

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 30 AUGUST | TUESDAY 31 AUGUST | WEDNESDAY 1 SEPTEMBER | THURSDAY 2 SEPTEMBER | FRIDAY 3 SEPTEMBER |
|---------|------------------|-------------------|-----------------------|---|---|
| MAIN | - | - | | Chicken Lasagne (1, 9, 11) | Gluten Free Breaded Fish (4) |
| VEGGIE | - | - | | Spinach, Sweet Potato and Lentil Curry with Rice | Quorn Dippers with a Tomato Sauce (1, 7, 9) |
| PASTA | HOLIDAY | HOLIDAY | Inset day | Macaroni Cheese (1, 9, 11) | Salmon and Dill Pasta (1, 4, 9) |
| POTATO | - | - | | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings |
| SIDES | - | - | | Fresh Carrots and Garden Peas | Chips, Baked Beans and Mushy Peas |
| DESSERT | - | - | | Wonky Strawberry Day | Oatie and Raisin Cookie (1, 14) |

AVAILABLE DAILY - HOMEMADE FLAVOURED BREADS • FRUITY YOGHURT • CHEESE AND BISCUITS

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN 3 MOLLUSCS **5 PEANUTS** 7 EGGS 9 MILK 13 SESAME 11 MUSTARD **2 CRUSTACEANS** 4 FISH 6 NUTS **8 SOYBEANS** 10 CELERY 12 LUPIN **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

















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| | MONDAY 6 SEPTEMBER | TUESDAY 7 SEPTEMBER | WEDNESDAY 8 SEPTEMBER | THURSDAY 9 SEPTEMBER | FRIDAY 10 SEPTEMBER |
|---------|---|---|---|---|---|
| MAIN | Spaghetti Bolognaise and Garlic Bread (1, 8) | 100% Cod Fishfingers (1, 4) | Roast Chicken | Swedish Style Sausage Meatballs with Mashed Potato (1, 8) | Beefburger in a Bun (1, 10, 11, 14) |
| VEGGIE | Sweet Potato and Chickpea Patty Wrap with Cubed Potatoes (1) | Mixed Bean Chilli | Cheese and Tomato Pinwheel (1, 9) | Vegetable Cottage Pie | Chickpea and Coriander Burger in a Bun (1) |
| PASTA | Fresh Pesto Pasta (1) | Tomato and Basil Pasta (1) | Roasted Vegetable Pasta (1) | 3 Cheese Pasta Bake (1, 9, 11) | Veggie Cannelloni (1, 9, 11) |
| РОТАТО | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings |
| Sides | Fresh Broccoli and Sweetcorn | Potato Wedges, Fruity Slaw (7) and Baked Beans | Roast Potatoes, Fresh Carrots and Green Beans | Roasted Butternut Squash and Garden Peas | Chips, Braised Onions and BBQ Beans |
| DESSERT | Raspberry Mousse with Fruit Wedges (9) | Chocolate Orange Sponge with Custard (1, 7, 8, 9) | Banana Loaf with Custard (1, 7, 8, 9) | Tutti Fruitti Thursday | Fruity Flap Jack (1, 14) |

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MONDAY 13 SEPTEMBER











The Witches BBQ Chicken with Savoury Rice (14)

The BFG Veggie Burger (1, 7, 8)





The Twits Fusilli Tomato Pasta (1)

The Enormous Crocodile Jacket Potato

Charlie and the Chocolate Muffin (1, 7)

TUESDAY 14 SEPTEMBER

Beef Lasagne with Garlic Bread (1.9.11)

Vegetable and Rice Enchiladas (1)

Roasted Pepper Pasta (1)

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

> Chef's Salad and Garden Peas

Blueberry Cheese Cake (1, 9)

WEDNESDAY 15 SEPTEMBER

Roast Gammon with Pineapple

Summer Vegetable Slice (1.10)

Vegetable Bolognaise Pasta (1)

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

Roast Potatoes, Fresh Broccoli and Cauliflower

Apple and Raisin Sponge with Custard (1, 7, 8, 9, 14)

THURSDAY 16 SEPTEMBER

Hoisin Chicken Noodles with Prawn Crackers (1.4.7.8)

Mixed Vegetable Moussaka (1.9.10)

> Mac n' Cheese (1.9.11)

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

> Stir Frv Vegetables and Sweetcorn



Wonky Strawberry Day

FRIDAY 17 SEPTEMBER

Gluten Free Breaded Fish (4)

Cheese and Tomato Baked Pitta (1.9)

> Arrabbiata Pasta (1)

