

INDEPENDENTCATERING | EDUCATERLIMITED

WEEK 1

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 31 AUGUST	TUESDAY 1 SEPTEMBER	WEDNESDAY 2 SEPTEMBER	THURSDAY 3 SEPTEMBER	FRIDAY 4 SEPTEMBER
V VEGETARIAN VEGAN	Bank Holiday	INSET DAY	INSET DAY	Vegetable Sausage (1) VEGAN	Cheese and Onion Turnover (1, 9) (May Contain 8)
M MAIN MEAL				Sausages with Gravy (1, 14)	Breaded Fish (1, 4)
W/S WRAP/SANDWICH				Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)
J/P POTATO/ PASTA				Macaroni Cheese (1, 9, 11) (May Contain 8)	Jacket Potato with Topping of the Day
S SIDE DISHES				Diced Potatoes with Garden Peas and Salad Bar	Chips, Peas, Baked Beans and Salad Bar
D DESSERT DISHES				Oaty Apple Crumble with Custard (1, 9) (May Contain 7, 8)	Chocolate Cookie (1) (May Contain 8)

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

***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

RAMSGATE ARTS PRIMARY

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WEEK 2

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	MONDAY 7 SEPTEMBER	TUESDAY 8 SEPTEMBER	WEDNESDAY 9 SEPTEMBER	THURSDAY 10 SEPTEMBER	FRIDAY 11 SEPTEMBER
V VEGETARIAN VEGAN	Vegetarian Sausage Roll (1) VEGAN	Vegetable Lasagne with Garlic and Herb Bread (1, 7, 9, 11) (May contain 8, 10)	Roasted Beetroot, Cherry Tomato and Brie Filo Tart (1, 9) (May Contain 8, 12)	Vegetable and Bean Wrap (1, 11) (May contain 10) VEGAN	Lentil Kofta with Salad and Salsa Dip on the Side in a Bun (1) (May Contain 1, 10, 13) VEGAN
M MAIN MEAL	Homemade Sausage Roll (1,14)	Beef Lasagne with Garlic and Herb Bread (1, 7, 9, 11) (May contain 8,10)	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	Chicken Fajita Wrap (1, 11)	Fishfingers (1, 4) or Salmon Fishcake (1, 4)
C Cold	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Baguette (1, 9) Ham Baguette (1) Tuna Baguette (1, 4) (Baguette May Contain 7,13)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)
J/P POTATO/ PASTA	Roasted Vegetable Pasta Bows (1)	Jacket Potato with Topping of the Day	Tomato and Basil Pasta (1)	Jacket Potato with Topping of the Day	Mixed Vegetable Ragu Twirls (1)
S SIDE DISHES	Herby New Potatoes, Baked Beans and Salad Bar	Fresh Broccoli and Salad Bar	Roast Potatoes, Cabbage and Fresh Carrots	Mexican Rice, Sweetcorn and Salad Bar	Chips, Peas, Baked Beans and Salad Bar
D DESSERT DISHES	Cherry Oat Cookie (1, 14) (May Contain 8)	Mixed Berry Eton Mess (7, 9)	Chocolate Sponge and Chocolate Sauce (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Banana Cake (1, 7) (May Contain 8)

AVAILABLE DAILY – HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • 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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WEEK 3

