



# INDEPENDENTCATERING | EDUCATER LIMITED

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 1 JUNE	TUESDAY 2 JUNE	WEDNESDAY 3 JUNE	THURSDAY 4 JUNE	FRIDAY 5 JUNE
Mac n' Cheese & Garlic Bread <b>(1,9,11)</b> (May Contain 8)	Chicken Meatballs served in a Tomato Sauce <b>(1)</b> (May Contain 10)	Roast Turkey with Stuffing and Gravy <b>(1)</b>	Beef chilli & Nachos (May Contain 1,11)	Breaded Fish <b>(1, 4)</b>
Chickpea Korma with Rice and Naan Bread <b>(1)</b> (May Contain 11) <b>VEGAN</b>	Lentil Meatball in a Tomato Sauce <b>(1,7)</b>	Butternut Squash & Mixed Bean Turnover <b>(1)</b> <b>VEGAN</b>	Quorn Chilli & Nachos <b>(8)</b> (May Contain 1,11) <b>VEGAN</b>	Courgette & Sweetcorn Fritters, with a poached Egg <b>(1, 7)</b> <b>Try our Ingredient of the month</b>
Cheese Sandwich <b>(1,8, 9)</b> Tuna Sandwich <b>(1,4,8)</b> Ham Sandwich <b>(1,4,8)</b>	Cheese Wrap <b>(1, 9)</b> Tuna Wrap <b>(1, 4)</b> Ham Wrap <b>(1,4)</b>	Cheese Sandwich <b>(1,8, 9)</b> Tuna Sandwich <b>(1,4,8)</b> Ham Sandwich <b>(1,4,8)</b>	Cheese Wrap <b>(1, 9)</b> Tuna Wrap <b>(1, 4)</b> Ham Wrap <b>(1,4)</b>	Cheese Sandwich <b>(1,8, 9)</b> Tuna Sandwich <b>(1,4,8)</b> Ham Sandwich <b>(1,4,8)</b>
Fresh Basil Pasta <b>(1)</b>	Jacket Potato with Topping of the Day	Mixed Pepper Pasta <b>(1)</b>	Jacket Potato with Topping of the Day	Arrabiata Pasta Twirls <b>(1)</b>
Green Beans Fresh Salad Bar	Jacket wedges Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage	Savoury Rice Broccoli & Salad Bar	Chips, Garden Peas and Salad Bar
Oaty Apple & berry Crumble with Custard <b>(1, 9)</b> (May Contain 7, 8)	Fresh Strawberry Jelly	Pineapple upside down Sponge and Custard <b>(1, 7, 9)</b> (May Contain 8)	Tutti Frutti Thursday	Cherry Oaty cookie <b>(1,14)</b> (May contain 8)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • FRESH SALAD BAR**