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

> Chips, Baked Beans and Mushy Peas

Raspberry Ripple Cupcake (1, 7)

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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













INDEPENDENT CATERING .CO.UK EDU CATER LIMITED.COM



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| | MONDAY 20 SEPTEMBER | TUESDAY 21 SEPTEMBER | WEDNESDAY 22 SEPTEMBER | THURSDAY 23 SEPTEMBER | FRIDAY 24 SEPTEMBER |
|---------|---|---|---|---|---|
| MAIN | Chicken Fajitas with Rice (1) | Shepherd's Pie | Roast Chicken | Sizzling Hot Dog in a Roll (1, 8) | 100% Cod Fishfingers (1, 4) |
| VEGGIE | Vegetable Pad Thai (1, 7, 8) | Cheese and Tomato Pizza (1, 8, 9) | Butternut Squash and Sweet Potato Crumble (1) | Veggie Hot Dog in a Roll (1, 14) | Cheese and Onion Pasty (1, 9) |
| PASTA | Chunky Tomato Pasta (1) | Pesto Pasta (1) | Summer Vegetable Pasta (1) | Mac n' Cheese (1, 9, 11) | Salmon and Pea Pasta (1, 4, 9, 11) |
| РОТАТО | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings |
| SIDES | Fresh Carrots and Green Beans | Chef's Salad and BBQ Beans | Roast Potatoes, Green Cabbage and Carrots | Potato Wedges, Braised Onions, Corn Wheels and Tomato Relish | Chips, Baked Beans and Mushy Peas |
| DESSERT | Pineapple Upside Down Cake with Custard (1, 7, 8, 9) | Tutti Fruitti Tuesday | Sticky Toffee Pudding with Custard (1, 7, 8, 9, 14) | Ice Cream with Chocolate Brownie Finger (1, 7, 9) | Strawberry Cupcake (1, 7) |

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| | | MONDAY 27 SEPTEMBER | TUESDAY 28 SEPTEMBER | WEDNESDAY 29 SEPTEMBER | THURSDAY 30 SEPTEMBER | FRIDAY 1 OCTOBER |
|---|---------|---|---|---|---|---|
| | MAIN | Mexican Style Beef with Rice and Nachos (10) | Breaded Chicken Goujons (1, 7) | Roast Pork and Apple Sauce (14) | Curried Chicken Korma with Rice and a Poppadum | Gluten Free Breaded Fish (4) |
| (| VEGGIE | Oriental Mixed Vegetable Noodles (1, 7, 8) | Vegetarian Toad in the Hole (1, 7, 8, 9, 14) | Cheese and Leek Pie (Shortcrust Topping) (1, 9) | Vegetable Cottage Pie | Mixed Bean Parcel (1) |
| | PASTA | Chunky Tomato Pasta (1) | Vegetable Ragu Pasta (1) | Tomato and Basil Pasta (1) | 3 Cheese Pasta (1, 9, 11) | Roasted Summer Vegetable Pasta (1) |
| (| РОТАТО | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings |
| | SIDES | Selection of Mexican Salads and Sweetcorn | Potato Wedges, Roasted Butternut Squash and BBQ Mixed Beans | Roast Potatoes, Fresh Carrots and Broccoli | Onion Bhaji and Green Beans | Chips, Baked Beans and Mushy Peas |
| | DESSERT | Apple and Berry Crumble with Custard (1, 7, 8, 9) | Strawberry Mousse with a Crunchy Topping (1, 9) | Chocolate Sponge with Chocolate Sauce (1, 7, 8, 9) | Tutti Fruitti Thursday | Orange Oatie Cookie (1) |

