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 2 NOVEMBER	TUESDAY 3 NOVEMBER	WEDNESDAY 4 NOVEMBER	THURSDAY 5 NOVEMBER	FRIDAY 6 NOVEMBER
V VEGETARIAN VEGAN	INSET	Vegetable and Quorn Mince Spring Roll **(1, 8, 12)** VEGAN	Leek and Mixed Bean Parcel **(1)** VEGAN	Sweet Potato and Chickpea Curry (May Contain 1, 11) VEGAN	Vegetable Sausage **(1)** VEGAN
M MAIN MEAL		Chinese Style Chicken and Prawn Cracker **(2, 8)**	Roast Gammon and Pineapple with Gravy	Mild Chicken Curry (May Contain 1, 11)	Breaded Fish or Salmon Fish Cake **(1, 4)**
P PASTA DISH		Tomato and Pepper Pasta **(1)**	Roasted Vegetable and Herb Pasta **(1)**	Homemade Pesto Pasta Bows **(1)**	Chunky Tomato Pasta **(1)**
J JACKET POTATO		Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**	Jacket Potato with a Choice of Baked Beans, Cheese **(9)** or Tuna Mayonnaise **(4)**
S SIDE DISHES		Stir Fry Vegetables and Noodles **(1, 7)** Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage, Salad Bar	Rice, Naan Bread **(1)** House Salad	Chips, Peas and Baked Beans Salad Bar
D DESSERT DISHES		Mandarin Orange Jelly	Pineapple Upside Down Cake and Custard **(1, 7, 9)** (May Contain 8)	Fruit Smoothie Day	Rice Krispie Cake **(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

Roseacre

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