

FABULOUS FOOD AT SCHOOL

INDEPENDENT CATERING are delighted to be the schools' chosen caterer.

We are a Kent company, focused on providing students with freshly prepared, healthy wholesome meals helping them reach their five portions of fruit and vegetables a day.

We use local produce, from the garden of Kent, including seasonal vegetables, salad and fruit when in season. Our meat can be traced back to the farm and meets or exceeds UK animal welfare standards. Many of the vegetables used have been sourced locally which reduces the environmental impact.

We provide a **BREAKFAST**: Yoghurts, cereals, hot breakfast rolls, fresh fruit, toast, hot and cold drinks.

MORNING BREAK: Freshly made sandwiches and rolls, hot filled breakfast muffins and toasties, hot filled panini breads, fresh fruit, hot and cold drinks

LUNCH: Consists of a main meal and a vegetarian alternative and a freshly made dessert - all freshly prepared by our chef and their team. A daily street food option is also available in addition to freshly made sandwiches, wraps, baguettes and salad bar.

We operate a cashless system reducing any problems of cash in school whilst encouraging healthy eating.

Payment is made online using a debit or credit card. This credit balance is debited each time a pupil purchases food items from the cafeteria at breakfast, mid morning break and lunch. A maximum daily spend limit of **£7.50** is set (please email us at info@independentcatering.co.uk should you wish to have a different daily limit) however an average daily spend is estimated at **£4.00** per day. A main meal and dessert is **£2.90**.



SAMPLE LUNCH MENU

	MAIN	VEGETARIAN	STREET FOOD	DESSERT
MONDAY	British Pork Sausages served with Herb Buttered New Potatoes, Steamed Broccoli and Rich Onion Gravy	Vegetarian Sausages served with Herb Buttered New Potatoes, Steamed Broccoli and Rich Onion Gravy	Japanese	Lemon Sponge and Custard
TUESDAY	Our Specialty Curries with a choice of Vegetable, Meat and Vegan Dishes served with Traditional Garnishes and Accompaniments		Italian	Mixed Berry Posset
WEDNESDAY	British Roast Turkey served with Sage and Onion Stuffing, Roast Potatoes, Roasted Seasonal Root Vegetables and Rich Gravy	Mushroom, Spinach and Lentil Pie served with Roast Potatoes, Roasted Seasonal Root Vegetables and Rich Gravy	Mexican	Rice Pudding with Butterscotch Sauce
THURSDAY	Sticky Korean BBQ Chicken Noodles served with Coriander, Ginger and Lime Stir Fry Vegetables	Sticky Korean BBQ Cauliflower Noodles served with Coriander, Ginger and Lime Stir Fry Vegetables	English	Apple Crumble and Custard
FRIDAY	Classic Hamburger with Salad and Pickles served with Chips, Baked Beans or Chef's Slaw and Salad	Spicy Beanburger with Salad and Pickles served with Chips, Baked Beans or Chef's Slaw and Salad	American	Choice of Home Bakes or Dessert Pots

AVAILABLE DAILY

Fresh Chef's Salad, Whole Grain Bread
Self Help Salad Bar

THE DELI

Fresh Cut Sandwiches, Rolls and Wraps, Pittas, Baguettes
See the black boards for soups, Theme Days and the Chef's Special

WE ONLY USE

