# INDEPENDENTCATERING

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
PRIMARY

MENU

| | MONDAY 30TH OCTOBER | TUESDAY 31ST OCTOBER | WEDNESDAY 1ST NOVEMBER | THURSDAY 2ND NOVEMBER | FRIDAY 3RD NOVEMBER |
|---|---|---|---|---|---|
| M MAIN | Oven Baked Chicken Sausages with Mashed Potato and Gravy (1, 14) | Mild Chilli Con Carne with Rice and Tortilla Chips (1) | British Roast Beef with Yorkshire Pudding (1, 7, 9) | Jerk Chicken with Savoury Rice (14) | Crispy Battered Cod Fillet (1, 4, 9, 11) |
| V VEGGIE | Vegetarian Baked Sausages with Mashed Potato (1, 7, 8) | Fresh Mixed Vegetable Risotto (10) | Cheese and Leek Bake with a Wholemeal Crust (1, 9, 11) | Shepherdess Pie | Cheese and Tomato Baked Pitta (1, 9) |
| P PASTA | | Pesto Pasta Twirls (1) | | Mac & Cheese (1, 9, 11) | |
| J POTATO | Filled Baked Jacket Potato | | Filled Baked Jacket Potato | | Filled Baked Jacket Potato |
| S SIDES | Fresh Broccoli and Cauliflower | Mexican Style Salad and Green Beans | Roast Potatoes, Fresh Carrots and Garden Peas | Fresh Broccoli and Sweetcorn | Chips, Baked Beans, Mushy Peas |
| D DESSERT | American Pancakes with Peaches (1, 7, 9) | TUTTI FRUTTI TUESDAY | Syrup Sponge and Custard (1, 7, 8, 9) | Apricot Crumble and Custard (1, 7, 8, 9) | Chocolate Krispie Cake (1) |

**AVAILABLE DAILY - HOMEMADE BREAD • FRUITY YOGHURT • CHEESE & 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

**ANY ALLERGEN CONCERNS PLEASE SPEAK TO THE CATERING MANAGER**

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2 WEEK 2
PRIMARY

MENU

| | MONDAY 6TH NOVEMBER | TUESDAY 7TH NOVEMBER | WEDNESDAY 8TH NOVEMBER | THURSDAY 9TH NOVEMBER | FRIDAY 10TH NOVEMBER |
|---|---|---|---|---|---|
| I MAIN | Chinese Style Chicken Noodles with Prawn Crackers (1, 7, 8) | Chunky Beef Pie with Mashed Potato (1, 10) | Roast Chicken with Yorkshire Pudding (1, 7, 9) | Mild Turkey Curry with Rice and Naan Bread (1) | Cheese Burger in a Bun (1, 9, 14) |
| V VEGGIE | Sweet Potato and Pea Frittata with New Potatoes (7, 9) | Vegetable and Bean Enchilada with Jacket Wedges (1) | Roasted Vegetable Wellington (1, 9) | Vegetable Casserole with a Wholemeal Herby Crust and New Potatoes (1, 10) | Vegetarian Cheese Burger in a Bun (1, 7, 9) |
| P PASTA | | Macaroni Cheese (1, 9, 11) | | Homemade Tomato and Basil Pasta Shells (1) | |
| J POTATO | Filled Baked Jacket Potato | | Filled Baked Jacket Potato | | Filled Baked Jacket Potato |
| S SIDES | Mixed Cabbage and Pak Choi and Sweetcorn | Fresh Broccoli and Cauliflower Gratin | Roast Potatoes, Fresh Cabbage and Carrots | Baked Onion Bhaji and Peas | Chips, Baked Beans, Homemade Coleslaw (7, 9, 11) |
| D DESSERT | Banana and Chocolate Loaf with Custard (1, 7, 8, 9) | TUTTI FRUTTI TUESDAY | Apple and Plum Strudel with Custard (1, 7, 8, 9) | St Clements Cheesecake (1, 8, 9) | Oatmeal Fruit Cookie (1) |

**AVAILABLE DAILY - HOMEMADE BREAD • FRUITY YOGHURT • CHEESE & BISCUITS • FRESH SALAD BAR**

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3 WEEK 3
PRIMARY

MENU

| | MONDAY 13TH NOVEMBER | TUESDAY 14TH NOVEMBER | WEDNESDAY 15TH NOVEMBER | THURSDAY 16TH NOVEMBER | FRIDAY 17TH NOVEMBER |
|---|---|---|---|---|---|
| M MAIN | Traditional Beef Cottage Pie (10) | Homemade Chicken Sausage Roll with New Potatoes (1) | Roast Beef and Yorkshire Pudding (1,7,9) | BBQ Pulled Chicken with Warm Potato Salad and Sundried Tomato Bread (1, 9, 14) | Crispy Battered Cod Fillet (1, 4, 9, 11) |
| V VEGGIE | Spinach and Mushroom Lasagne (1, 9) | Vegetable Byriani with Naan Bread (1, 9, 14) | Cheese and Tomato Pinwheel (1, 7, 9) | Mixed Vegetable Chow Mein with Noodles (1, 7, 8) | Mexican Vegetable Tortilla Stack (1, 10) |
| P PASTA | Cheesy Pasta Bows (1, 9, 11) | | Chunky Tomato Pasta Twirls (1) | | Pesto Pasta (1, 9, 14) |
| J POTATO | | Filled Baked Jacket Potato | | Filled Baked Jacket Potato | |
| S SIDES | Fresh Broccoli and Cauliflower | Fresh Carrots and Peas | Roast Potatoes, Mashed Swede and Broccoli | Fruity Slaw and Sweetcorn | Chips, Baked Beans, Mushy Peas |
| D DESSERT | Chocolate and Mandarin Muffin Cake with Custard (1, 7, 8, 9) | TUTTI FRUTTI TUESDAY | Sticky Ginger Cake and Custard (1, 7, 8, 9) | Lemon Shortbread with Ice Cream (1, 9) | Fruits of the Forest Fool (9) |