### ALLERGEN KEY

**1** CEREALS CONTAINING GLUTEN  
**2** CRUSTACEANS

**3** MOLLUSCS  
**4** FISH

**5** PEANUTS  
**6** NUTS

**7** EGGS  
**8** SOYBEANS

**9** MILK  
**10** CELERY

**11** MUSTARD  
**12** LUPIN

**13** SESAME  
**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



FRESHUKBEEF



FRESHUKPORK



FREERANGEEGGS



LOCALFRUIT&VEG



WHOLEMEALPASTA

**RAMSGATE ARTS PRIMARY**

INDEPENDENTCATERING.CO.UK

EDUCATERLIMITED.COM









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MONDAY 8 JUNE	TUESDAY 9 JUNE	WEDNESDAY 10 JUNE	THURSDAY 11 JUNE	FRIDAY 12 JUNE
 <p>Mild Chicken Korma Curry with Rice and Naan Bread <b>(1)</b> (May Contain 11)</p>	<p>Cheese and Tomato Pizza <b>(1, 8, 9)</b> (May Contain 7)</p>	<p>Roast Beef with a Yorkshire Pudding and Gravy <b>(1, 7, 9)</b></p>	<p>BBQ Chicken Wrap <b>(1,14)</b></p>	<p>Fishfingers <b>(1, 4)</b> or Salmon Fishcake <b>(1, 4)</b></p>
 <p>Halloumi, Sweet potato &amp; pepper Quesadilla <b>(1,9)</b></p>	<p>Quorn &amp; Vegetable Noodles <b>(1, 7, 8)</b></p>	<p>Roast Vegetable Quiche <b>(1, 7, 9)</b> (May Contain 8,10) <b>Try our Ingredient of the month</b></p>	<p>Roast Vegetable &amp; Bean Wrap <b>(1)</b> (May contain 10) <b>VEGAN</b></p>	<p>Falafel Burger in a Bun <b>(1)</b> (May contain 13) <b>VEGAN</b></p>
 <p>Cheese Wrap <b>(1, 9)</b> Tuna Wrap <b>(1, 4)</b> Ham Wrap <b>(1,4)</b></p>	<p>Cheese Sandwich <b>(1,8, 9)</b> Tuna Sandwich <b>(1,4,8)</b> Ham Sandwich <b>(1,4,8)</b></p>	<p>Cheese Wrap <b>(1, 9)</b> Tuna Wrap <b>(1, 4)</b> Ham Wrap <b>(1,4)</b></p>	<p>Cheese Sandwich <b>(1,8, 9)</b> Tuna Sandwich <b>(1,4,8)</b> Ham Sandwich <b>(1,4,8)</b></p>	<p>Cheese Sandwich <b>(1,8, 9)</b> Tuna Sandwich <b>(1,4,8)</b> Ham Sandwich <b>(1,4,8)</b></p>
 <p>Mac n' Cheese <b>(1, 9, 11)</b> (May Contain 8)</p>	<p>Jacket Potato with Topping of the Day</p>	<p>Tomato and Basil Pasta <b>(1)</b></p>	<p>Jacket Potato with Topping of the Day</p>	<p>Mixed Vegetable Ragu Twirls <b>(1)</b></p>
 <p>Fresh Broccoli and Salad Bar</p>	<p>Fresh Carrots and Salad Bar</p>	<p>Roast Potatoes, Cabbage and Peas</p>	<p>Broccoli, Herby New Potatoes and Salad Bar</p>	<p>Chips, Peas, Baked Beans and Salad Bar</p>
 <p>Iced Carrot Cake <b>(1, 7, 9)</b> (May Contain 8)</p>	<p>Shortbread served with Watermelon <b>(1)</b> (May Contain 8)</p>	<p>Chocolate Sponge and Chocolate Sauce <b>(1, 7, 9)</b> (May Contain 8)</p>	<p>Tutti Frutti Thursday</p>	<p>Strawberry Cup Cake <b>(1, 7)</b> (May Contain 8)</p>

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • FRESH SALAD BAR**

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**1** CEREALS CONTAINING GLUTEN  
**2** CRUSTACEANS

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**4** FISH

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FRESHUK PORK



FREERANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

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MONDAY 15 JUNE	TUESDAY 16 JUNE	WEDNESDAY 17 JUNE	THURSDAY 18 JUNE	FRIDAY 19 JUNE
Open Beef Burrito <b>(1,9)</b> (May Contain 10,11)	Homemade Sausage Roll <b>(1,14)</b>	Roast Gammon and Pineapple with Gravy	 <p>Italian Meatballs with Spaghetti served with Focaccia <b>(1, 8)</b> Pasta Arrabbiata <b>(1)</b>  Cheese Wrap <b>(1, 9)</b> Tuna Wrap <b>(1, 4)</b> Ham Wrap <b>(1,4)</b>  Jacket Potato with Topping of the Day  Italian Oven Roasted Vegetables <b>Try our Ingredient of the month</b>  Chocolate Torta Della Nonna <b>(1, 7, 9)</b> Chocolate Tart (May Contain 8)</p>	Breaded Fish <b>(1, 4)</b>
Mixed Bean Chilli Burrito (May Contain 1,10, 11) <b>VEGAN</b>	Vegetarian Sausage Roll <b>(1)</b> <b>VEGAN</b>	Cauliflower & Broccoli Cheese Yorkshire pudding <b>(1,7,9,11)</b> (May Contain 8)		Quorn Dippers <b>(1,8)</b> <b>VEGAN</b>
Cheese Sandwich <b>(1,8, 9)</b> Tuna Sandwich <b>(1,4,8)</b> Ham Sandwich <b>(1,4,8)</b>	Cheese Wrap <b>(1, 9)</b> Tuna Wrap <b>(1, 4)</b> Ham Wrap <b>(1,4)</b>	Cheese Sandwich <b>(1,8, 9)</b> Tuna Sandwich <b>(1,4,8)</b> Ham Sandwich <b>(1,4,8)</b>		Cheese Sandwich <b>(1,8, 9)</b> Tuna Sandwich <b>(1,4,8)</b> Ham Sandwich <b>(1,4,8)</b>
Jacket Potato with Topping of the Day	Roasted Vegetable Pasta Bows <b>(1)</b> <b>Try our Ingredient of the month</b>	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
Grated Carrots and Salad Bar	Herby New Potatoes, Baked Beans and Salad Bar	Roast Potatoes, Fresh Carrots and Broccoli		Chips, Garden Peas and Salad Bar
Lemon Drizzle cake <b>(1,7)</b> (May Contain 8)	Peach Sponge & Custard <b>(1,7,9)</b> (May Contain 8)	Homemade Scone Fresh Cream & Strawberries <b>(1,9)</b> (May Contain 8)		Rice Krispie cake <b>(1,9)</b>

