**INDEPENDENT CATERING LIMITED**

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.

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**Monday 24 February**

- **Main Menu**:
  - Ham and Pepper Pizza (1, 7, 8, 9)
  - Cheese and Tomato Pizza (1, 7, 8, 9)
  - Fresh Pesto Pasta with Roasted Vegetables (1)

- **Veggie Menu**:
  - Cheese and Tomato Pizza (1, 7, 8, 9)
  - Mixed Bean Chilli with Rice

- **Pasta Menu**:
  - Mediterranean Vegetable Pasta (1)
  - Chunky Tomato Pasta (1)

- **Potato Menu**:
  - Filled Baked Jacket Potato
  - Filled Baked Jacket Potato Please see our blackboard for choice of toppings

- **Side Menu**:
  - Herby Potatoes, Fruity Slaw (7) and Baked Beans
  - Fresh Carrots and Green Beans

- **Dessert**:
  - Peach and Apple Crumble with Custard (1, 7, 8, 9)
  - Blueberry Muffin (1, 7)

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**Tuesday 25 February**

- **Main Menu**:
  - Spaghetti Bolognese (1)
  - Winter Vegetable Casserole with Dumplings (1)
  - Filled Baked Jacket Potato

- **Veggie Menu**:
  - Mixed Bean Chilli with Rice
  - Roasted Mediterranean Vegetables and Sweetcorn

- **Pasta Menu**:
  - Mediterranean Vegetable Pasta (1)
  - Chunky Tomato Pasta (1)

- **Potato Menu**:
  - Filled Baked Jacket Potato
  - Filled Baked Jacket Potato Please see our blackboard for choice of toppings

- **Side Menu**:
  - Roast Potatoes, Fresh Broccoli and Mashed Swede

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**Wednesday 26 February**

- **Main Menu**:
  - Roast Lamb with Yorkshire Pudding (1, 7, 9)
  - Macaroni Cheese (1, 9, 11)
  - Filled Baked Jacket Potato

- **Veggie Menu**:
  - Winter Vegetable Casserole with Dumplings (1)
  - Roasted Mediterranean Vegetables and Sweetcorn

- **Pasta Menu**:
  - Mediterranean Vegetable Pasta (1)
  - Chunky Tomato Pasta (1)

- **Potato Menu**:
  - Filled Baked Jacket Potato
  - Filled Baked Jacket Potato Please see our blackboard for choice of toppings

- **Side Menu**:
  - Roasted Mediterranean Vegetables and Sweetcorn

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**Thursday 27 February**

- **Main Menu**:
  - Cheesy Chicken Tacos with Rice (9)
  - Filled Baked Jacket Potato
  - Filled Baked Jacket Potato Please see our blackboard for choice of toppings

- **Veggie Menu**:
  - Winter Vegetable Casserole with Dumplings (1)
  - Roasted Mediterranean Vegetables and Sweetcorn

- **Pasta Menu**:
  - Mediterranean Vegetable Pasta (1)
  - Chunky Tomato Pasta (1)

- **Potato Menu**:
  - Filled Baked Jacket Potato
  - Filled Baked Jacket Potato Please see our blackboard for choice of toppings

- **Side Menu**:
  - Roasted Mediterranean Vegetables and Sweetcorn

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**Friday 28 February**

- **Main Menu**:
  - 100% Cod Fish Fingers (1, 4)
  - Carrot and Chickpea Burger (1, 7)
  - Filled Baked Jacket Potato

- **Veggie Menu**:
  - Winter Vegetable Casserole with Dumplings (1)
  - Roasted Mediterranean Vegetables and Sweetcorn

- **Pasta Menu**:
  - Mediterranean Vegetable Pasta (1)
  - Chunky Tomato Pasta (1)

- **Potato Menu**:
  - Filled Baked Jacket Potato
  - Filled Baked Jacket Potato Please see our blackboard for choice of toppings

- **Side Menu**:
  - Roasted Mediterranean Vegetables and Sweetcorn

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**Available Daily**

- Homemade Wholemeal Bread
- Fruity Yoghurt
- Cheese and Biscuits
- Fresh Salad Bar

