

WEEK

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













MONDAY 5 JANUARY	TUESDAY 6 JANUARY	WEDNESDAY 7 JANUARY	THURSDAY 8 JANUARY	FRIDAY 9 JANUARY
Chicken Nuggets ('Sweet and Sour' Sauce on the Side) (1, 8, 10, 14)	Beef Lasagne with Garlic Bread (1, 7, 8, 9,11) [May Contain 10]	Roast Gammon and Pineapple with Gravy	Chinese Style Chicken with Rice and Prawn Crackers (2,8) [May Contain 1,4,5,6]	Breaded Fish (1, 4)
Quorn Dippers ('Sweet and Sour' Sauce on the Side) (1, 8,14) VEGAN	Vegetable Lasagne with Garlic Bread (1, 7, 8, 9, 11) [May Contain 10]	Cheese and Roast Vegetable Quiche (1,7,9) [May Contain10]	Hoi Sin Stir Fried Vegetables and Rice and Prawn Crackers (2,8) [May Contain 1,4,5,6,]	Homemade Chickpea Burger in a Bun (1) [May Contain 13] VEGAN
Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)
Chunky Tomato Pasta (1) [May Contain10]	Jacket Potato with Topping of the Day	Mixed Pepper Pasta (1) [May Contain10]	Jacket Potato with Topping of the Day	Mac n' Cheese (1, 9, 11)
Savoury Rice with Garden Peas and Salad Bar	Fresh Carrots and Salad Bar	Roast Potatoes, Roasted Vegetables and Green Beans Try our Vegetable of the month (10)	Sweetcorn, Peas and Salad Bar	Chips, Baked Beans and Salad Bar
Oaty Apple Crumble with Custard (1, 9)	Banoffee Cheesecake (1, 9)	Raspberry Ripple Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Chocolate Krispie (1, 9)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • FRESH SALAD BAR

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN 3 MOLLUSCS **5 PEANUTS** 7 EGGS 9 MILK 11 MUSTARD 13 SESAME 2 CRUSTACEANS 4 FISH 6 NUTS 8 SOYBEANS 10 CELERY 12 LUPIN **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. WHILST WE DO NOT BRING WHOLE NUTS OR INGREDIENTS WITH NUTS INTO OUR KITCHENS, SOME PRODUCTS ARE SUBJECT TO 'MAY CONTAIN' STATUS IN MANUFACTURING















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	MONDAY 12 JANUARY	TUESDAY 13 JANUARY	WEDNESDAY 14 JANUARY	THURSDAY 15 JANUARY	FRIDAY 16 JANUARY
300	Beef Spaghetti Bolognaise and Garlic Bread (1, 8) [May Contain10]	Chicken Wrap served with BBQ sauce (1, 8) [May Contain 9,10,11]	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	JUNGLE DAY	Sausage in a Bun (with Ketchup on the Side) (1, 14) [May Contain13]
	Lentil and Bean Spaghetti Bolognaise and Garlic Bread (1, 8) [May Contain 10] VEGAN	Roast Vegetable Fajita Wrap (1, 11) [May Contain10] VEGAN	Winter Vegetables Served in a Yorkshire Pudding (1,7,9) [May Contain 10]	Meat Feast Pizza	Vegetable Sausage in a Bun (with Ketchup on the Side) (1) [May Contain13] VEGAN
	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	(1, 8, 9) [May Contain7, 10] Cheese and Tomato Pizza (1, 8, 9)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)
	Chunky Tomato Twirls (1) [May Contain10]	Jacket Potato with Topping of the Day	Tomato and Basil Pasta (1) [May Contain10]	(1, 6, 3) [May Contain7, 10] Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Mixed Vegetable Ragu Twirls (1) [May Contain10]
	Fresh Broccoli and Salad Bar	Herby Potatoes [May Contain10] Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage Try our Vegetable of the month (10)	Jacket Potato with Topping of the Day Baked Beans, Diced Potatoes	Chips, Garden Peas and Salad Bar
	Steamed Apple and Pear Sponge with Custard (1, 7, 9)	Tutti Frutti Tuesday	Toffee Sponge and Custard (1, 7, 9, 14)	and Salad Bar Chocolate and Orange Brownie (1, 7) [May Contain 8]	Oat Cookie (1) [May Contain 8]

