




INDEPENDENTCATERING | EDUCATER LIMITED

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 23 FEBRUARY	TUESDAY 24 FEBRUARY	WEDNESDAY 25 FEBRUARY	THURSDAY 26 FEBRUARY	FRIDAY 27 FEBRUARY
Chicken Nuggets (‘Sweet and Sour’ Sauce on the Side) (1, 8, 10, 14)	Beef Lasagne with Garlic Bread (1, 7, 8, 9, 11) (May Contain 10)	Roast Gammon and Pineapple with Gravy	 <p>USA</p> Chicken and Vegetable Rice (Jambalaya) (1,10) Traditional Bean Stew (Mardi Gras Bean Gumbo) with Crusty Bread (1,8,10) VEGAN Mac n’ Cheese (1, 9, 11) <i>[May Contain 8]</i> Jacket Potato with Choice of Topping Mini Corn on the Cob Banana Foster Cheesecake (1, 9) (May Contain 8)	Breaded Fish (1, 4)
Quorn Dippers (‘Sweet and Sour’ Sauce on the Side) (1, 8, 10, 14) VEGAN	Vegetable Lasagne with Garlic Bread (1, 7, 8, 9, 11) (May Contain 10)	Cheese and Roast Vegetable Quiche (1, 7, 9) (May Contain 10)		Homemade Chickpea Burger in a Bun (1) (May Contain 13) VEGAN
Chunky Tomato Pasta (1) (May Contain 10)	Vegetable Ragu Twirls (1) (May Contain 10)	Mixed Pepper Pasta (1) (May Contain 10)		Arrabiata Pasta Twirls (1) (May Contain 10)
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	Fresh Carrots and Salad Bar	Roast Potatoes, Roasted Vegetables and Green Beans Try our Vegetable of the month (10)		Chips, Baked Beans and Salad Bar
Oaty Apple Crumble with Custard (1, 9) (May Contain 8)	Tutti Frutti Tuesday	Raspberry Ripple Sponge with Custard (1, 7, 9) (May Contain 8)		Chocolate Krispie (1, 9)

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



UPTON JUNIORS

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

MONDAY 2 MARCH	TUESDAY 3 MARCH	WEDNESDAY 4 MARCH	THURSDAY 5 MARCH	FRIDAY 6 MARCH
Beef Spaghetti Bolognaise and Garlic Bread (1, 8) (May Contain 10)	Chicken Wrap served with BBQ Sauce (1, 8) (May Contain 9, 10, 11)	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	Fajita Chicken Taco with Rice (11) (May Contain 10)	Sausage with a Bun (with Ketchup on the Side) (1, 14) (May Contain 13)
Lentil and Bean Spaghetti Bolognaise and Garlic Bread (1, 8) (May Contain 10) VEGAN	Roast Vegetable & Bean Wrap (1, 11) (May Contain 10) VEGAN	Winter Vegetables served in a Yorkshire Pudding (1, 7, 9) (May Contain 10)	Veggie Mince Taco with Rice (8,11) (May Contain 10)	Vegetable Sausage with a Bun (with Ketchup on the Side) (1) (May Contain 13) VEGAN
Chunky Tomato Twirls (1) (May Contain 10)	Mac n' Cheese (1, 9, 11) (May Contain 8)	Tomato and Basil Pasta (1) (May Contain 10)	Fresh Pesto Pasta (1) (May Contain 10)	Mixed Vegetable Ragu Twirls (1) (May Contain 10)
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 Salad Bar	Herby Potatoes, (May Contain 10) Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage Try our Vegetable of the month (10)	Sweetcorn and Peas and Salad Bar	Chips, Garden Peas and Salad Bar
Steamed Apple and Pear Sponge with Custard (1, 7, 9) (May Contain 8)	Tutti Frutti Tuesday	Toffee Sponge and Custard (1, 7, 9, 14) (May Contain 8)	Chocolate and Orange Brownie (1, 7) (May Contain 8)	Oat 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
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