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**Allergen Key**

- 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

*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.**

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**INDEPENDENT CATERING CO.UK**
<table>
<thead>
<tr>
<th>MONDAY 2 MARCH</th>
<th>TUESDAY 3 MARCH</th>
<th>WEDNESDAY 4 MARCH</th>
<th>THURSDAY 5 MARCH</th>
<th>FRIDAY 6 MARCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild Chicken Curry with Rice and Poppodums</td>
<td>Pork Sausage Pinwheel (1, 8)</td>
<td>Roast Beef with Yorkshire Pudding (1, 7, 9)</td>
<td>Bubble Coated Fish (4)</td>
<td>Mixed Bean and Rice Burrito (1)</td>
</tr>
<tr>
<td>Winter Vegetable Cottage Pie</td>
<td>Cheese and Onion Pinwheel (1, 9)</td>
<td>Roasted Vegetable Tortilla Quiche (1, 7, 9)</td>
<td>We're Going on a Chicken Hunt (Chicken Steak) (1, 7, 10, 14)</td>
<td>Tomato and Basil Pasta (1)</td>
</tr>
<tr>
<td>3 Cheese Pasta (1, 9, 11)</td>
<td>Vegetable Bolognese Pasta (1)</td>
<td>Mixed Pepper Pasta (1)</td>
<td>Where's Wally's Quorn Dippers? Quorn Dippers with BBQ Sauce (1, 7, 9, 14)</td>
<td>Filled Baked Jacket Potato (1)</td>
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<tr>
<td>Filled Baked Jacket Potato</td>
<td>Filled Baked Jacket Potato (1)</td>
<td>Filled Baked Jacket Potato (1)</td>
<td>Harry Potter Pasta (Meatball and Tomato) (1)</td>
<td>Chips, Baked Beans and Apple Coleslaw (7)</td>
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<tr>
<td>Please see our blackboard for choice of toppings</td>
<td>Please see our blackboard for choice of toppings</td>
<td>Please see our blackboard for choice of toppings</td>
<td>Percy Jackson's Jacket Potato Willy Wonka Wedges, Tom's Midnight Garden Peas, Slytherin Sweetcorn</td>
<td>Fruity Granola Bar (1, 14)</td>
</tr>
<tr>
<td>Vegetable Bhaji (1) and Fresh Carrots</td>
<td>Diced Potatoes, Fresh Broccoli and Smokey Beans</td>
<td>Roast Potatoes, Fresh Savoy Cabbage and Carrots</td>
<td>Charlie and the Chocolate Cookie (1)</td>
<td>Black Olive Bread (1, 8)</td>
</tr>
<tr>
<td>Apple and Berry Cake with Custard (1, 7, 8, 9)</td>
<td>TUTTI FRUTTI TUESDAY</td>
<td>Jam Roly Poly with Custard (1, 7, 8, 9)</td>
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<tr>
<td>Sundried Tomato Bread (1, 8)</td>
<td>Sage and Apple Bread (1, 8)</td>
<td>Farmhouse Loaf (1, 8)</td>
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**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • FRUITY YOGHURT • CHEESE AND BISCUITS • FRESH SALAD BAR**

**ALLERGEN KEY**

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<tbody>
<tr>
<td>CEREALS CONTAINING GLUTEN</td>
<td>FISH</td>
<td>EGGS</td>
<td>SOYBEANS</td>
<td>MILK</td>
<td>CELERY</td>
<td>MUSTARD</td>
<td>SESAME</td>
<td>SULPHUR DIOXIDE</td>
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<td>CRUSTACEANS</td>
<td>PEANUTS*</td>
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*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, SPOLT, RYE OR KAMUT, OR A COMBINATION THEREOF. IF YOU HAVE ANY ALLERGEN CONCERNS PLEASE SPEAK TO THE CATERING MANAGER**
## MONDAY 9 MARCH
- Pork Sausage Toad in the Hole
- Mashed Potato and Gravy
- Chickpea and Sweet Potato Samosa with Rice