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • FRESH SALAD BAR

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN 3 MOLLUSCS **5 PEANUTS** 7 EGGS 9 MILK 11 MUSTARD 13 SESAME 2 CRUSTACEANS 4 FISH 6 NUTS 8 SOYBEANS 10 CELERY 12 LUPIN **14 SULPHUR DIOXIDE**

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MONDAY 19 JANUARY	TUESDAY 20 JANUARY	WEDNESDAY 21 JANUARY	THURSDAY 22 JANUARY	FRIDAY 23 JANUARY
Mild Chicken Curry with Rice and Naan Bread (1)	Beef Nachos (9) <i>May</i> 1,11	Roast Turkey with Stuffing and Gravy (1)	Homemade Sausage Roll (1, 8, 9)	Fishfingers (1, 4) Or Salmon & Dill Fishcake (1,4)
Chickpea Korma with Rice and Naan Bread (1) VEGAN	Mixed Bean Chilli in a Taco with Tomato Rice VEGAN	Roasted Tomato, Carrot and Lentil Loaf VEGAN	Cheese, Potato and Leek Turnover (1, 9)	Pesto Halloumi and Roasted Vegetables with Pitta Bread (1, 9)
Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)
Mac n' Cheese (1, 9, 11)	Jacket Potato with Topping of the Day	Mixed Pepper Pasta (1) [May Contain10]	Jacket Potato with Topping of the Day	Tomato Sauce served with Pasta Bows (1) [May Contain10]
Sweetcorn and Peas and Salad Bar	Green Beans Mexican Salad Bar - Sour Cream, Guacamole, Tomato Salsa (9)	Roast Potatoes, Roasted Vegetables and Peas Try our Vegetable of the month (10)	Broccoli, Herby Potatoes [May Contain10] and Salad Bar	Chips, Baked Beans and Salad Bar
Caramelised Pear and Apple Cake with Custard (1, 7, 9)	Iced Carrot Cake (1, 7, 9)	Chocolate Sponge and Chocolate Sauce (1, 7, 9)	Tutti Frutti Thursday	Oaty Cherry Cookie (1, 14)
[May Contain 8]	[May Contain 8]	[May Contain 8]		[May Contain 8]

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • FRESH SALAD BAR

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN 2 CRUSTACEANS

3 MOLLUSCS 4 FISH

5 PEANUTS 7 EGGS 6 NUTS 8 SOYBEANS 9 MILK 10 CELERY 11 MUSTARD 12 LUPIN

13 SESAME **14 SULPHUR DIOXIDE**

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MONDAY 26 JANUARY	TUESDAY 27 JANUARY	WEDNESDAY 28 JANUARY	THURSDAY 29 JANUARY	FRIDAY 30 JANUARY
Chicken Nuggets ('Katsu' Sauce on the Side) (1, 8, 10)	Around the World	Roast Gammon and Pineapple with Gravy	Meat Feast Pizza (1, 8, 9) [May Contain 7,10]	Breaded Fish (1, 4)
Katsu Quorn Dippers ('Katsu' Sauce on the Side) (1, 8) VEGAN	Chicken Chow Mein with Vegetable Fried Rice (1,7,8)	Red Leicester and Roast Vegetable Quiche (1, 7, 9)	Cheese and Tomato Pizza (1, 8, 9)	Homemade Chickpea Burger in a Bun (1, 13) VEGAN
Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Vegetable Spring Roll with Sweet Chilli Sauce with Vegetable Rice (1, 8, 9)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)
Chunky Tomato Pasta (1) [May Contain10]	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Mixed Pepper Pasta (1) [May Contain10]	Jacket Potato with Topping of the Day	Mac n' Cheese (1, 9, 11)
Savoury Rice with Garden Peas and Salad Bar	Jacket Potato with Choice of Toppings Stir Fry Vegetables	Roast Potatoes, Roasted Vegetables and Green Beans Try our Vegetable of the month [May Contain10]	Baked Beans, Diced Potatoes and Salad Bar	Chips, Garden Peas and Salad Bar
Oaty Apple Crumble with Custard	Chinese Sponge Cake (1, 7, 9)	Raspberry Ripple Sponge with Custard		Chocolate Krispie

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • FRESH SALAD BAR

[May Contain 8]

