



THOUGHTFUL FOOD

Incito Education Catering are a 'Gold Food for Life Served Here' school meal provider the highest standard awarded by the Soil Association. This award recognises food quality, provenance & traceability providing you with reassurance that all of our meals served at your child's school are freshly prepared each day using ingredients which are ethically & sustainably sourced, from local providers where possible.

Great food starts with great ingredients...

Our food sourcing team have built long term relationships with our farmers and suppliers so that we really know and trust where our food comes from:

- ★ ALL MEAT AND POULTRY IS UK FARMED AND WHEREVER POSSIBLE SOURCED FROM HIGHER WELFARE STANDARD
- ★ ALL FISH IS RESPONSIBLY AND SUSTAINABLY SOURCED
- ★ ALL EGGS ARE FROM FREE RANGE HENS
- ★ ALL MILK AND YOGHURT IS ORGANIC

The awards we hold from Compassion in World Farming for committing to an ethical food supply chain



WHAT A GOOD EGG!

All our beef,
★ milk & yoghurt ★
is Organic



PASSIONATE ABOUT FOOD

Our meals provide great value for money, cooked by passionate locally employed chefs who really care about the quality of service they provide.

ALLERGEN INFORMATION

All our menus come with allergen charts and are provided to each school and kitchen – if you require a copy of this, please email us at: catering-services@gsplus.org

Specific dietary requirement? – Please request a form from your school office, complete, return and they will forward directly on to us.

HACSG

The Hyperactive Children's Support Group (HACSG) Award for Excellence in School Meals highlights our commitment to providing a balanced meal to support every child without using any artificial colourings or preservatives within our menus.



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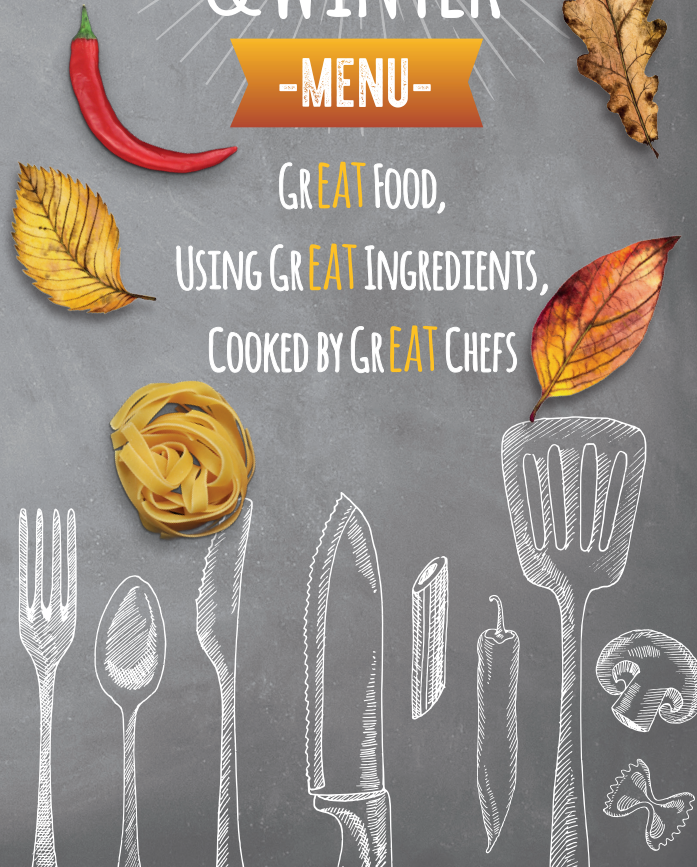
Incito

INSPIRING · INNOVATIVE
EDUCATION · CATERING

AUTUMN & WINTER

-MENU-

GREAT FOOD,
USING GREAT INGREDIENTS,
COOKED BY GREAT CHEFS



-WEEK 1-

WEEK COMMENCING: 29/10/19, 18/11/19, 9/12/19, 13/1/20, 03/2/20, 2/3/20, 23/3/20

MONDAY

Cheese & Tomato Pizza with Handcut Oven Baked Wedges & Crispy Coleslaw
or 'Mac n Cheese' Crispy Coleslaw, Garlic & Herb Focaccia
served with Garden Peas & Sweetcorn
or Jacket Potato with Baked Beans

Dessert Rice Pudding with Winter Berry Compote

TUESDAY

'Hand Crimped' Sausage Roll (Choice of Pork or Chicken)
or 'Hand Crimped' Red Lentil & Vegetable Sausage Roll
served with Fluffy Mashed Potato & Baked Beans
or Penne Pasta with Sweet Tomato & Basil Sauce

