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.

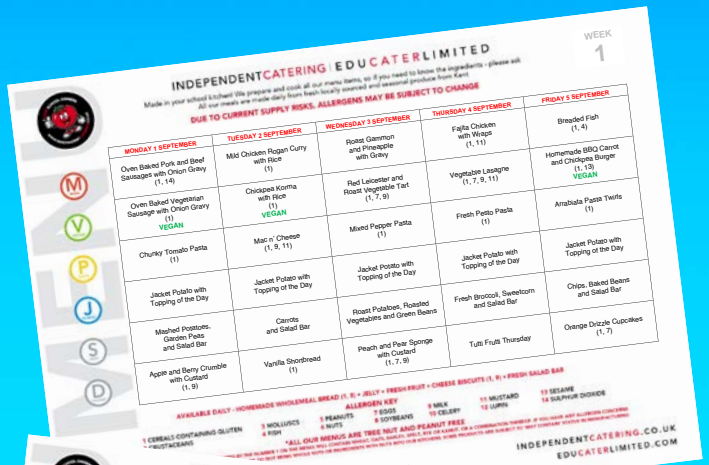
FRESH INGREDIENTS

SEASONAL PRODUCE

LOCALLY SOURCED

OUR MENUS

Seasonal | Fresh | Nutritious



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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
M	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)
V	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
P	Chunky Tomato Pasta (1)	Mac n' Cheese (1, 9, 11)	Mixed Pepper Pasta (1)	Fresh Pesto Pasta (1)	Arrabiata Pasta Twirls (1)
J	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
S	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
D	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, 9) • 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

3 CHOICE MENU

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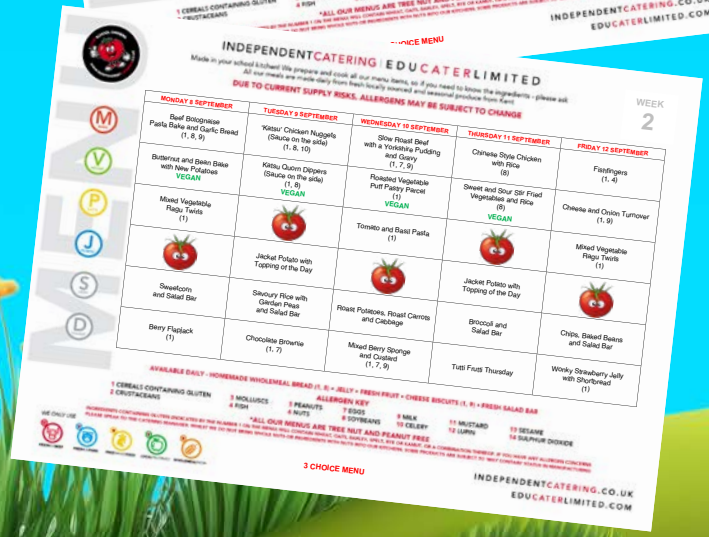

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WEEK 2

	MONDAY 8 SEPTEMBER	TUESDAY 9 SEPTEMBER	WEDNESDAY 10 SEPTEMBER	THURSDAY 11 SEPTEMBER	FRIDAY 12 SEPTEMBER
M	Beef Bolognaise Pasta Bake and Garlic Bread (1, 8, 9)	'Katsu' Chicken Nuggets (Sauce on the side) (1, 8, 10)	Slow Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	Chinese Style Chicken with Rice (8)	Fishfingers (1, 4)
V	Butternut and Bean Bake with New Potatoes VEGAN	Katsu Quorn Dippers (Sauce on the side) (1, 8) VEGAN	Roasted Vegetable Puff Pastry Parcel (1) VEGAN	Sweet and Sour Stir Fried Vegetables and Rice (8) VEGAN	Cheese and Onion Turnover (1, 9)
P	Mixed Vegetable Ragu Twists (1)		Tomato and Basil Pasta (1)		Mixed Vegetable Ragu Twists (1)
J		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
S	Sweetcorn and Salad Bar	Savoury Rice with Garden Peas and Salad Bar	Roast Potatoes, Roast Carrots and Cabbage	Broccoli and Salad Bar	Chips, Baked Beans and Salad Bar
D	Berry Flapjack (1)	Chocolate Brownie (1, 7)	Mixed Berry Sponge and Custard (1, 7, 9)	Tutti Frutti Thursday	Wonky Strawberry Jelly with Shortbread (1)

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

FRESHUKBEEF FRESHUKPORK FREERANGEEGGS LOCALFRUIT&VEG WHOLEMEALPASTA

freshingredients freshfood