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

UPTON JUNIORS

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MONDAY 9 MARCH	TUESDAY 10 MARCH	WEDNESDAY 11 MARCH	THURSDAY 12 MARCH	FRIDAY 13 MARCH
Mild Chicken Curry with Rice and Naan Bread (1) (May Contain 10, 11)	Beef Nachos (9) (May Contain 1, 10, 11)	Roast Turkey with Stuffing and Gravy (1)	Homemade Sausage Roll (1, 8, 9, 14)	Fishfingers (1, 4) or Salmon Fishcake (1, 4)
Chickpea Korma with Rice and Naan Bread (1) (May Contain 10, 11) VEGAN	Mixed Bean Chilli in a Taco with Tomato Rice (May Contain 10) VEGAN	Roasted Tomato, Carrot and Lentil Loaf (7) (May Contain 10)	Cheese, Potato and Leek Turnover (1, 9)	Pesto Halloumi and Roasted Vegetables with Pitta Bread (1, 9) (May Contain 10)
Mac n' Cheese (1, 9, 11) (May Contain 8)	Roasted Vegetable Pasta Bows (1) (May Contain 10)	Mixed Pepper Pasta (1) (May Contain 10)	Fresh Pesto Pasta (1) (May Contain 10)	Tomato Sauce served with Pasta Bows (1) (May Contain 10)
Jacket Potato with Topping of the Day	Jacket Potato with Choice of Toppings	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	Green Beans, Tomato Salsa and Salad Bar	Roast Potatoes, Roasted Vegetables and Peas Try our Vegetable of the month (10)	Broccoli, Herby Potatoes (May Contain 10) and Salad Bar	Chips, Baked Beans and Salad Bar
Caramelised Pear and Apple Cake with Custard (1, 7, 9) (May Contain 8)	Iced Carrot Cake (1, 7, 9) (May Contain 8)	Chocolate Sponge and Chocolate Sauce (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Oaty Cherry Cookie (1, 14) (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 16 MARCH	TUESDAY 17 MARCH	WEDNESDAY 18 MARCH	THURSDAY 19 MARCH	FRIDAY 20 MARCH
<p>Chicken Nuggets (‘Katsu’ Sauce on the Side) (1, 8, 10)</p>	 <p>Lemon Chicken and Steamed Rice (Frango Grelhado com Limão with Arroz Branco) (8, 11) (May Contain 10)</p> <p>Brazilian Vegetable Stew (Moqueca de Legumes Vegan) (May Contain 10)</p> <p>Tomato Pasta (Maccarronada) (1) (May Contain 10)</p> <p>Jacket Potato with Choice of Topping</p> <p>Sautéed Greens with Carrot (Couve Refogada)</p> <p>Banana Sponge Cake (Bolo de Banana) (1,7) (May Contain 8)</p>	<p>Roast Gammon and Pineapple with Gravy</p>	<p>Meat Feast Pizza (1, 8, 9) (May Contain 7,10)</p>	<p>Breaded Fish (1, 4)</p>
<p>Katsu Quorn Dippers (‘Katsu’ Sauce on the Side) (1, 8) VEGAN</p>		<p>Cheese and Roast Vegetable Quiche (1, 7, 9) (May Contain 10)</p>	<p>Cheese and Tomato Pizza (1, 8, 9) (May Contain 7,10)</p>	<p>Homemade Chickpea Burger in a Bun (1) (May Contain 13) VEGAN</p>
<p>Chunky Tomato Pasta (1) (May Contain 10)</p>		<p>Mixed Pepper Pasta (1) (May Contain 10)</p>	<p>Fresh Pesto Pasta (1) (May Contain 10)</p>	<p>Arrabiata Pasta Twirls (1) (May Contain 10)</p>
<p>Jacket Potato with Topping of the Day</p>		<p>Jacket Potato with Topping of the Day</p>	<p>Jacket Potato with Topping of the Day</p>	<p>Jacket Potato with Topping of the Day</p>
<p>Savoury Rice with Garden Peas and Salad Bar</p>		<p>Roast Potatoes, Roasted Vegetables and Green Beans Try our Vegetable of the month (May Contain 10)</p>	<p>Baked Beans, Diced Potatoes and Salad Bar</p>	<p>Chips, Garden Peas and Salad Bar</p>
<p>Oaty Apple Crumble with Custard (1, 9) (May Contain 8)</p>		<p>Raspberry Ripple Sponge with Custard (1, 7, 9) (May Contain 8)</p>	<p>Tutti Frutti Thursday</p>	<p>Chocolate Krispie (1, 9)</p>

