## INDEPENDENT CATERING

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.

### AFTER SCHOOL CLUB MENU

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Turkey Curry or Vegetable Curry with Rice and Green Beans</td>
<td>2 Spaghetti Bolognaise or Vegetable Bolognaise with Garlic Bread and Sweetcorn (1)</td>
<td>3 Fish Fingers (1, 4) or Vegetable Nuggets (1, 8, 9) with New Potatoes and Peas</td>
<td>4 Cottage Pie or Shepherdess Pie with Mixed Vegetables and Gravy</td>
<td>5 Meat Feast Pizza or Cheese and Tomato Pizza (1, 7, 8, 9) with Sweetcorn and Mixed Salad</td>
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<tr>
<td>Mexican Beef or Vegetable Chilli, Tortilla Chips and Sweetcorn (1)</td>
<td>Chinese Chicken Noodles (1, 7) or Macaroni Cheese with Peas (1, 9)</td>
<td>Salmon Bites (1, 4) or Tomato and Basil Pasta (1) with Potato Wedges and Chefs Salad</td>
<td>Pork Sausages or Vegetable Sausages with Mashed Potato and Green Beans</td>
<td>Ham and Sweetcorn Pasta (1, 9) or Jacket Potato with Cheese and Beans with Chefs Salad</td>
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<tr>
<td>Chicken or Vegetable Wraps with Savoury Rice and Salad (1)</td>
<td>Beef Lasagne or Vegetable Lasagne with Garlic Bread and Peas (1, 8, 9)</td>
<td>Hot Dog (1, 9) or Vegetable Hot Dog (1) with Baked Beans and Chips</td>
<td>Tuna Pasta Bake (1, 4) or Macaroni Cheese (1, 9) with Sweetcorn</td>
<td>Chicken Nuggets (1, 9) or Veggie Nuggets (1) with Herby Potatoes and Baked Beans</td>
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<tr>
<td>Battered Fish or Vegetable Puff with Chips and Peas (1, 4)</td>
<td>Chicken Burger in a Bun (1, 7, 9) or Jacket Potato with Beans and Cheese served with Sweetcorn (9)</td>
<td>Mexican Beef Taco’s or Stir Fry Tacos with Rice and Tomato Salsa</td>
<td>Chicken or Cheese and Tomato Pizza (1, 7, 8, 9) with Potato Wedges and Green Salad</td>
<td>Turkey Meatballs with a Tomato Sauce and Spaghetti (1) or Vegetable Filled Pitta with Carrots (1, 9)</td>
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<tr>
<td>Spaghetti Bolognaise or Vegetable Bolognaise with Sweetcorn (1)</td>
<td>Diced Beef Casserole or Vegetable Pasty (1) with New Potatoes and Carrots</td>
<td>Chicken Tikka Masala or Sweet Potato and Chickpea Korma with Rice and Naan Bread</td>
<td>Fish Fingers (1, 4) or Cheese and Tomato Wellington (1, 9) with Half a Jacket Potato and Beans</td>
<td>Toad in the Hole or Vegetarian Toad in the Hole (1, 8, 7, 9) with Diced Roasted New Potatoes, Green Beans and Gravy</td>
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<tr>
<td>Fish Goujons with Herby Pasta (1, 4, 9) or Macaroni Cheese (1, 9) with Peas</td>
<td>Sausage or Vegetable Pinwheel (1) with Spaghetti Hoops and Chips</td>
<td>Beef Lasagne or Vegetable Lasagne with Garlic Bread and Mixed Vegetables (1, 8, 9)</td>
<td>Beefburger in a Bun (1, 9) or Veggie Burger in a Bun (1, 8, 9) with Potato Wedges and Baked Beans</td>
<td>Chicken in a BBQ Sauce or BBQ Vegetables with Rice and Sweetcorn</td>
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</tbody>
</table>

### 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. INDEPENDENT CATERING. CO. UK