(1, 7, 9)

[May Contain 8]

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(1, 9)

[May Contain 8]







Tutti Frutti Thursday

Chocolate Krispie

(1,9)



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MONDAY 2 FEBRUARY	TUESDAY 3 FEBRUARY	WEDNESDAY 4 FEBRUARY	THURSDAY 5 FEBRUARY	FRIDAY 6 FEBRUARY
Beef Spaghetti Bolognaise and Garlic Bread (1, 8) [May Contain10]	Chicken Wrap served with BBQ sauce (1, 8) [May Contain 9,10,11]	Roast Beef with a Yorkshire Pudding and Gravy (1, 7, 9)	Chinese Style Chicken with Rice and Prawn Crackers (2) [May Contain 1,4,5,6,8,10]	Sausage in a Bun (with Ketchup on the side) (1,14) [May Contain13]
Lentil and Bean Spaghetti Bolognaise and Garlic Bread (1, 8) [May Contain10] VEGAN	Roast Vegetable Fajita Wrap (1, 11) [May Contain10] VEGAN	Winter Vegetables Served in a Yorkshire Pudding (1,7,9) [May Contain 10]	Hoi Sin Stir Fried Vegetables and Rice and Prawn Crackers (2) [May Contain 1,4,5,6,8,10]	Vegetable sausage in a Bun (with Ketchup on the side) (1) [May Contain13] VEGAN
Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)
Jacket Potato with Topping of the Day	Mixed Pepper Pasta (1) [May Contain10]	Jacket Potato with Topping of the Day	Mac n' Cheese (1, 9, 11)	Jacket Potato with Topping of the Day
Fresh Broccoli and Salad Bar	Herby Potatoes [<i>May Contain 10</i>] Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage Try our Vegetable of the month [May Contain 10]	Sweetcorn and Peas and Salad Bar	Chips, Baked Beans and Salad Bar
Steamed Apple and Pear Sponge with Custard (1,7,9)	Tutti Frutti Tuesday	Toffee Sponge and Custard (1, 7, 9, 14)	Chocolate and Orange Brownie (1,7)	Oat Cookie (1)
[May Contain 8]		[May Contain 8]	[May Contain 8]	[May Contain 8]

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • FRESH SALAD BAR

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MONDAY 9 FEBRUARY	TUESDAY 10 FEBRUARY	WEDNESDAY 11 FEBRUARY	THURSDAY 12 FEBRUARY	FRIDAY 13 FEBRUARY
Mild Chicken Curry with Rice and Naan Bread (1) [May Contain10,11]	Beef Nachos (9) [May Contain1,10,11)	Roast Turkey with Stuffing and Gravy (1)	Homemade Sausage Roll (1,8,9)	Fishfingers (1, 4) Or Salmon Fishcakes (1,4)
Chickpea Korma with Rice and Naan Bread (1) [May Contain10,11] VEGAN	Mixed Bean Chilli in a Taco with Tomato Rice [May Contain10] VEGAN	Roasted Tomato, Carrot and Lentil Loaf [May Contain10] VEGAN	Cheese, Potato and Leek Turnover [May Contain10]	Pesto Halloumi and Roasted Vegetables with Pitta Bread (1, 9) [May Contain10]
Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)	Cheese Wrap (1, 9) Ham Wrap (1) Tuna Wrap (1, 4)
Mac n' Cheese (1, 9, 11)	Jacket Potato with Topping of the Day	Mixed Pepper Pasta (1) [May Contain 10]	Jacket Potato with Topping of the Day	Tomato Sauce served with Pasta Bows (1) [May Contain 10]
Sweetcorn and Peas and Salad Bar	Green Beans Mexican Salad Bar - Sour Cream, Guacamole, Tomato Salsa (9)	Roast Potatoes, Roasted Vegetables and Peas Try our Vegetable of the month [May Contain 10]	Broccoli, Herby Potatoes [May Contain 10] and Salad Bar	Chips, Baked Beans and Salad Bar
Caramelised Pear and Apple Cake with Custard (1, 7, 9)	Iced Carrot Cake (1, 7, 9)	Chocolate Sponge and Chocolate Sauce (1, 7, 9)	Tutti Frutti Thursday	Oaty Cherry Cookie (1, 14) [May Contain 8]

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