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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MONDAY 23 MARCH	TUESDAY 24 MARCH	WEDNESDAY 25 MARCH	THURSDAY 26 MARCH	FRIDAY 27 MARCH
Beef Spaghetti Bolognese and Garlic Bread (1, 8) (May Contain 10)	Chicken Wrap served with BBQ sauce (1, 8) (May Contain 9, 10, 11)	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	Fajita Chicken Taco with Rice (11) (May Contain 10)	Sausage with a Bun (with Ketchup on the Side) (1, 14) (May Contain 13)
Lentil and Bean Spaghetti Bolognese and Garlic Bread (1, 8) (May Contain 10) VEGAN	Roast Vegetable & Bean Wrap (1, 11) (May Contain 10) VEGAN	Winter Vegetables Served in a Yorkshire Pudding (1, 7, 9) (May Contain 10)	Veggie Mince Taco with Rice (8, 11) (May Contain 10)	Vegetable Sausage with a Bun (with Ketchup on the Side) (1) (May Contain 13) VEGAN
Chunky Tomato Twirls (1) (May Contain 10)	Mixed Pepper Pasta (1) (May Contain 10)	Tomato and Basil Pasta (1) (May Contain 10)	Mac n' Cheese (1, 9, 11) (May Contain 8)	Mixed Vegetable Ragu Twirls (1) (May Contain 10)
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 Salad Bar	Herby Potatoes, (May Contain 10) Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage Try our Vegetable of the month (May Contain 10)	Sweetcorn and Peas and Salad Bar	Chips, Baked Beans and Salad Bar
Steamed Apple and Pear Sponge with Custard (1, 7, 9) (May Contain 8)	Tutti Frutti Tuesday	Toffee Sponge and Custard (1, 7, 9, 14) (May Contain 8)	Chocolate and Orange Brownie (1, 7) (May Contain 8)	Oat Cookie (1) (May Contain 8)

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

ALLERGEN KEY

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MONDAY 30 MARCH	TUESDAY 31 MARCH	WEDNESDAY 1 APRIL	THURSDAY 2 APRIL	FRIDAY 3 APRIL
Mild Chicken Curry with Rice and Naan Bread (1) (May Contain 10, 11)	Beef Nachos (9) (May Contain 1, 10, 11)	Roast Turkey with Stuffing and Gravy (1)	Fishfingers (1, 4) or Salmon Fishcake (1, 4)	Good Friday
Chickpea Korma with Rice and Naan Bread (1) (May Contain 10, 11) VEGAN	Mixed Bean Chilli in a Taco with Tomato Rice (May Contain 10) VEGAN	Roasted Tomato, Carrot and Lentil Loaf (7) (May Contain 10)	Pesto Halloumi and Roasted Vegetables with Pitta Bread (1, 9) (May Contain 10)	
Mac n' Cheese (1, 9, 11) (May Contain 8)	Roasted Vegetable Pasta Bows (1) (May Contain 10)	Mixed Pepper Pasta (1) (May Contain 10)	Tomato Sauce served with Pasta Bows (1) (May Contain 10)	
Jacket Potato with Topping of the Day	Jacket Potato with Choice of Toppings	Jacket Potato with Topping of the Day	Jacket Potato with Topping of the Day	
Sweetcorn and Salad Bar	Green Beans, Tomato Salsa and Salad Bar	Roast Potatoes, Roasted Vegetables and Peas Try our Vegetable of the month (May Contain 10)	Chips, Baked Beans and Salad Bar	
Caramelised Pear and Apple Cake with Custard (1, 7, 9) (May Contain 8)	Iced Carrot Cake (1, 7, 9) (May Contain 8)	Chocolate Sponge and Chocolate Sauce (1, 7, 9) (May Contain 8)	Easter Cookies & Cakes (1, 7, 9, 14) (May Contain 8)	

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

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