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • FRESH SALAD BAR**

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MONDAY 22 JUNE	TUESDAY 23 JUNE	WEDNESDAY 24 JUNE	THURSDAY 25 JUNE	FRIDAY 26 JUNE
<b>M</b> Mac n' Cheese & Garlic Bread (1,9,11) (May Contain 8)	Chicken Meatballs served in a Tomato Sauce (1) (May Contain 10)	Roast Turkey with Stuffing and Gravy (1)	Beef chilli & Nachos (May Contain 1,11)	Breaded Fish (1, 4)
<b>V</b> Chickpea Korma with Rice and Naan Bread (1) (May Contain 11) <b>VEGAN</b>	Lentil Meatball in a Tomato Sauce (1,7)	Butternut Squash & Mixed Bean Turnover (1) <b>VEGAN</b>	Quorn Chilli & Nachos (8) (May Contain 1,11) <b>VEGAN</b>	Courgette & Sweetcorn Fritters, with a poached Egg (1, 7) <b>Try our Ingredient of the month</b>
<b>B</b> Cheese Sandwich (1,8, 9) Tuna Sandwich (1,4,8) Ham Sandwich (1,4,8)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1,4)	Cheese Sandwich (1,8, 9) Tuna Sandwich (1,4,8) Ham Sandwich (1,4,8)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1,4)	Cheese Sandwich (1,8, 9) Tuna Sandwich (1,4,8) Ham Sandwich (1,4,8)
<b>J/P</b> Jacket Potato with Topping of the Day	Vegetable Ragu Twirls (1)	Jacket Potato with Topping of the Day	Creamy Tomato Pasta (1,9)	Jacket Potato with Topping of the Day
<b>S</b> Green Beans Fresh Salad Bar	Jacket wedges Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage	Savoury Rice Broccoli & Salad Bar	Chips, Garden Peas and Salad Bar
<b>D</b> Oaty Apple & berry Crumble with Custard (1, 9) (May Contain 7, 8)	Fresh Strawberry Jelly	Pineapple upside down Sponge and Custard (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday	Cherry Oaty cookie (1,14) (May contain 8)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • FRESH SALAD BAR**

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FREERANGE EGGS



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MONDAY 29 JUNE	TUESDAY 30 JUNE	WEDNESDAY 1 JULY	THURSDAY 2 JULY	FRIDAY 3 JULY
Mild Chicken Korma Curry with Rice and Naan Bread (1) (May Contain 11)	Cheese and Tomato Pizza (1, 8, 9) (May Contain 7)	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	BBQ Chicken Wrap (1,14)	Fishfingers (1, 4) or Salmon Fishcake (1, 4)
Halloumi, Sweet potato & pepper Quesadilla (1,9)	Quorn & Vegetable Noodles (1, 7, 8)	Roast Vegetable Quiche (1, 7, 9) (May Contain 8,10)	Roast Vegetable & Bean Wrap (1) (May contain 10) <b>VEGAN</b>	Falafel Burger in a Bun (1) (May contain 13) <b>VEGAN</b>
Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1,4)	Cheese Sandwich (1,8, 9) Tuna Sandwich (1,4,8) Ham Sandwich (1,4,8)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1,4)	Cheese Sandwich (1,8, 9) Tuna Sandwich (1,4,8) Ham Sandwich (1,4,8)	Cheese Sandwich (1,8, 9) Tuna Sandwich (1,4,8) Ham Sandwich (1,4,8)
Chunky Tomato Twirls (1)	Jacket Potato with Topping of the Day	Tomato and Basil Pasta (1)	Jacket Potato with Topping of the Day	Mixed Vegetable Ragu Twirls (1)
Fresh Broccoli and Salad Bar	Fresh Carrots and Salad Bar	Roast Potatoes, Cabbage and Peas	Broccoli, Herby New Potatoes and Salad Bar	Chips, Peas, Baked Beans and Salad Bar
Iced Carrot Cake (1, 7, 9) (May Contain 8)	Shortbread served with Watermelon (1) (May Contain 8)	Chocolate Sponge and Chocolate Sauce (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday <b>Try our Ingredient of the month</b>	Strawberry Cup Cake (1, 7) (May Contain 8)

