28 FEBRUARY	WEDNESDAY 1 MARCH	THURSDAY 2 MARCH	FRIDAY 3 MARCH
Chicken Fajitas with Rice (1)	Swedish Style Meatballs with Mashed Potatoes	Roast Gammon with Pineapple	Chicken Pasta Bake with a Crunchy Nacho Topping (1)	Baked Breaded Fish (1, 4)
Sweet Potato and Carrot Rosti	Vegetable Tagine with Cous Cous (1)	Broccoli and Cauliflower Cheese in a Yorkshire Pudding (1, 7, 9)	Falafel with Half Pitta Bread with New Potatoes (1)	Mixed Bean and Vegetable Wrap (1)
Roast Mediterranean Pasta (1)	Macaroni Cheese (1, 9, 11)	Tomato Twirls (1)	Pea and Pesto Pasta (1)	Arrabiata Pasta (1)
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
Fresh Broccoli and Sweetcorn	Fresh Cabbage and Garden Peas	Roast Potatoes, Fresh Carrots and Green Beans	Fresh Broccoli and Roasted Butternut Squash	Chips, Baked Beans and Mushy Peas
Fruit Sponge and Custard (1, 7, 9)	Banoffee Mouse (1, 9)	Jam Sponge and Custard (1, 7, 9)	Tutti Frutti Thursday	Orange and Oat Cookie (1)

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

### ALLERGEN KEY

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WE ONLY USE



FRESH BEEF

FRESH PORK

FREE RANGE EGGS

ORGANIC MILK

LOCAL FRUIT & VEG

WHOLEMEAL PASTA

**4 CHOICE MENU**

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WEEK  
**3**

**DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE**

MONDAY 6 MARCH	TUESDAY 7 MARCH	WEDNESDAY 8 MARCH	THURSDAY 9 MARCH	FRIDAY 10 MARCH
 <p><b>MOVIE Day</b></p> <p>Chicken Little Breaded Chicken Steak (1) Show Time Quorn Dippers with BBQ Sauce (1, 7, 9, 14) Pocahontas Roasted Vegetable Pasta (1) Mr &amp; Mrs Potato Head Jacket Potato Oscars Cubed Potatoes, Chef's Salad and Garden Peas Willy Wonka Chocolate Sponge with Chocolate Sauce (1, 7, 9)</p>	Beef Cottage Pie	Roast Chicken	Chinese Style Pork with Rice and Prawn Cracker (1, 2, 8)	100% Cod Fish Fingers (1, 4)
	Cheese and Tomato Pizza (1, 8, 9)	Spring Vegetable Casserole with Dumplings (1)	Bean and Vegetable Goulash with New Potatoes	Cheese and Onion Pasty (1, 9)
	Salmon Lasagne (1, 4, 9)	Tomato Pasta Twirls (1)	3 Cheese Pasta (1, 9, 11)	Vegetable Bolognese Pasta (1)
	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
	Fresh Carrots and Green Beans	Roast Potatoes, Mashed Swede and Broccoli	Fresh Stir Fry Vegetables and Sweetcorn	Chips, Baked Beans and Mushy Peas
	Apricot Flapjack (1, 14)	Blueberry and Coconut Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Strawberry Cupcake (1, 7)

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

### ALLERGEN KEY

- |                                    |                   |                  |                   |                  |                   |                           |
|------------------------------------|-------------------|------------------|-------------------|------------------|-------------------|---------------------------|
| <b>1</b> CEREALS CONTAINING GLUTEN | <b>3</b> MOLLUSCS | <b>5</b> PEANUTS | <b>7</b> EGGS     | <b>9</b> MILK    | <b>11</b> MUSTARD | <b>13</b> SESAME          |
| <b>2</b> CRUSTACEANS               | <b>4</b> FISH     | <b>6</b> NUTS    | <b>8</b> SOYBEANS | <b>10</b> CELERY | <b>12</b> LUPIN   | <b>14</b> SULPHUR DIOXIDE |

