<table>
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<th>MONDAY 4 NOVEMBER</th>
<th>TUESDAY 5 NOVEMBER</th>
<th>WEDNESDAY 6 NOVEMBER</th>
<th>THURSDAY 7 NOVEMBER</th>
<th>FRIDAY 8 NOVEMBER</th>
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<td>Salmon and Chive Pasta</td>
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<td>Vegetable Bhaji and Sweetcorn</td>
<td>Chips, Baked Beans and Mushy Peas</td>
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**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • FRUITY YOGHURT • FRUIT JELLY • CHEESE AND BISCUITS • FRESH SALAD BAR**

1 CEREALS CONTAINING GLUTEN  4 FISH  7 EGGS  10 CELERY  13 SESAME
2 CRUSTACEANS      5 PEANUTS*  8 SOYBEANS  11 MUSTARD  14 SULPHUR DIOXIDE
3 MOLLUSCS         6 NUTS      9 MILK       12 LUPIN     13 SESAME

*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.

INDEPENDENTCATERING.CO.UK • EDUCATERLIMITED.COM
## Independent Catering

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.

### Monday 11th November
- **MAN**
  - Oriental Style Chicken with Egg Noodles and Prawn Crackers
    - (1, 4, 7, 8)
  - Sweet Potato and Spinach Lasagne
    - (1, 7, 9)

- **VEGGIE**
  - Filled Baked Jacket Potato with Cheese, Beans, Tuna or Hot Topping of the Day

- **PASTA**
  - Mediterranean Pasta Bake
    - (1)

- **POTATO**
  - Fresh Carrots and Green Beans

- **DESSERT**
  - Banana Loaf and Custard
    - (1, 7, 8, 9)

- **SIDES**
  - Farmhouse Loaf
    - (1, 7, 8, 9)

### Tuesday 12th November
- **MAN**
  - Meat Feast Pizza
    - (1, 7, 8, 9)

- **VEGGIE**
  - Shepherdess Pie
    - (10)

- **PASTA**
  - Warm Potato Salad, Homemade Slaw, Sweetcorn
    - (7, 9, 11)

- **POTATO**
  - Lemon and Orange Cupcake
    - (1, 7)

- **DESSERT**
  - Mini Garlic Doughballs
    - (1, 7, 8, 9)

### Wednesday 13th November
- **MAN**
  - Roast Chicken with Stuffing
    - (1, 7, 8, 9)

- **VEGGIE**
  - Cheese and Roasted Pepper Pinwheel
    - (1, 9)

- **PASTA**
  - Roast Potatoes, Fresh Cauliflower Gratin and Broccoli

- **POTATO**
  - Chocolate Pudding and Chocolate Sauce
    - (1, 7, 9)

- **DESSERT**
  - Tarragon Bread
    - (1, 7, 8, 9)

### Thursday 14th November
- **MAN**
  - Meatballs in a Tomato Sauce with Penne Pasta
    - (1, 7)

- **VEGGIE**
  - Vegetable and Rice Burrito
    - (1)

- **PASTA**
  - Mac n' Cheese
    - (1, 9, 11)

- **POTATO**
  - Fresh Carrots and Garden Peas

- **DESSERT**
  - Surprise Fruity Flapjack
    - (1)

### Friday 15th November
- **MAN**
  - 100% Cod Fishfingers
    - (1, 4)

- **VEGGIE**
  - Quorn Dipper with a BBQ Sauce
    - (1, 7, 9)

- **PASTA**
  - Filled Baked Jacket Potato with Cheese, Beans, Tuna or Hot Topping of the Day

- **POTATO**
  - Chips, Baked Beans and a Tomato Relish

- **DESSERT**
  - Sundried Tomato Bread
    - (1, 7, 8, 9)

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**Available Daily** - Homemade Wholemeal Bread • Fruity Yoghurt • Fruit Jelly • Cheese and Biscuits • Fresh Salad Bar

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**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**

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MONDAY 18 NOVEMBER
- Chicken Enchiladas with Rice (1, 9)
- Golden Vegetable Cottage Pie (Potato) (10)
- Filled Baked Jacket Potato with Cheese, Beans, Tuna or Hot Topping of the Day
- Fresh Roasted Butternut Squash and Garden Peas
- Sticky Toffee Pudding with Custard (1, 7, 8, 9, 14)
- Cheese and Onion Bread (1, 7, 8, 9)

TUESDAY 19 NOVEMBER
- Chunky Beef Pie with a Pastry Top and Mashed Potato (1, 10)
- Vegetable Pad Thai (1, 7)
- 3 Cheese Pasta Bake (1, 9, 11)
- Fresh Savoy Cabbage and Cauliflower Gratin (1, 9)
- Frozen Yoghurt with Fruit Wedges (9)
- Sundried Tomato Bread (1, 7, 8, 9)