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • FRESH SALAD BAR**

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1 CEREALS CONTAINING GLUTEN  
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MONDAY 6 JULY	TUESDAY 7 JULY	WEDNESDAY 8 JULY	THURSDAY 9 JULY	FRIDAY 10 JULY
Open Beef Burrito (1,9) (May Contain 10,11)	Homemade Sausage Roll (1,14)	Roast Gammon and Pineapple with Gravy	Beef Spaghetti Bolognaise and Garlic Bread (1, 8) (May Contain 10)	Breaded Fish (1, 4)
Mixed Bean Chilli Burrito (May Contain 1,10, 11) <b>VEGAN</b>	Vegetarian Sausage Roll (1) <b>VEGAN</b>	Cauliflower & Broccoli Cheese Yorkshire pudding (1,7,9,11) (May Contain 8)	Lentil and Bean Spaghetti Bolognaise and Garlic Bread (1) (May Contain 8) <b>VEGAN</b>	Quorn Dippers (1,8) <b>VEGAN</b>
Cheese Sandwich (1,8, 9) Tuna Sandwich (1,4,8) Ham Sandwich (1,4,8)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1,4)	Cheese Sandwich (1,8, 9) Tuna Sandwich (1,4,8) Ham Sandwich (1,4,8)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1,4)	Cheese Sandwich (1,8, 9) Tuna Sandwich (1,4,8) Ham Sandwich (1,4,8)
Jacket Potato with Topping of the Day	Roasted Courgette Ragu Twirls (1) <b>Try our Ingredient of the month</b>	Jacket Potato with Topping of the Day	Fresh Pesto Pasta (1)	Jacket Potato with Topping of the Day
Grated Carrots and Salad Bar	Herby New Potatoes, Baked Beans and Salad Bar	Roast Potatoes, Fresh Carrots and Broccoli	Broccoli, Herby New Potatoes and Salad Bar	Chips, Garden Peas and Salad Bar
Lemon Drizzle cake (1,7) (May Contain 8)	Peach Sponge & Custard (1,7,9) (May Contain 8)	Homemade Scone Fresh Cream & Strawberries (1,9) (May Contain 8)	Tutti Frutti Thursday <b>Try our Ingredient of the month</b>	Rice Krispie cake (1,9)

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MONDAY 13 JULY	TUESDAY 14 JULY	WEDNESDAY 15 JULY	THURSDAY 16 JULY	FRIDAY 17 JULY
BBQ Chicken Wrap (1,14)	 <p>Bacon Mac n' Cheese (1, 9, 11) (May Contain 8)</p> <p>Roasted Red Peppers, stuffed with Broccoli and Maple Tabbouleh (1)</p> <p>Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1,4)</p> <p>Jacket Potato with Choice of Toppings</p> <p>Peas , Sweetcorn and Salad Bar</p> <p>Mixed Canadian Salad Canadian Blueberry Muffins (1, 7, 9) (May Contain 8) <b>Try our Ingredient of the month</b></p>	Roast Turkey with Stuffing and Gravy (1)	Beef chilli & Nachos (May Contain 1,11)	Breaded Fish (1, 4)
Roast Vegetable & Bean Wrap (1) (May contain 10) VEGAN		Butternut Squash & Mixed Bean Turnover (1) VEGAN	Quorn Chilli & Nachos (8) (May Contain 1,11) VEGAN	Courgette & Sweetcorn Fritters, with a poached Egg (1, 7)
Cheese Sandwich (1,8, 9) Tuna Sandwich (1,4,8) Ham Sandwich (1,4,8)		Cheese Sandwich (1,8, 9) Tuna Sandwich (1,4,8) Ham Sandwich (1,4,8)	Cheese Wrap (1, 9) Tuna Wrap (1, 4) Ham Wrap (1,4)	Cheese Sandwich (1,8, 9) Tuna Sandwich (1,4,8) Ham Sandwich (1,4,8)
Fresh Basil Pasta (1)		Mixed Pepper Pasta (1)	Jacket Potato with Topping of the Day	Arrabiata Pasta Twirls (1)
Broccoli, Herby New Potatoes and Salad Bar		Roast Potatoes, Fresh Carrots and Cabbage	Savoury Rice Broccoli & Salad Bar	Chips, Garden Peas and Salad Bar
Oaty Apple & Berry Crumble with Custard (1, 9) (May Contain 7, 8)		Pineapple upside down Sponge and Custard (1, 7, 9) (May Contain 8)	Tutti Frutti Thursday <b>Try our Ingredient of the month</b>	Cherry Oaty cookie (1,14) (May contain 8)

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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



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

**RAMSGATE ARTS PRIMARY**

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