Dessert Courgette & Lime Cake with Vanilla Custard

WEDNESDAY

Roast Chicken Drumstick with Gravy
or Winter Root Vegetable Loaf with Gravy
served with Crispy Roast Potatoes & Seasonal Market Vegetables
or Jacket Potato & Cheddar Cheese

Dessert Milk Chocolate Mousse with St Clements Cookie

THURSDAY

Traditional Spaghetti Bolognese
or Vegetarian Spaghetti Bolognese
served with Herby Garlic Bread & Mixed Leaf Salad
or Black Bean Burrito

Dessert Marble Sponge with Custard

FRIDAY

Crispy Coated Fillet of Fish
or Cheese & Red Onion Quiche
served with Oven Baked Chunky Chips, Baked Beans & Garden Peas
or Pasta Spirals with Marinara Sauce

Dessert Peaches & Ice Cream with Teddy Bear Wafer

-WEEK 2-

WEEK COMMENCING: 4/11/19, 25/11/19, 16/12/19, 20/1/20, 10/2/20, 9/3/20, 31/3/20

MONDAY

Filled Ravioli in a Rich Tomato Sauce, Garlic & Herb Focaccia
or Sweet Potato, Spinach & Chick Pea Curry, Naan Bread Strips, Aromatic Steamed Rice
served with Garden Peas & Sweetcorn
or Spicy Cheese Wrap

Dessert Blueberry Muffin Traybake with Vanilla Custard

TUESDAY

'Build Your Own Burger' Cheese or Beef Burger in a Bun, Tomato Ketchup
or 'Build Your Own Burger' 'Southern Style' Quorn Burger in a Bun, Tomato Ketchup
served with Lightly Spiced Wedges & 'Home Slaw'
or Pomodoro Sauce with Penne Pasta

Dessert Chocolate Brownie with Ice Cream

WEDNESDAY

Roast Turkey with Gravy
or Winter Vegetable Tart with Gravy
served with Crispy Roast Potatoes, Selection of Seasonal Vegetables
or Basil & Lemon Pesto with Pasta Spirals

Dessert Apple & Winter Berry Crumble with Custard

THURSDAY

Chinese Chicken Curry
or Vegetarian Chow Mein
served with Aromatic Steamed Rice, Garden Peas, Cauliflower Florets
or Jacket Potato with Cheese & Beans

Dessert Fruit Jelly & Whipped Cream

FRIDAY

Crumbed Fish Fingers
or Cheesy Pastry Pinwheels
served with Oven Baked Chunky Chips, Baked Beans
Sweet Tomato & Basil Sauce with Penne Pasta

Dessert Organic Fruit Yoghurt with Flapjack Bites

-WEEK 3-

WEEK COMMENCING: 11/11/19, 2/12/19, 6/1/20, 27/1/20, 24/2/20, 16/3/20

MONDAY

A Selection of Freshly Baked Pizzas
served with Herby Diced Potato, Sweetcorn & Garden Peas
or Vegetable Carbonara with Spaghetti

Pizza Day

Dessert Raspberry Ripple Roll

TUESDAY

Sausages with Spaghetti & Rich Tomato Sauce (Choice of Pork or Chicken)
or Vegetarian Sausage with Spaghetti & Rich Tomato Sauce
served with Focaccia Bread, Broccoli Florets
or Jacket Potato with Baked Beans

Dessert Chocolate Beetroot Cake with Whipped Cream

WEDNESDAY

Roast Loin of Pork or Roast Chicken Drumsticks with Gravy
or Vegetable Mince & Onion Pie with Gravy
served with Crispy Roast Potatoes, Seasonal Market Vegetables
or Arrabiata Sauce with Pasta Spirals

Dessert Pineapple Upside Down Cake with Custard

THURSDAY

Katsu Chicken Curry, Cucumber & Lemon Salad
or Handmade Spring Roll, Sweet Chilli Sauce
served with Fragrant Steamed Rice, Spiced & Roasted Cauliflower
or Salmon Tortellini, Rich Tomato Sauce

Dessert Milk Jelly with Fruit Salad

FRIDAY

Crispy Coated Fillet of Fish
or Cheese & Onion Pasty
served with Oven Baked Chunky Chips, Garden Peas & Baked Beans
or Basil & Sweet Tomato Sauce with Penne Pasta

Dessert Organic Fruit Yoghurt with Shortbread Biscuit

FILLED JACKET POTATOES,
UNLIMITED SALAD BAR & FRESH DRINKING
WATER AVAILABLE DAILY.

FRESH FRUIT AND ORGANIC
YOGHURT AVAILABLE
EVERY DAY.

HOMEMADE BREAD BAKED DAILY
USING 50% ORGANIC
WHOLEWHEAT FLOUR

Proud to work with



UK SUPPLIERS

- Meat Free Option - Reduced Sugar