## TUESDAY 10 MARCH
- Bolognese Pasta Bake
- Mixed Vegetable Moussaka
- Roasted Vegetable Pasta
- Filled Baked Jacket Potato

## WEDNESDAY 11 MARCH
- Roast Gammon with Pineapple
- Bean and Vegetable Goulash with Cous Cous
- Roasted Vegetable Pasta
- Filled Baked Jacket Potato

## THURSDAY 12 MARCH
- Sweet and Sour Chicken with a Prawn Cracker
- Vegetable Spring Roll
- Filled Baked Jacket Potato
- Filled Baked Jacket Potato

## FRIDAY 13 MARCH
- Beefburger in a Bun
- Arrabiata Pasta

### VEGETARIAN OPTIONS
- Chickpea and Sweet Potato Samosa with Rice
- Mixed Vegetable Moussaka
- Vegetable Spring Roll

### PASTA OPTIONS
- Roasted Vegetable Pasta
- Roast Potatoes, Fresh Broccoli and Roasted Butternut Squash

### SIDES
- Fresh Carrots and Green Beans
- Roast Potatoes, Fresh Broccoli and Roasted Butternut Squash

### DESSERTS
- Apricot Cupcake
- Peach and Banana Crumble with Custard
- Manadarin Sponge with Custard

### BREAD OPTIONS
- Tarragon Bread
- Garlic Bread
- Beetroot Bread
- Farmhouse Loaf

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## MENU

**MONDAY 16 MARCH**
- Sticky BBQ Chicken with Rice (14)
- Tagine of Beans and Winter Vegetables (10)
- Macaroni Cheese (1, 9, 11)
- Filled Baked Jacket Potato
  Please see our blackboard for choice of toppings

**TUESDAY 17 MARCH**
- Shepherd’s Pie (10)
- Cheese and Tomato Pizza (1, 7, 8, 9)
- Mixed Pepper Pasta (1)
- Filled Baked Jacket Potato
  Please see our blackboard for choice of toppings

**WEDNESDAY 18 MARCH**
- Roast Chicken with Stuffing Balls (1, 7, 8, 9)
- Layered Potato and Onion Bake (1, 9)
- Tomato and Basil Pasta (1)
- Pineapple Upside Down Cake with Custard (1, 7, 8, 9)

**THURSDAY 19 MARCH**
- Beef Lasagne (1, 9)
- Stir Fry Vegetables in a Pitta Bread (1)
- Tuna Pasta Bake (1, 4, 9)
- Filled Baked Jacket Potato
  Please see our blackboard for choice of toppings

**FRIDAY 20 MARCH**
- Bubble Coated Fish (4)
- Falafel Kebab with a Sweet Chilli Sauce
- Chunky Tomato Pasta (1)
- Filled Baked Jacket Potato
  Please see our blackboard for choice of toppings

**SIDES**
- 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

**DESSERT**
- Lemon Sponge with Custard (1, 7, 8, 9)
- Fruity Cheesecake (1, 8, 9)
- Pineapple Upside Down Cake with Custard (1, 7, 8, 9)
- TUTTI FRUTTI THURSDAY
- Oatie Cookie (1)

**BREAD**
- Poppy Seed Bread (1, 8)
- Herby Bread (1, 8)
- Black Olive Bread (1, 8)
- Garlic Dough Balls (1, 8)
- Cheese and Onion Bread (1, 8)

---

**ALLERGEN KEY**

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

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**MONDAY 23 MARCH**
- **MAIN**
  - Chicken Fajita with Savoury Rice (1)
  - Cheese and Onion Stuffed Jackets (9)
  - Chunky Tomato Pasta (1)
  - Filled Baked Jacket Potato Please see our blackboard for choice of toppings
- **VEGGIE**
  - Cheese and Onion Stuffed Jackets (9)
- **PASTA**
  - Fresh Broccoli and Tomato Salsa
  - Roast Potatoes, Garden Peas and Roast Parsnips
- **POTATO**
  - Green Olive Bread (1, 8)
  - Apple and Sage Bread (1, 8)
- **SIDES**
  - Fresh Carrots and Green Beans
  - Roasted Butternut Squash and Sweetcorn
  - Chips, Baked Beans and Chef’s Salad
- **DESSERT**
  - MacBook Muffin (1, 7)
  - Ginger Sponge and Custard (1, 7, 8, 9)
  - Apple and Cinnamon Strudel with Custard (1, 7, 8, 9)
- **BREAD**
  - Green Olive Bread (1, 8)
  - Apple and Sage Bread (1, 8)
  - Cranberry Bread (1, 8)
  - Baked Tortilla (1, 8)
  - Plaited Bread (1, 8)