**AVAILABLE DAILY • HOMEMADE WHOLEMEAL BREAD • FRUITY YOGHURT • CHEESE & BISCUITS • FRESH SALAD BAR**

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WEEK 4
PRIMARY

MENU

| | MONDAY 20TH NOVEMBER | TUESDAY 21ST NOVEMBER | WEDNESDAY 22ND NOVEMBER | THURSDAY 23RD NOVEMBER | FRIDAY 24TH NOVEMBER |
|---|---|---|---|---|---|
| M MAIN | Mild Turkey Korma with Rice and Poppadum (1) | Meat Feast Pizza with New Potatoes (1, 7, 8, 9) | Roast Chicken with Yorkshire Pudding (1, 7, 9) | Oriental Chicken served with Noodles and Prawn Crackers (1, 4, 7, 8) | Beef Hot Dog in a Roll (1, 8) |
| V VEGGIE | Ratatouille Wrap with Jacket Wedges (1) | Sweet Potato and Chickpea Korma with Rice (14) | Roasted Vegetable Flan (1, 7, 9) | Winter Vegetable Casserole with New Potatoes | Cheese and Red Onion Wholemeal Pasty (1, 9, 10) |
| P PASTA | | Vegetable Bolognaise Penne Pasta (1) | | Mac and Cheese (1, 9, 11) | |
| J POTATO | Filled Baked Jacket Potato | | Filled Baked Jacket Potato | | Filled Baked Jacket Potato |
| S SIDES | Roasted Butternut Squash and Peas | Chefs Salad and Green Beans | Roast Potatoes, Fresh Broccoli and Cauliflower | Mixed Cabbage and Pak Choi and Sweetcorn | Chips, Baked Beans, Braised Onions |
| D DESSERT | Jam Sponge and Custard (1, 7, 8, 9) | TUTTI FRUTTI TUESDAY | Apple and Peach Crumble and Custard (1, 7, 8, 9) | Cinnamon Sponge with Butterscotch Sauce (1, 7, 8, 9) | Blueberry Granola Bar (1) |

**AVAILABLE DAILY - HOMEMADE BREAD • FRUITY YOGHURT • CHEESE & BISCUITS • FRESH SALAD BAR**

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WEEK 5
PRIMARY

MENU

| | MONDAY 27TH NOVEMBER | TUESDAY 28TH NOVEMBER | WEDNESDAY 29TH NOVEMBER | THURSDAY 30TH NOVEMBER ST ANDREWS DAY | FRIDAY 1ST DECEMBER |
|---|---|---|---|---|---|
| M MAIN | Mexican Style Turkey Tacos with Savoury Rice (1) | Herby Chicken Pinwheel with Homemade Potato Wedges (1) | Roast Beef with Yorkshire Pudding (1, 7, 9) | Neaps and Tatties (Beef Casserole and Mashed Potatoes) (10) | 100% Cod Fish Fingers (1, 4) |
| V VEGGIE | Spinach and Butternut Squash Cannelloni (1, 9) | Fresh Mixed Vegetable Casserole with New Potatoes | Yorkshire filled with Cauliflower and Broccoli Cheese (1, 7, 9, 10) | Rumblethumps (Baked Bubble and Squeak with Cheese on Top) (9) | Baked Sweet Potato and Bean Wrap (1) |
| P PASTA | Macaroni Cheese (1, 9, 11) | | Mixed Pepper Penne Pasta (1) | | Chunky Tomato Pasta Twirls (1) |
| J POTATO | | Filled Baked Jacket Potato | | Filled Baked Jacket Potato | |
| S SIDES | Cabbage and Leek Medley and Sweetcorn | Fruity Slaw and Peas | Roast Potatoes, Fresh Carrots and Green Beans | Fresh Broccoli and Roasted Root Vegetables | Chips, Baked Beans and Mushy Peas |
| D DESSERT | Apple Pie and Custard (1, 7, 8, 9) | TUTTI FRUTTI TUESDAY | Sticky Toffee Pudding with Custard (1, 7, 8, 9) | Homemade Fruit Fool with Shortbread Biscuit (1, 9) | Blueberry Cupcake (1, 7) |