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| | MONDAY 4 OCTOBER | TUESDAY 5 OCTOBER PIZZA DAY | WEDNESDAY 6 OCTOBER | THURSDAY 7 OCTOBER | FRIDAY 8 OCTOBER |
|---------|---|---|---|--|---|
| MAIN | Spaghetti Bolognaise and Garlic Bread (1, 8) | Meat Feast Pizza (1, 8, 9) | Roast Chicken | PIRATE | 100% Cod Fishfingers (1, 4) |
| VEGGIE | Spicy Black Bean Tacos with Rice | Cheese and Tomato Pizza (1, 8, 9) | Butternut Squash and Carrot Rosti | | Quorn Dippers with a BBQ Sauce (1, 7, 9, 14) |
| PASTA | Fresh Pesto Pasta (1) | Roasted Pepper Pasta (1) | Chunky Tomato Pasta (1) | THURSDAY 7 OCTOBER SEE MENU BOARD FOR DETAILS | Tomato and Basil Pasta (1) |
| РОТАТО | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Bigs of Gold Chicken Goujor's (1, 11) Tre sure Chest of Quorn Nugg ts (1, 7, 9) C unky Tomato Pirate Pasta (1) | Filled Baked Jacket Potato Please see our blackboard for choice of toppings |
| SIDES | Fresh Broccoli and Sweetcorn | Cubed Potatoes, Chef's Salad and Baked Beans | Roast Potatoes, Fresh Carrots and Green Beans | Filled Baked Blackbeard's Potato C ptain Jacks Potato Wedge Skull and Cross Bones Baked Beans | Chips, Baked Beans and Fruity Slaw (7) |
| DESSERT | Apricot Cupcake (1, 7, 14) | Chocolate Brownie Cookie with Fruit Wedges (1, 7) | Apple Sponge with Custard (1, 7, 8, 9) | B ttom of the Sea Green Salad D ad Mans Shortbread Finger and Salty Dog Ice Cream (1, 9) | Tutti Fruitti Friday |

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| | MONDAY 11 OCTOBER | TUESDAY 12 OCTOBER | WEDNESDAY 13 OCTOBER | THURSDAY 14 OCTOBER | FRIDAY 15 OCTOBER |
|---------|---|---|---|---|---|
| MAIN | Mild Chilli Beef with Rice and Nachos (10) | Homemade Sausage Roll (1, 8) | Roast Beef with Yorkshire Pudding (1, 7, 9) | Sticky BBQ Chicken (14) | Gluten Free Breaded Fish (4) |
| VEGGIE | Mixed Vegetable Moussaka (1, 9, 11) | Cheese and Onion Whirl (1, 9) | Mixed Bean and Vegetable Tagine | Spinach, Sweet Potato and Lentil Curry | Chickpea and Coriander Burger |
| PASTA | Roast Vegetable Pasta (1) | Chunky Tomato Pasta (1) | Vegetable Bolognaise Pasta (1) | Macaroni Cheese (1, 9, 11) | Arrabbiata Pasta (1) |
| POTATO | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings |
| Sides | Fresh Carrots and Garden Peas | Herby New Potatoes, Fruity Slaw (7) and Green Beans | Roast Potatoes, Fresh Broccoli and Cauliflower | Savoury Rice, Roasted Mediterranean Vegetables and Sweetcorn | Chips, Baked Beans and Mushy Peas |
| DESSERT | Banana Loaf with Custard (1, 7, 8, 9) | Tutti Fruitti Tuesday | Marble Sponge with Custard (1, 7, 8, 9) | Raspberry Mousse with Fruit Wedges (9) | Chef's Surprise |
| | | | | | |

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| | MONDAY 18 OCTOBER | TUESDAY 19 OCTOBER | WEDNESDAY 20 OCTOBER | THURSDAY 21 OCTOBER | FRIDAY 22 OCTOBER |
|---------|---|---|---|---|---|
| MAIN | Mild Beef Curry with Rice and Poppodum | Baked Sausage and Gravy (1, 8) | Roast Beef and Yorkshire Pudding (1, 7, 9) | Chicken Lasagne (1, 9, 11) | Gluten Free Breaded Fish (4) |
| VEGGIE | Veggie Cannelloni Bake (1, 9, 11) | Baked Vegetarian Sausage with Gravy (1, 14) | Cheese and Onion Tart (1, 9) | Spinach, Sweet Potato and Lentil Curry with Rice | Quorn Dippers with a Tomato Sauce (1, 7, 9) |
| PASTA | Chunky Tomato Pasta (1) | Fresh Pesto Pasta (1) | Roasted Mediterranean Pasta (1) | Macaroni Cheese (1, 9, 11) | Salmon and Dill Pasta (1, 4, 9) |
| POTATO | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings | Filled Baked Jacket Potato Please see our blackboard for choice of toppings |
| Sides | Onion Bhaji and Sweetcorn | Mashed Potato, Fresh Carrots and Green Beans | Roast Potatoes, Fresh Broccoli and Roasted Butternut Squash | Fresh Carrots and Garden Peas | Chips, Baked Beans and Mushy Peas |
| DESSERT | Apple and Peach Crumble with Custard (1, 7, 8, 9) | Tutti Frutti Tuesday | Marble Sponge and Custard (1, 7, 8, 9) | Lemon Shortbread Finger with Ice Cream (1, 9) | Oatie and Raisin Cookie (1, 14) |
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