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

	MONDAY 14 SEPTEMBER	TUESDAY 15 SEPTEMBER	WEDNESDAY 16 SEPTEMBER	THURSDAY 17 SEPTEMBER	FRIDAY 18 SEPTEMBER
V VEGETARIAN VEGAN	Butternut Squash Curry with Rice and Naan Bread (1) (May Contain 8) VEGAN Try our Ingredient of the month	Halloumi, Sweet Potato and Pepper served on Rice (9)	Herb Crumb Topped Stuffed Courgette with Rice (1) (May Contain 8) VEGAN	MEXICAN INDEPENDENCE DAY  **Cancun Chicken Fajita Tacos and Rice (11)** **Aztec Vegetable Quesadillas (1, 9)** **Mexico City Mac 'n' Cheese (1, 9, 11)** (May contain 8) **Cheese Wrap (1, 9)** **Tuna Wrap (1, 4)** **Ham Wrap (1)** **Sombrero Broccoli and Sweetcorn** **Caimans Iced Cinnamon Sponge (1, 7)** (May contain 8)	Sweet Potato and Chickpea Patty Wrap (1) VEGAN
M MAIN MEAL	Mild Chicken Korma Curry with Rice and Naan Bread (1) (May Contain 11)	Beef Cottage Pie (May Contain 10)	Roast Turkey with Stuffing and Gravy (1)		Breaded Fish (1, 4)
C Cold	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)		Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)
J/P POTATO/ PASTA	Jacket Potato with Topping of the Day	Fresh Pesto Pasta (1)	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
S SIDE DISHES	Fresh Cauliflower and Salad Bar	Fresh Carrots and Salad Bar	Roast Potatoes, Roasted Root Vegetables and Fresh Cabbage Try our Ingredient of the month		Chips, Garden Peas and Salad Bar
D DESSERT DISHES	Apricot and Pear Sponge with Custard (1, 7, 9) (May Contain 8)	Pineapple Upside Down Cake with Custard (1, 7, 9) (May Contain 8)	Mixed Berry Mousse with Biscuit Crumb (1, 9) (May Contain 8)		Chocolate Brownie (1, 7, 9) (May Contain 8)

AVAILABLE DAILY – HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • 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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	MONDAY 21 SEPTEMBER	TUESDAY 22 SEPTEMBER	WEDNESDAY 23 SEPTEMBER	THURSDAY 24 SEPTEMBER	FRIDAY 25 SEPTEMBER
V VEGETARIAN VEGAN	Vegetable Sausage (1) VEGAN	Mixed Bean Chilli in a Taco (May Contain 1, 11) VEGAN	Cherry Tomato, Cheese and Roast Vegetable Quiche (1, 7, 9) (May Contain 8, 10)	Butternut and Pea Risotto VEGAN (May Contain 10) Try our Ingredient of the month	Cheese and Onion Turnover (1, 9) (May Contain 8)
M MAIN MEAL	Sausages with Gravy (1, 14)	Mild Beef Chilli with Nachos (May Contain 1,11)	Roast Gammon and Pineapple with Gravy	Mediterranean Chicken with Tomato and Peppers	Breaded Fish (1, 4)
C Cold	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)
J/P POTATO/ PASTA	Jacket Potato with Topping of the Day	Fresh Pesto Pasta (1)	Jacket Potato with Topping of the Day	Macaroni Cheese (1, 9, 11) (May Contain 8)	Jacket Potato with Topping of the Day
S SIDE DISHES	Diced Potatoes with Garden Peas and Salad Bar	Tomato Rice with Green Beans and Salad Bar	Roast Potatoes, Roasted Root Vegetables, and Fresh Cabbage Try our Ingredient of the month	Wholemeal Rice, Broccoli and Salad Bar	Chips, Peas, Baked Beans and Salad Bar
D DESSERT DISHES	Oaty Apple Crumble with Custard (1, 9) (May Contain 7, 8)	Mixed Berry Cheesecake (1, 9) (May Contain 8)	Lemon Cake with Custard (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Chocolate Cookie (1) (May Contain 8)

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

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN	3 MOLLUSCS	5 PEANUTS	7 EGGS	9 MILK	11 MUSTARD	13 SESAME
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WEEK 5

