

INDEPENDENTCATERING | EDUCATER LIMITED



A FABULOUS FOOD JOURNEY

FAMILY INFORMATION PACK | SCHOOL MEALS BY INDEPENDENT CATERING

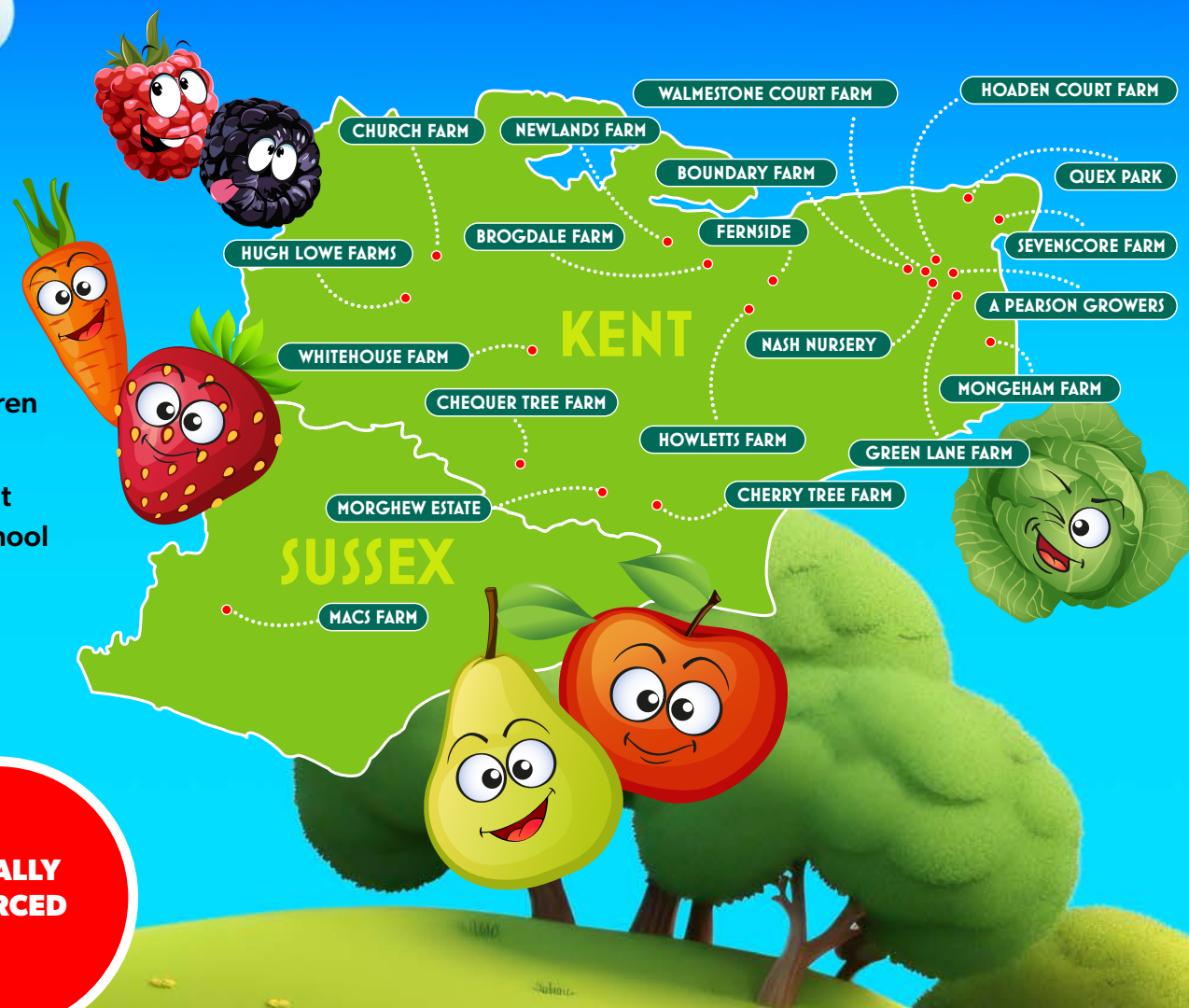
SEPTEMBER 2025



ABOUT US

Independent Catering are passionate about serving children fresh, seasonal meals made with local ingredients.

By supporting regional producers, we not only bring great taste and nutrition to the table but also ensure that our school meals are wholesome, high-quality, and sustainable.