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WE ONLY USE



**4 CHOICE MENU**

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WEEK  
**4**

**DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE**



MONDAY 13 MARCH	TUESDAY 14 MARCH	WEDNESDAY 15 MARCH	THURSDAY 16 MARCH	FRIDAY 17 MARCH
Sticky BBQ Chicken with Savoury Rice (14)	Beef Bolognese Pasta Bake with Garlic Bread (1, 8, 9)	Roast Turkey with a Yorkshire Pudding (1, 7, 9)	Chicken and Vegetable Pie with a Pastry Topping with Mashed Potato (1)	100% Cod Fish Fingers (1, 4)
Vegetable Cottage Pie	Pea and Leek Risotto (10)	Cheese, Mushroom and Red Onion Parcel (1, 9)	Biryani Stuffed Pepper	Homemade Vegetable Burger (1)
Basil and Tomato Pasta (1)	Fresh Pesto Linguini (1)	Arrabiata Pasta (1)	Mac n' Cheese (1, 9, 11)	Mixed Pepper Penne Pasta (1)
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
Fresh Spring Greens and Roasted Butternut Squash	Fresh Broccoli and Sweetcorn	Roast Potatoes, Medley of Vegetables	Fresh Carrots and Green Beans	Chips, Baked Beans and Garden Peas
Banana Loaf and Custard (1, 7, 9)	Mixed Fruit Cheesecake (1, 9)	Syrup Sponge and Custard (1, 7, 9)	Tutti Frutti Thursday	Vanilla Cookie (1)

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

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**4 CHOICE MENU**

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WEEK  
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**DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE**



MONDAY 20 MARCH	TUESDAY 21 MARCH	WEDNESDAY 22 MARCH	THURSDAY 23 MARCH	FRIDAY 24 MARCH
Spaghetti Bolognese with Herby Garlic Bread (1, 8)	Cumberland Sausage Casserole (1)	Roast Chicken	Beef and Bean Burrito with Rice (1)	Baked Breaded Fish (1, 4)
Haloumi and Vegetable Kebab with Rice (9)	Vegetarian Sausage Casserole	Mixed Vegetable Pastry Slice (1)	Sweet Potato and Spinach Quesadillas (7)	Mexican Style Vegetables in a Taco
Roasted Pepper Spirals (1)	Mediterranean Vegetable Ragu Pasta (1)	Chunky Tomato Pasta (1)	Macaroni Cheese (1, 9, 11)	Arrabiata Pasta (1)
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
Fresh Carrots and Garden Peas	Mashed Potato, Fresh Broccoli and Mashed Swede	Roast Potatoes, Fresh Carrots and Green Beans	Fresh Fruity Slaw (7) and Sweetcorn	Chips, Baked Beans and Mushy Peas
Pear Sponge and Custard (1, 7, 9)	Chocolate Brownie with Orange Wedges (1, 7, 9)	Pink Jam Slice (1, 7)	Tutti Frutti Thursday	Strawberry and Jelly Mousse (9)

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FRESHUKBEEF FRESHUKPORK FREERANGEEGGS ORGANICMILK LOCALFRUIT&VEG WHOLEMEALPASTA

**4 CHOICE MENU**

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MONDAY 27 MARCH	TUESDAY 28 MARCH	WEDNESDAY 29 MARCH	THURSDAY 30 MARCH	FRIDAY 31 MARCH
Mild Beef Curry with Rice and Naan Bread (1)	Meat Feast Pizza (1, 8, 9)	Roast Gammon with Pineapple	 <p><b>EASTER LUNCH</b></p> <p>Easter Bunny Beefburger in a Bun (1, 8, 10, 11, 14) Celebration Hand Made Vegetarian Burger in a Bun (1, 8) Easter Bonnet Pea and Pesto Twirls(1) Jacket Potato with Topping of the Day Easter Egg Potatoes, Stack a Burger from our Salad Bar Easter Surprise Cupcake (1, 7)</p>	100% Cod Fish Fingers (1, 4)
Herby Vegetable Strudel with Crushed New Potatoes (1)	Cheese and Tomato Pizza (1, 8, 9)	Roasted Vegetable Bake with a Herby Crumble (1)		Vegetarian Sausage in a Roll (1)
3 Cheese Pasta (1, 9, 11)	Spring Vegetable Pasta (1)	Salmon and Pea Spaghetti (1, 4)		Chunky Tomato Pasta (1)
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
Fresh Vegetable Bhaji and Sweetcorn	Herby Potatoes, Fresh Mixed Salad and Garden Peas	Roast Potatoes, Fresh Carrots and Green Beans		Chips, Baked Beans and Mushy Peas
Raspberry Ripple Sponge with Custard (1, 7, 9)	Tutti Frutti Tuesday	Lemon Drizzle Cake and Custard (1, 7, 9)		Chef's Surprise

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**4 CHOICE MENU**

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