

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 **£2.70** 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

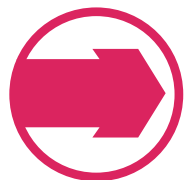
We provide a choice of 4 desserts every day, suitable for all tastes, including cheese and biscuits, fruit jelly and a fresh fruit platter

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



FREERANGE EGGS



LOCAL FRUIT & VEG




WHOLEMEAL PASTA

INDEPENDENTCATERING.CO.UK






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

**WEEK
1**

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 Sausage with Onion Gravy (1) VEGAN	Chickpea Korma with Rice (1) VEGAN	Red Leicester and Roast Vegetable Tart (1, 7, 9)	Vegetable Lasagne (1, 7, 9, 11)	Homemade BBQ Carrot and Chickpea Burger (1, 13) VEGAN
Chunky Tomato Pasta (1)		Mixed Pepper Pasta (1)		Arrabiata Pasta Twirls (1)
	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

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3 CHOICE MENU

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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'

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FRESHUKPORK



FREERANGEEGGS



LOCALFRUIT&VEG



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