INDEPENDENTCATERING | EDUCATERLIMITED

WEEK 3

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 16 NOVEMBER	TUESDAY 17 NOVEMBER	WEDNESDAY 18 NOVEMBER	THURSDAY 19 NOVEMBER	FRIDAY 20 NOVEMBER
V VEGETARIAN VEGAN	Vegetable Spaghetti Bolognese (1) VEGAN	Vegetable and Mixed Bean Wrap (1) VEGAN	Roasted Squash, Spinach and Lentil Pie (1) VEGAN	Vegetable Kebab with Halloumi in a Pitta Bread and Tzatziki (1, 9)	Margherita Pizza (1, 8, 9) (May Contain 7)
M MAIN MEAL	Beef Spaghetti Bolognese (1)	Chicken Fajitas with Wraps (1, 11)	Roast Turkey, Stuffing and Gravy (1)	Lamb Kebab (Kofta) with Pitta Bread and Tzatziki (1, 9)	Fish Fingers (1, 4)
P PASTA DISH	Tomato and Pepper Pasta (1)	Homemade Pesto Pasta Bows (1)	Herby Roast Vegetable Pasta (1)	Mac n' Cheese (1, 9, 11) (May Contain 8)	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)	Jacket Potato with a Choice of Baked Beans, Cheese (9) or Tuna Mayonnaise (4)
S SIDE DISHES	Garlic Bread (1, 8) Sweetcorn, Salad Bar	Rice, Fresh Broccoli, Salad Bar	Roast Potatoes, Cabbage and Fresh Carrots, Salad Bar	Wholemeal Rice and Homemade Slaw (1)	Chips, Garden Peas and Baked Beans, Salad Bar
D DESSERT DISHES	Chocolate Pudding and Chocolate Sauce (1, 7, 9) (May Contain 8)	Strawberry Jelly Mousse (9)	Oaty Apple Crumble and Custard (1, 9) (May Contain 8)	Tutti Fruity Thursday Mixed Melon Pots	Fruit Smoothie Day

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

Roseare

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