WEDNESDAY 20 NOVEMBER
- Roast Gammon with Pineapple
- Cheese, Leek and Potato Pie (1, 7, 9)
- Filled Baked Jacket Potato with Cheese, Beans, Tuna or Hot Topping of the Day
- Roast Potatoes, Fresh Carrots and Green Beans
- Ginger Sponge with Custard (1, 7, 8, 9)
- Rosemary Bread (1, 7, 8, 9)

THURSDAY 21 NOVEMBER
- Organic Beef Lasagne (1, 7, 9)
- Sweet Potato and Chickpea Korma with Rice
- Creamy Tomato Pasta Shells (1, 9)
- Fresh Broccoli and Sweetcorn
- Apple and Raspberry Crumble with Custard (1, 7, 8, 9)
- Garlic Bread (1, 7, 8, 9)

FRIDAY 22 NOVEMBER
- Bubble Coated Fish Fillet (4)
- Mexican Vegetable Tortilla Stack (1)
- Filled Baked Jacket Potato with Cheese, Beans, Tuna or Hot Topping of the Day
- Chips, Baked Beans and Garden Peas (7, 9, 11, 14)
- Homemade Strawberry Mousse with Fruit Wedges (9)
- Pesto Bread (1, 7, 8, 9)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • FRUITY YOGHURT • FRUIT JELLY • CHEESE AND BISCUITS • FRESH SALAD BAR

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Monday 25 November
- Organic Pasta Bolognaise Bake (1, 9)
- Roasted Vegetable Risotto (10)
- Salmon and Dill Pasta (1, 4, 9)
- Chef’s Salad and Green Beans
- Treacle Tart and Custard (1, 7, 8, 9)
- Herby Bread (1, 7, 8, 9)

Tuesday 26 November
- Homemade Sausage Pinwheel (1, 8)
- Homemade Vegetarian Sausage Roll (1, 7, 9)
- Filled Baked Jacket Potato with Cheese, Beans, Tuna or Hot Topping of the Day
- Raspberry Mousse with Fruit Wedges (9)

Wednesday 27 November
- Roast Beef and Yorkshire Pudding (1, 7, 9)
- Bean and Vegetable Goulash with Mini Dumplings (1, 8, 10)
- Arrabiata Pasta (1)
- Pineapple Upside Down Cake and Custard (1, 7, 8, 9)

Thursday 28 November
- MEXICAN DAY
- 100% Cod Fishfingers (1, 4)
- Tex Mex Chicken Taco
- Refried Bean Quesadillas (1, 9)
- Filled Baked Jacket Potato with Cheese, Beans, Tuna or Hot Topping of the Day
- Mexican Tomato Rice, Mixed Salad and Sweetcorn
- Chocolate Mexican Brownies (1, 7)
- Baked Tortillas (1)

Friday 29 November
- Mixed Bean and Rice Burrito (1)
- Homemade Tomato Sauce and Pasta Twirls (1)
- Chips, Garden Peas and Baked Beans
- Carrot Cake with an Orange Frosting (1, 7)
- Black Olive Bread (1, 7, 8, 9)

Available Daily - Homemade Wholemeal Bread • Fruity Yoghurt • Fruit Jelly • Cheese and Biscuits • Fresh Salad Bar

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MIXED MEAL

MONDAY 2 DECEMBER
Jerk Chicken with Jolloff Rice
Mixed Vegetable Slice with New Potatoes
Mac ‘n’ Cheese
Fresh Broccoli and Sweetcorn
Apple and Raspberry Strudel with Custard
Green Olive Bread

TUESDAY 3 DECEMBER
Traditional Organic Cottage Pie
Cheese and Tomato Pizza with Homemade Herby Potatoes
Filled Baked Jacket Potato with Cheese, Beans, Tuna or Hot Topping of the Day
Chunky Coleslaw and Garden Peas
Cinnamon Sponge with Butterscotch Sauce
Oregano Bread

WEDNESDAY 4 DECEMBER
Roast Pork with Apple Sauce
Butternut Squash and Chickpea Tagine
Homemade Tomato Pasta Bake
Roast Potatoes, Fresh Cabbage and Carrots
Orange and Chocolate Sponge with Chocolate Sauce
Sage Bread

THURSDAY 5 DECEMBER
Sticky BBQ Chicken with Homemade Potato Wedges
Homemade Vegetable Spring Roll with Rice and Sweet Chilli Sauce
Filled Baked Jacket Potato with Cheese, Beans, Tuna or Hot Topping of the Day
Fresh Broccoli and Roasted Sweet Potato
Strawberry Whip with Watermelon Wedges
Beetroot Bread

FRIDAY 6 DECEMBER
Bubble Coated Fish
Falafel Kebab with a Sweet Chilli Sauce
Creamy Vegetable Pasta
Chips, Baked Beans and Mushy Peas
Blueberry Cup Cake
Farmhouse Loaf

Available Daily - Homemade Wholemeal Bread • Fruity Yoghurt • Fruit Jelly • Cheese and Biscuits • Fresh Salad Bar

