








Independent Catering are delighted to be the schools' new caterer.

Independent Catering are a small company focussed on providing your child with **freshly prepared, healthy meals** that will help your children reach their five portions of fruit and vegetables a day, we're also committed to using **honest, local produce**. This means that meat served can be traced back to the farm and meets or exceeds UK animal welfare standards. Many of the vegetables used have been sourced locally which reduces the environmental impact of your children's lunches. What's more, all ingredients used in meals are **free from additives**, artificial **trans fats** and **GMOs**, and most of the food is **freshly prepared** by trained chefs. Avoiding processed foods mean that our chef knows exactly what's going in to the food they are preparing, and it will also ensure that children can connect the food they are eating to where it came from. We recognise that menus are inclusive of cultural needs and dietary requirements, so every child is catered for on our lunch menus.



# YOUR FRESHFOOD CATERER

## SAMPLE LUNCH MENU - 3 CHOICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sticky BBQ Chicken with Rice	Shepherd's Pie	Roast Chicken with Stuffing Balls	Beef Lasagne	Bubble Coated Fish
	Tagine of Beans and Winter Vegetables	Cheese and Tomato Pizza	Layered Potato and Onion Bake	Stir Fry Vegetables in a Pitta Bread	Falafel Kebab with a Sweet Chilli Sauce
	-	Mixed Pepper Pasta	-	Tuna Pasta Bake	-
	Filled Baked Jacket Potato Please see our blackboard for choice of toppings	-	Filled Baked Jacket Potato Please see our blackboard for choice of toppings	-	Filled Baked Jacket Potato Please see our blackboard for choice of toppings
	Fresh Carrots and Green Beans	Fresh Broccoli and Coleslaw	Roast Potatoes, Fresh Mashed Swede and Garden Peas	Fresh Carrots and Sweetcorn	Chips, Baked Beans and Chefs Salad
	Lemon Sponge with Custard	Fruity Cheesecake	Pineapple Upside Down Cake with Custard	TUTTI FRUTTI THURSDAY	Oatie Cookie
	Poppy Seed Bread	Herby Bread	Black Olive Bread	Garlic Dough Balls	Cheese and Onion Bread

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



WE ONLY USE



FRESHUK MEAT

FREE RANGE EGGS

MSC FISH

ORGANIC MILK

LOCAL FRUIT & VEG

WHOLEMEAL PASTA

INDEPENDENTCATERING.CO.UK  
EDUCATERLIMITED.COM