**FRESH
INGREDIENTS**

**SEASONAL
PRODUCE**

**LOCALLY
SOURCED**

OUR MENUS

Seasonal | Fresh | Nutritious



INDEPENDENTCATERING EDUCATERLIMITED WEEK 1

Made in your school kitchen by the prepare and cook all our menu items, so if you need to know the ingredients - please ask. All our menus 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 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	Falafel Cuscut with Veggies (1, 11)	Breaded Fish (1, 4)
Oven Baked Vegetarian Sausage with Onion Gravy (1)	Chicken Korma with Rice VEGAN	Red Leicester and Roast Vegetable Tart (1, 7, 9, 11)	Vegetarian Lasagne (1)	Homemade BBQ Carrot and Chickpea Burger (1, 13) VEGAN
Churros Tomato Pasta (1)	Mac 'n' Cheese (1, 5, 11)	Mixed Pepper Pasta (1)	Fresh Pesto Pasta (1)	Arabian 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 Shondread (1)	Peach and Pear Sponge with Custard (1, 7, 9)	Tutti Fruits Thursday	Orange Drizzle Cupcakes (1, 7)

AVAILABLE DAILY - HOME MADE WHOLEMEAL BREAD (1, 5) - JELLY - FRESH FRUIT - CHEESE BISCUITS (1, 9) - FRESH SALAD BAR

1 CEREALS CONTAINING GLUTEN 2 CRUSTACEANS 3 MILK 4 EGGS 5 PEANUTS 6 SOYBEANS 7 SESAME 8 MUSTARD 9 LUPINE 10 SULPHUR DIOXIDE 11 SEWAGE 12 SALAD BAR

ALL OUR MENUS ARE FREE NUT AND PEANUT FREE

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INDEPENDENTCATERING EDUCATERLIMITED WEEK 2

Made in your school kitchen by the prepare and cook all our menu items, so if you need to know the ingredients - please ask. All our menus are made daily from fresh locally sourced and seasonal produce from Kent. DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE

MONDAY 6 SEPTEMBER	TUESDAY 7 SEPTEMBER	WEDNESDAY 8 SEPTEMBER	THURSDAY 9 SEPTEMBER	FRIDAY 10 SEPTEMBER
Beef Bourguignon with Potato and Garlic Bread (1, 8, 10)	Yeast Chicken Nuggets (Served on the side) (1, 8, 10)	Slow Roast Beef with Yorkshire Pudding and Gravy (1, 7, 9)	Chinese Style Chicken with Rice (8)	Fish Fingers (1, 4)
Butternut and Bean Bake with New Potatoes VEGAN	Kidney Curry with Rice (Served on the side) VEGAN	Roasted Vegetable Puff Pastry Parcel (1) VEGAN	Beef and Stir Fry Fried Vegetables and Rice (8)	Cheese and Onion Turnover (1)
Mixed Vegetable Ragout (1)	Jacket Potato with Topping of the Day	Tomato and Basil Pasta (1)	Jacket Potato with Topping of the Day	Mixed Vegetable Ragout (1)
Steak and Salad Bar	Savory Rice with Garden Peas and Salad Bar	Roast Potatoes, Roast Carrots and Cabbage	Broccoli and Salad Bar	Chips, Baked Beans and Salad Bar
Berry Flapjack (1)	Chocolate Brownies (1, 7)	Meat and Pear Sponge with Custard (1, 7, 9)	Tutti Fruits Thursday	Wendy Strawberry Jolly with Shortbread (1)

AVAILABLE DAILY - HOME MADE WHOLEMEAL BREAD (1, 5) - JELLY - FRESH FRUIT - CHEESE BISCUITS (1, 9) - FRESH SALAD BAR

1 CEREALS CONTAINING GLUTEN 2 CRUSTACEANS 3 MILK 4 EGGS 5 PEANUTS 6 SOYBEANS 7 SESAME 8 MUSTARD 9 LUPINE 10 SULPHUR DIOXIDE 11 SEWAGE 12 SALAD BAR

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ACTIVITIES AND EDUCATION



**EDUCATIONAL
THEME
DAYS**

**SPECIAL
MENUS**

**LOTS
OF FUN**





ALLERGENS

We are committed to reducing the risk to students, staff and visitors with regards to the provisions of food and consumption of allergens which could lead to an allergic reaction.

All foods containing the fourteen food allergies are considered to be a higher risk food for causing an allergic reaction. They are:

Lupin, Milk, Peanuts, Nuts, Fish, Molluscs, Mustard, Sesame, Eggs, Sulphates, Gluten, Soya, Celery, Crustaceans.

SUSTAINABILITY

Sustainability is one of our core values - we recognise that our activities can affect the environment and so we do what we can to minimise our impact.

This includes phasing out single use plastics, using environmentally friendly disposables and cleaning products, offering non meat proteins and seasonal fruit and vegetables.





CONTACT US

For a catering service with a truly fresh approach and to find out how our service works for your children please click the icons to visit our social media



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WE ONLY USE



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

freshingredients  **freshfood**