**AVAILABLE DAILY - HOMEMADE BREAD • FRUITY YOGHURT • CHEESE & BISCUITS • FRESH SALAD BAR**

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6 WEEK 6
PRIMARY

MENU

| | MONDAY 4TH DECEMBER | TUESDAY 5TH DECEMBER | WEDNESDAY 6TH DECEMBER | THURSDAY 7TH DECEMBER | FRIDAY 8TH DECEMBER |
|---|---|---|---|---|---|
| M MAIN | Sticky BBQ Chicken with Rice (14) | Beef Lasagne with Wholemeal Garlic Bread (1, 8, 9, 11) | Roast Chicken with Yorkshire Pudding (1,7,9) | Lamb Shepherd's Pie (10) | Beefburger in a Bun (1, 9, 14) |
| V VEGGIE | Sweet and Sour Stir Fry Vegetables with Noodles (1, 7, 8) | Mild Vegetable and Bean Green Thai Curry with Rice (14) | Cheese and Chive Tartlet (1, 7, 8, 11) | Cheese and Tomato Pizza with Homemade Herby Potatoes (1, 7, 8, 9) | Homemade Vegetarian Burger in a Bun (1, 7, 9) |
| P PASTA | 3 Cheese Pasta Bake (1, 9, 11) | | Spinach and Feta Pasta Bows (1, 9) | | Salmon and Chive Pasta (1, 4, 9) |
| J POTATO | | Filled Baked Jacket Potato | | Jacket Potato with Selection of Toppings from Mexico | |
| S SIDES | Roasted Butternut Squash and Sweetcorn | Fresh Broccoli and Cauliflower Gratin | Roast Potatoes, Fresh Carrots and Green Beans | Chefs Salad and Peas | Chips, Baked Beans and Braised Onions |
| D DESSERT | Lemon Drizzle Cake and Custard (1, 7, 8, 9) | TUTTI FRUTTI TUESDAY | Pineapple Upside Down Cake and Custard (1, 7, 8, 9) | Chocolate Mousse (9) | Pineapple and Lime Muffin (1, 7) |

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WEEK 7
PRIMARY

MENU

| | MONDAY 11TH DECEMBER | TUESDAY 12TH DECEMBER | WEDNESDAY 13TH DECEMBER | THURSDAY 14TH DECEMBER | FRIDAY 15TH DECEMBER |
|---|---|---|---|---|---|
| M MAIN | Mild Turkey Curry with Rice and Naan Bread (1) | Mexican Chicken Wraps with New Potatoes (1) | British Roast Beef with Yorkshire Pudding (1, 7, 9) | Beef Meatballs in a Tomato and Basil Sauce with Spaghetti (1, 7) | Crispy Battered Cod Fillet (1, 4, 9, 11) |
| V VEGGIE | Mediterranean Vegetable Lasagne (1, 9) | Stir Fry Vegetables in a Wholemeal Pitta Pocket with New Potatoes (1, 9) | Sweet Potato and Pepper Whirl (1) | Golden Vegetable Cottage Pie (10) | Chickpea and Corriander Burger in a Roll (1, 7, 8) |
| P PASTA | | Pesto Pasta Bows (1, 9, 14) | | 3 Cheese Pasta Bake (1, 9, 11) | |
| J POTATO | Filled Baked Jacket Potato | | Filled Baked Jacket Potato | | Filled Baked Jacket Potato |
| S SIDES | Baked Cauliflower Bhaji and Peas | Fresh Carrots and Green Beans | Roast Potatoes, Mashed Swede and Garden Peas | Fresh Broccoli and Sweetcorn | Chips, Baked Beans, Mushy Peas |
| D DESSERT | Plum Crumble and Custard (1, 7, 8, 9) | TUTTI FRUTTI TUESDAY | Apple Sponge and Custard (1, 7, 8, 9) | Chocolate Pudding with Chocolate Sauce (1, 7, 8, 9) | Fruity Flapjack (1, 14) |

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8 WEEK 8
PRIMARY

MENU

| | MONDAY 18TH DECEMBER | TUESDAY 19TH DECEMBER | WEDNESDAY 20TH DECEMBER | THURSDAY 21ST DECEMBER | FRIDAY 22ND DECEMBER |
|---|---|---|---|---|---|
| M MAIN | Oven Baked Chicken Sausages with Mashed Potato and Gravy (1, 14) | Mild Chilli Con Carne with Rice and Tortilla Chips (1) | 100% Chicken Breast Nuggets (1, 7, 8, 9, 10) | | |
| V VEGGIE | Vegetarian Baked Sausages with Mashed Potato (1, 7, 8) | Fresh Mixed Vegetable Risotto (10) | Vegetable Nuggets (1) | | |
| P PASTA | Homemade Tomato Pasta Shells (1) | | Salmon and Dill Pasta Bows (1, 4, 9, 11) | HOLIDAY | HOLIDAY |
| J POTATO | | Filled Baked Jacket Potato | | | |
| S SIDES | Fresh Broccoli and Cauliflower | Mexican Style Salad and Green Beans | Chips, Baked Beans and Fruity Slaw | | |
| D DESSERT | American Pancakes with Peaches (1, 7, 9) | TUTTI FRUTTI TUESDAY | Suprise Festive Dessert | | |

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