

# FABULOUS FOOD AT SCHOOL

As the school's catering provider, Independent Catering provides a freshly made lunch in our school kitchens using locally grown produce from the UK.

Complementing the choice of main meal and vegetables your child can supplement their lunch with a freshly prepared salad from the salad bar and a choice of 4 desserts.

The cost of a 2 course lunch is only **£2.65** including fresh bread and the 12-15 choice self serve salad bar.

**We ensure healthy free school meals are universally available for those entitled to a free school lunch. The free lunch is equivalent to £500 a year, representing an amazing saving for your child across the year in reception, year 1 and year 2.**

With less than 2% of packed lunches meeting the nutritional standards of school meals, it's clear that improving childhood nutrition is essential. Nutritious school meals play a crucial role in supporting children's health, development, and learning.

**We use local suppliers (mainly from Kent) for our salads, vegetables and fresh fruit**

**We use wholegrain rice**

**We use wholemeal pasta**

**We sneak fresh vegetables into our homemade sauces!**

**We use a 50/50 split of wholemeal and plain flour for our freshly made bread**

**Our salad bars, consisting over 10 salads daily, are suitable for vegetarian and vegan diets**

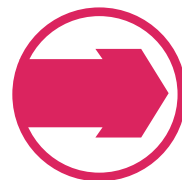
**We provide a choice of 4 desserts every day, suitable for all tastes, including cheese and biscuits, fruit jelly and a fresh fruit platter**

**All the allergens are listed on the menus - please let the school know if you have any concerns regarding your child's allergy**

Choosing a freshly made hot lunch saves time and effort in the morning routine, removing the need to prepare a packed lunch.

Our menus change termly and include a wide variety of meals, letting your child experience different types of food, encouraging healthy eating habits and **NOT A FUSSY EATER!**

## COME AND TRY OUR NEW MENUS



**freshingredients**  **freshfood**

[CLICK HERE TO VIEW OUR SHORT PROMOTIONAL MOVIE](#)



WE ONLY USE



FRESHUKBEEF



FRESHUKPORK



FREERANGEEGGS



LOCALFRUIT&VEG




WHOLEMEALPASTA

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# FABULOUS FOOD AT SCHOOL









**INDEPENDENTCATERING | EDUCATER LIMITED**

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

**WEEK 1**

**DUO TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE**

	MONDAY 1 SEPTEMBER	TUESDAY 2 SEPTEMBER	WEDNESDAY 3 SEPTEMBER	THURSDAY 4 SEPTEMBER	FRIDAY 5 SEPTEMBER
     	Oven Baked Pork and Beef Sausages with Onion Gravy (1, 14)	Mild Chicken Rogan Curry with Rice* (1)	Roast Gammon and Pineapple with Gravy	Fajita Chicken with Wraps* (1, 11)	Breaded Fish (1, 4)
	Oven Baked Vegetarian Crumble with Onion Gravy (1) <b>VEGAN</b>	Chickpea Korma with Rice (1) <b>VEGAN</b>	Red Leicester and Roast Vegetable Tart (1, 7, 9)	Vegetable Lasagne (1, 7, 9, 11)	Homemade BBQ Carrot and Chickpea Burger (1, 13) <b>VEGAN</b>
	Chunky Tomato Pasta (1)	Mac n' Cheese (1, 9, 11)	Mixed Pepper Pasta (1)	Fresh Pesto Pasta (1)	Arrabiata Pasta Twirls (1)
	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
	Mashed Potatoes, Garden Peas and Salad Bar	Carrots and Salad Bar	Roast Potatoes, Roasted Vegetables and Green Beans	Fresh Broccoli, Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
	Apple and Berry Crumble with Custard (1, 9)	Vanilla Shortbread (1)	Peach and Pear Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Orange Drizzle Cupcakes (1, 7)

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

**4 CHOICE MENU**

ITEMS MARKED \* ARE ALSO AVAILABLE AS HALAL

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**'Very yummy and healthy'**

**'Really slick operation and the food was good'**

**'Lovely meal and great to experience it'**

**'Lovely curry and berry mousse - Olivia loves her school dinners'**

WE ONLY USE



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