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	MONDAY 28 SEPTEMBER	TUESDAY 29 SEPTEMBER	WEDNESDAY 30 SEPTEMBER	THURSDAY 1 OCTOBER	FRIDAY 2 OCTOBER
V VEGETARIAN VEGAN	Butternut Squash Curry with Rice and Naan Bread (1) (May Contain 8) VEGAN	Vegetable Lasagne with Garlic and Herb Bread (1, 7, 9, 11) (May contain 8, 10)	Roasted Beetroot, Cherry Tomato and Brie Filo Tart (1, 9) (May Contain 8, 12)	 **Bengal Tiger Sausage Meat Pinwheel (1, 9, 14)** **Cobra Cheese and Onion Pinwheel (1, 9)** **served with Spider Monkey Herby Potatoes** (May contain 10) **Gorilla Jacket Potatoes** **Cheese Wrap (1, 9)** **Tuna Wrap (1, 4)** **Ham Wrap (1)** **Piranha Sweetcorn or Baked Beans** **Capybara Chocolate Cupcakes (1, 7)** (May contain 8)	Lentil Kofta with Salad and Salsa Dip on the Side in a Bun (1) (May Contain 1, 10, 13) VEGAN
M MAIN MEAL	Mild Chicken Korma Curry with Rice and Naan Bread (1) (May Contain 11)	Beef Lasagne with Garlic and Herb Bread (1, 7, 9, 11) (May contain 8,10)	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)		Fishfingers (1, 4) or Salmon Fishcake (1, 4)
C Cold	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)		Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)
J/P POTATO/ PASTA	Mac n' Cheese (1, 9, 11) (May Contain 8)	Jacket Potato with Topping of the Day	Roasted Vegetable Pasta Bows (1)		Mixed Vegetable Ragu Twirls (1)
S SIDE DISHES	Fresh Cauliflower and Salad Bar	Fresh Broccoli and Salad Bar	Roast Potatoes, Cabbage and Fresh Carrots		Chips, Peas, Baked Beans and Salad Bar
D DESSERT DISHES	Cherry Oat Cookie (1, 14) (May Contain 8)	Mixed Berry Eton Mess (7, 9)	Iced Sponge and Custard (1, 7, 9) (May Contain 8)		Banana Cake (1, 7) (May Contain 8)

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

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN	3 MOLLUSCS	5 PEANUTS	7 EGGS	9 MILK	11 MUSTARD	13 SESAME
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WEEK 6

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	MONDAY 5 OCTOBER	TUESDAY 6 OCTOBER	WEDNESDAY 7 OCTOBER	THURSDAY 8 OCTOBER	FRIDAY 9 OCTOBER
V VEGETARIAN VEGAN	Vegetarian Sausage Roll (1) VEGAN	Halloumi, Sweet Potato and Pepper served on Rice (9)	Herb Crumb Topped Stuffed Courgette with Rice (1) (May Contain 8) VEGAN	Roasted vegetable Pizza (1, 8, 9) (May Contain 7, 10)	Sweet Potato and Chickpea Patty Wrap (1) VEGAN
M MAIN MEAL	Homemade Sausage Roll (1, 14)	Beef Cottage Pie (May Contain 10)	Roast Turkey with Stuffing and Gravy (1)	Cheese and Tomato Pizza (1, 8, 9) (May Contain 7, 10)	Breaded Fish (1, 4)
C Cold	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)
J/P POTATO/ PASTA	Jacket Potato with Topping of the Day	Mac n' Cheese (1, 9, 11) (May Contain 8)	Jacket Potato with Topping of the Day	Mixed Pepper Pasta (1)	Jacket Potato with Topping of the Day
S SIDE DISHES	Herby New Potatoes, Baked Beans and Salad Bar	Fresh Carrots and Salad Bar	Roast Potatoes, Roasted Root Vegetables and Fresh Cabbage	Diced Potatoes, Fresh Broccoli, and Salad Bar	Chips, Garden Peas and Salad Bar
D DESSERT DISHES	Apricot and Pear Sponge with Custard (1, 7, 9) (May Contain 8) Try our Ingredient of the month	Pineapple Upside Down Cake with Custard (1, 7, 9) (May Contain 8)	Mixed Berry Mousse with Biscuit Crumb (1, 9) (May Contain 8)	Tutti Frutti Thursday	Chocolate Brownie (1, 7, 9) (May Contain 8)