**TUESDAY 24 MARCH**
- **MAIN**
  - Pork Meatballs in a Herby Tomato Sauce with Spaghetti (1)
  - Sweet and Sour Vegetables with Egg Noodles (1, 7)
  - Mac ‘n’ Cheese (1, 9, 11)
  - Filled Baked Jacket Potato Please see our blackboard for choice of toppings
- **VEGGIE**
  - Sweet and Sour Vegetables with Egg Noodles (1, 7)
- **PASTA**
  - Fresh Carrots and Green Beans
  - Roast Potatoes, Garden Peas and Roast Parsnips
- **POTATO**
  - Green Olive Bread (1, 8)
  - Apple and Sage Bread (1, 8)
  - Cranberry Bread (1, 8)
  - Baked Tortilla (1, 8)
- **SIDES**
  - Fresh Broccoli and Tomato Salsa
  - Roasted Butternut Squash and Sweetcorn
  - Chips, Baked Beans and Chef’s Salad
- **DESSERT**
  - MacBook Muffin (1, 7)
  - Ginger Sponge and Custard (1, 7, 8, 9)
  - Apple and Cinnamon Strudel with Custard (1, 7, 8, 9)
- **BREAD**
  - Green Olive Bread (1, 8)
  - Apple and Sage Bread (1, 8)
  - Cranberry Bread (1, 8)
  - Baked Tortilla (1, 8)
  - Plaited Bread (1, 8)

**WEDNESDAY 25 MARCH**
- **MAIN**
  - Roast Turkey with Yorkshire Pudding (1, 7, 8, 9)
  - Tomato and Cheese Flan (1, 7, 9)
  - Filled Baked Jacket Potato Please see our blackboard for choice of toppings
- **VEGGIE**
  - Refried Bean Quesadilla (1, 9)
- **PASTA**
  - Tomato and Basil Pasta (1)
  - Mediterranean Pasta Bake (1)
- **POTATO**
  - Green Olive Bread (1, 8)
  - Apple and Sage Bread (1, 8)
  - Cranberry Bread (1, 8)
  - Baked Tortilla (1, 8)
- **SIDES**
  - Fresh Broccoli and Tomato Salsa
  - Roasted Butternut Squash and Sweetcorn
  - Chips, Baked Beans and Chef’s Salad
- **DESSERT**
  - MacBook Muffin (1, 7)
  - Ginger Sponge and Custard (1, 7, 8, 9)
  - Apple and Cinnamon Strudel with Custard (1, 7, 8, 9)
- **BREAD**
  - Green Olive Bread (1, 8)
  - Apple and Sage Bread (1, 8)
  - Cranberry Bread (1, 8)
  - Baked Tortilla (1, 8)
  - Plaited Bread (1, 8)

**THURSDAY 26 MARCH**
- **MAIN**
  - Mild Beef Chilli with Rice and Nachos (1)
  - Home Made Chicken Goujons (1, 7)
  - Roast Turkey with Yorkshire Pudding (1, 7, 8, 9)
- **VEGGIE**
  - Refried Bean Quesadilla (1, 9)
- **PASTA**
  - Tomato and Cheese Flan (1, 7, 9)
  - Mediterranean Pasta Bake (1)
- **POTATO**
  - Home Made Chicken Goujons (1, 7)
  - Roasted Butternut Squash and Sweetcorn
  - Chips, Baked Beans and Chef’s Salad
- **SIDES**
  - Fresh Broccoli and Tomato Salsa
  - Roasted Butternut Squash and Sweetcorn
  - Chips, Baked Beans and Chef’s Salad
- **DESSERT**
  - MacBook Muffin (1, 7)
  - Ginger Sponge and Custard (1, 7, 8, 9)
  - Apple and Cinnamon Strudel with Custard (1, 7, 8, 9)
- **BREAD**
  - Home Made Chicken Goujons (1, 7)
  - Roasted Butternut Squash and Sweetcorn
  - Chips, Baked Beans and Chef’s Salad