1 Cereals containing gluten
2 Crustaceans
3 Molluscs
4 Fish
5 Peanuts*
6 Nuts
7 Eggs
8 Soya Beans
9 Milk
10 Celery
11 Mustard
12 Lupin
13 Sesame
14 Sulphur Dioxide

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MONDAY 9 DECEMBER
Mild Beef Curry with Rice and Poppadum’s
(1)
Fresh Mixed Vegetable Casserole with a Herby Scone
(1, 7, 9)
Filled Baked Jacket Potato with Cheese, Beans, Tuna or Hot Topping of the Day
Vegetable Bhaji and Fresh Carrots
Pear Sponge with Custard
(1, 7, 8, 9)
Naan Bread
(1, 7, 8, 9)

TUESDAY 10 DECEMBER
Marinaded Southern Coated Chicken
(1, 9)
Stir Fry Vegetables in a Pitta
(1, 9)
Mediterranean Pasta Bows
(1)
Herby Potatoes, Fruity Slaw and Garden Peas
Ice Cream with Fruit Wedges
(1)
Herby Bread
(1, 7, 8, 9)

WEDNESDAY 11 DECEMBER
Roast Gammon with Pineapple
Tortilla Quiche
(1, 7, 9)
Filled Baked Jacket Potato with Cheese, Beans, Tuna or Hot Topping of the Day
Roast Potatoes, Fresh Broccoli and Mashed Swede
Orange Drizzle Cake with a Lemon Sauce
(1, 7)
Black Olive Bread
(1, 7, 8, 9)

THURSDAY 12 DECEMBER
Organic Mild Chilli Beef in a Taco Boat
Mixed Vegetable and Bean Wrap
(1)
3 Cheese Pasta Bake
(1, 9, 11)
Homemade Potato Wedges, Fresh Carrots and Green Beans
Rhubarb Tart with Custard
(1, 7, 8, 9)
Tomato and Oregano Bread
(1, 7, 8, 9)

FRIDAY 13 DECEMBER
Bubble Coated Fish
(4)
Filled Baked Jacket Potato with Cheese, Beans, Tuna or Hot Topping of the Day
Chips, Baked Beans and Mushy Beans
Lemon Mousse with a Shortbread Finger
(1, 9)
Pesto Bread
(1, 7, 8, 9)

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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

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### MONDAY 16 DECEMBER
- **Main**
  - Red Tractor Oven Baked Sausages with Gravy (1, 8)
  - Vegetarian Oven Baked Sausages with Gravy (1, 7, 9)
- **Pasta**
  - Filled Baked Jacket Potato with Cheese, Beans, Tuna or Hot Topping of the Day
- **Sides**
  - New Potatoes, Baked Beans and Green Beans
- **Dessert**
  - Peach Crumble with Custard (1, 7, 8, 9)
- **Bread**
  - Farmhouse Loaf (1, 7, 8, 9)

### TUESDAY 17 DECEMBER
- **Main**
  - Chicken Pie with a Potato Topping (10)
  - Butternut Squash and Chickpea Tagine with Cous Cous (1, 10)
  - Vegetable Bolognaise Pasta (1)
- **Pasta**
  - Fresh Savoy Cabbage and Sweetcorn
- **Sides**
  - Apple and Raisin Sponge with Custard (1, 7, 8, 9, 14)
- **Dessert**
  - Caramelised Red Onion Bread (1, 7, 8, 9)

### WEDNESDAY 18 DECEMBER
- **Main**
  - Mexican Style Chicken with Rice and Nachos
  - Oriental Mixed Vegetable Noodles (1, 7, 8)
  - Mac ’n’ Cheese (1, 9, 11)
- **Pasta**
  - Fresh Broccoli and Tomato and Corn Salsa
- **Sides**
  - Mixed Berry Cheesecake (1, 9)
- **Dessert**
  - Black Olive Bread (1, 7, 8, 9)

### THURSDAY 19 DECEMBER
- **Christmas Lunch**
  - Roast Red Tractor Turkey with a Savoury Stuffing and Chipolata Sausage wrapped in Bacon (1, 8, 9, 14)
  - or **Vegetarian/Vegan**
  - Festive Sweet Potato and Butternut Squash Herby Crumble (1) with Crispy Roast Potatoes, Brussels Sprouts, Fresh Carrots and Garden Peas, served with Gravy
  - Selection of Santa’s Desserts

### FRIDAY 20 DECEMBER
- **Main**
  - Bubble Coated Fish (4)
  - Baked Sweet Potato and Bean Wrap (1, 9)
  - Filled Baked Jacket Potato with Cheese, Beans, Tuna or Hot Topping of the Day
- **Pasta**
  - Chips, Mixed Salad and Garden Peas
- **Sides**
  - Strawberry Muffin (1, 7)
- **Dessert**
  - Herby Bread (1, 7, 8, 9)

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