AVAILABLE DAILY – HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • 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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WEEK 7

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	MONDAY 12 OCTOBER	TUESDAY 13 OCTOBER	WEDNESDAY 14 OCTOBER	THURSDAY 15 OCTOBER	FRIDAY 16 OCTOBER
V VEGETARIAN VEGAN	Vegetable Sausage (1) VEGAN	Mixed Bean Chilli in a Taco (May Contain 1, 11) VEGAN	Cherry Tomato, Cheese and Roast Vegetable Quiche (1, 7, 9) (May Contain 8,10)	Sweet Potato and Pea Risotto VEGAN (May Contain 10)	Cheese and Onion Turnover (1, 9) (May Contain 8)
M MAIN MEAL	Sausages with Gravy (1, 14)	Mild Beef Chilli with Nachos (May Contain 1, 11)	Roast Gammon and Pineapple with Gravy	Mediterranean Chicken with Tomato and Peppers	Breaded Fish (1, 4)
C Cold	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)
J/P POTATO/ PASTA	Jacket Potato with Topping of the Day	Fresh Pesto Pasta (1)	Jacket Potato with Topping of the Day	Macaroni Cheese (1, 9, 11) (May Contain 8)	Jacket Potato with Topping of the Day
S SIDE DISHES	Diced Potatoes with Garden Peas and Salad Bar	Tomato Rice with Green Beans and Salad Bar	Roast Potatoes, Roasted Root Vegetables, and Fresh Cabbage	Wholemeal Rice, Broccoli and Salad Bar Try our Ingredient of the month	Chips, Peas, Baked Beans and Salad Bar
D DESSERT DISHES	Oaty Apple Crumble with Custard (1, 9) (May Contain 7, 8) Try our Ingredient of the month	Mixed Berry Cheesecake (1, 9) (May Contain 8)	Lemon Cake With Custard (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Chocolate Cookie (1) (May Contain 8)

AVAILABLE DAILY – HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • 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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	MONDAY 19 OCTOBER	TUESDAY 20 OCTOBER	WEDNESDAY 21 OCTOBER	THURSDAY 22 OCTOBER	FRIDAY 23 OCTOBER
V VEGETARIAN VEGAN	Vegetarian Sausage Roll (1) VEGAN	Vegetable Lasagne with Garlic and Herb Bread (1, 7, 9, 11) (May contain 8, 10)	Roasted Beetroot, Cherry Tomato and Brie Filo Tart (1, 9) (May Contain 8, 12)	Vegetable and Bean Wrap (1, 11) (May contain 10) VEGAN	Lentil Kofta with Salad and Salsa Dip on the Side in a Bun (1) (May Contain 1, 10, 13) VEGAN
M MAIN MEAL	Homemade Sausage Roll (1, 14)	Beef Lasagne with Garlic and Herb Bread (1, 7, 9, 11) (May contain 8, 10)	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	Chicken Fajita Wrap (1, 11)	Fishfingers (1, 4) or Salmon Fishcake (1, 4)
C Cold	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1)
J/P POTATO/ PASTA	Roasted Vegetable Pasta Bows (1)	Jacket Potato with Topping of the Day	Mac n' Cheese (1, 9, 11) (May Contain 8)	Jacket Potato with Topping of the Day	Mixed Vegetable Ragu Twirls (1)
S SIDE DISHES	Herby New Potatoes, Baked Beans and Salad Bar	Fresh Broccoli and Salad Bar	Roast Potatoes, Cabbage and Fresh Carrots	Mexican Rice, Sweetcorn and Salad Bar	Chips, Peas, Baked Beans and Salad Bar
D DESSERT DISHES	Cherry Oat Cookie (1, 14) (May Contain 8)	Mixed Berry Eton Mess (7, 9)	Chocolate Sponge and Chocolate Sauce (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Banana Cake (1, 7) (May Contain 8)

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

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN	3 MOLLUSCS	5 PEANUTS	7 EGGS	9 MILK	11 MUSTARD	13 SESAME
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