

# INDEPENDENT CATERING

AFTER SCHOOL CLUB MENU

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

1 Turkey Curry or  
Vegetable Curry with Rice and  
Green Beans

2 Mexican Beef or  
Vegetable Chilli, Tortilla Chips  
and Sweetcorn (1)

3 Chicken or Vegetable Wraps  
with Savoury Rice and Salad (1)

4 Battered Fish or Vegetable Puff  
with Chips and Peas (1, 4)

5 Spaghetti Bolognese or  
Vegetable Bolognese  
with Sweetcorn (1)

6 Fish Goujons with Herby Pasta  
(1, 4, 9) or Macaroni Cheese  
(1, 9) with Peas

## TUESDAY

Spaghetti Bolognese or  
Vegetable Bolognese with  
Garlic Bread and Sweetcorn (1)

Chinese Chicken Noodles (1, 7)  
or Macaroni Cheese with Peas  
(1, 9)

Beef Lasagne or Vegetable  
Lasagne with Garlic Bread  
and Peas (1, 8, 9)

Chicken Burger in  
a Bun (1, 7, 9) or Jacket Potato  
with Beans and Cheese served  
with Sweetcorn (9)

Diced Beef Casserole or  
Vegetable Pasty (1) with New  
Potatoes and Carrots

Sausage or Vegetable Pinwheel  
(1) with Spaghetti Hoops  
and Chips

## WEDNESDAY

Fish Fingers (1, 4) or Vegetable  
Nuggets (1, 8, 9) with  
New Potatoes and Peas

Salmon Bites (1, 4) or Tomato  
and Basil Pasta (1) with Potato  
Wedges and Chefs Salad

Hot Dog (1, 9) or  
Vegetable Hot Dog (1) with  
Baked Beans and Chips

Mexican Beef Taco's or  
Stir Fry Tacos with  
Rice and Tomato Salsa

Chicken Tikka Masala or  
Sweet Potato and Chickpea  
Korma with Rice  
and Naan Bread

Beef Lasagne or Vegetable  
Lasagne with Garlic Bread and  
Mixed Vegetables (1, 8, 9)

## THURSDAY

Cottage Pie or Shepherdess Pie  
with Mixed Vegetables  
and Gravy

Pork Sausages or Vegetable  
Sausages with Mashed Potato  
and Green Beans

Tuna Pasta Bake (1, 4)  
or Macaroni Cheese (1, 9)  
with Sweetcorn

Chicken or Cheese and Tomato  
Pizza (1, 7, 8, 9) with  
Potato Wedges and Green Salad

Fish Fingers (1, 4) or Cheese and  
Tomato Wellington (1,9) with  
Half a Jacket Potato and Beans

Beefburger in a Bun (1, 9) or  
Veggie Burger in a Bun (1, 8, 9)  
with Potato Wedges  
and Baked Beans

## FRIDAY

Meat Feast Pizza or Cheese and  
Tomato Pizza (1, 7, 8, 9)  
with Sweetcorn and Mixed Salad

Ham and Sweetcorn Pasta (1, 9)  
or Jacket Potato with Cheese  
and Beans with Chefs Salad

Chicken Nuggets (1, 9) or  
Veggie Nuggets (1) with Herby  
Potatoes and Baked Beans

Turkey Meatballs with a Tomato  
Sauce and Spaghetti (1) or  
Vegetable Filled Pitta  
with Carrots (1, 9)

Toad in the Hole or Vegetarian  
Toad in the Hole (1, 8, 7, 9) with  
Diced Roasted New Potatoes,  
Green Beans and Gravy

Chicken in a BBQ Sauce or  
BBQ Vegetables with  
Rice and Sweetcorn

## 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

ANY ALLERGEN CONCERNS PLEASE SPEAK TO THE CATERING MANAGER

WWW.INDEPENDENTCATERING.CO.UK