**FRIDAY 27 MARCH**
- **MAIN**
  - Mild Beef Chilli with Rice and Nachos (1)
  - Home Made Chicken Goujons (1, 7)
  - Roast Turkey with Yorkshire Pudding (1, 7, 8, 9)
- **VEGGIE**
  - Fruity Flapjack (1)
- **PASTA**
  - Mac ‘n’ Cheese (1, 7, 9)
  - Mediterranean Pasta Bake (1)
- **POTATO**
  - Home Made Chicken Goujons (1, 7)
  - Roasted Butternut Squash and Sweetcorn
  - Chips, Baked Beans and Chef’s Salad
- **SIDES**
  - Fresh Broccoli and Tomato Salsa
  - Roasted Butternut Squash and Sweetcorn
  - Chips, Baked Beans and Chef’s Salad
- **DESSERT**
  - MacBook Muffin (1, 7)
  - Ginger Sponge and Custard (1, 7, 8, 9)
  - Apple and Cinnamon Strudel with Custard (1, 7, 8, 9)
- **BREAD**
  - Home Made Chicken Goujons (1, 7)
  - Roasted Butternut Squash and Sweetcorn
  - Chips, Baked Beans and Chef’s Salad

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • FRUITY YOGHURT • CHEESE AND BISCUITS • 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

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**INDEPENDENT CATERING | EDUCATE LIMITED**

**5 WEEK 5 PRIMARY**
MONDAY 30 MARCH
Homemade Sausage Roll (1, 8)
Vegetarian Sausage Roll (1, 8, 9)
Fresh Pesto Pasta (1)
Filled Baked Jacket Potato
Please see our blackboard for choice of toppings
Warm Potato Salad, Sweetcorn and Mixed Beans
Marble Cake with Custard (1, 7, 8, 9)
Herby Bread (1, 8)

TUESDAY 31 MARCH
Pulled BBQ Chicken in a Pitta Bread with New Potatoes (1)
Butternut Squash and Spinach Cannelloni (1, 9)
3 Cheese Pasta (1, 9, 11)
Filled Baked Jacket Potato
Please see our blackboard for choice of toppings
Fresh Carrots and Green Beans
Apple and Raisin Sponge with Custard (1, 7, 8, 9, 14)
Pesto Bread (1, 8)

WEDNESDAY 1 APRIL
Roast Beef with Yorkshire Pudding (1, 7, 9)
Broccoli and Cheese Baked Potato Casserole (1, 9)
Filled Baked Jacket Potato
Please see our blackboard for choice of toppings
Roasted Vegetable Pasta (1)
Filled Baked Jacket Potato
Please see our blackboard for choice of toppings
Roast Potatoes, Fresh Broccoli and Mashed Swede
Frozen Yoghurt with an Easter Cookie (9)
Rosemary Bread (1, 8)

EASTER LUNCH

THURSDAY 2 APRIL
Oven Baked Southern Coated Chicken (1, 9)
Sweet Potato and Carrot Rosti
Tomato and Basil Pasta (1)
Filled Baked Jacket Potato
Please see our blackboard for choice of toppings
Diced Herby Potatoes
Fresh Carrots and Garden Peas
TUTTI FRUTTI THURSDAY
Orange and Lemon Cupcake (1, 7)
Poppy Seed Bread (1, 8)

FRIDAY 3 APRIL
Fish Fingers (1, 4)
Cheese and Tomato Baked Pitta (1, 9)
Salmon and Pea Pasta (1, 4, 9, 11)
Filled Baked Jacket Potato
Please see our blackboard for choice of toppings
Chips, Baked Beans and Mushy Peas
Red Onion Bread (1, 8)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • FRUITY YOGHURT • CHEESE AND BISCUITS • 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

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