

Tastes

from around the world



MEDITERRANEAN FLATBREAD

GARLIC MAYONNAISE OR SWEET CHILLI CHICKEN SERVED WITH POTATO SALAD & COLESLAW



Southern Style



VEGGIE BURGER

SERVED WITH CHUNKY CHIPS TOMATO KETCHUP & GARDEN PEAS



PENNE PASTA BEEF BOLOGNESE

SERVED WITH GARLIC BREAD



BREAD & FRUIT

Available every day



All images are for illustrative purposes only



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.



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 & poultry is UK sourced from higher standard welfare schemes
- ★ All fish is responsibly & sustainably sourced
- ★ All eggs are from Free Range hens
- ★ All milk & yoghurt is Organic

We hold all 4 Good Animal Recognition Awards from Compassion in World Farming:



Join our team

Our people are an essential ingredient.

Why not join us?... contact

catering-services@gsplus.org

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 and return to your office and they will forward directly to us.



Incito | Birchmere Business Centre | Eastern Way | Thamesmead | London | SE28 8BF | 0208 921 3490

Incito Autumn & Winter Menu

At the heart of everything we do is our fresh food made for you



ROAST CHICKEN and GRAVY
SERVED with CRISPY ROAST POTATOES
FRESH SEASONAL VEGETABLES
SAGE AND ONION STUFFING

Made with UK Sourced Chicken

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Eastern & Oriental flavours



CHICKEN KORMA
& BASMATI RICE, SERVED WITH NAAN BREAD
& MANGO CHUTNEY

★
All meat & poultry is UK sourced from higher standard welfare schemes

SWEET POTATO CURRY

SERVED WITH BASMATI RICE & MANGO CHUTNEY ON THE SIDE

Our menu is carefully nutritionally balanced



VEGETARIAN SAMOSA

CHUNKY CHIPS, SWEET CHILLI SAUCE & GARDEN PEAS



SWEET & SOUR CHINESE VEGETABLE NOODLES



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Our Menu...

MONDAY

Margherita Pizza served with Lattice Potatoes or Fresh Tomato Penne Pasta & Help yourself Salad Bar
Sweet Potato Curry served with Basmati Rice & Mango Chutney

Scotch Pancake with Fruit & Ice-Cream

TUESDAY

Oven Baked Pork or Chicken Sausages served with Mashed Potato & Baked Beans
Tasty Vegetarian Sausage with Mashed Potato & Baked Beans

Chocolate Sponge & Chocolate Sauce

WEDNESDAY

Penne Pasta Beef Bolognese served with Garlic Bread & Help yourself Salad Bar on the side
Tomato & Herb Penne Pasta served with Garlic Bread & Salad Bar

Carrot Cake

THURSDAY

Roast Chicken with Roast Potatoes, fresh Seasonal Vegetables, Gravy and Sage and Onion Stuffing
Roast Vegetable Loaf, crispy Roast Potatoes, fresh Seasonal Vegetables & Vegetarian Gravy

Fruit Jelly & Strawberry Ice-Cream

FRIDAY

Breaded Fish Fingers served with Baked Beans, Chunky Chips & Tomato Ketchup
Thai Salmon Fishcake served with Sweet Chilli Sauce, Garden Peas, Chunky Chips
Southern Style Veggie Burger served with Chunky Chips, Tomato Ketchup & Garden Peas

Apple & Raisin Flapjack Served with Vanilla Custard

Available: 30/10/17, 13/11/17, 27/11/17, 11/12/17, 1/1/18, 15/1/18, 29/1/18, 19/2/18, 5/3/18, 19/3/18

MONDAY

Vegetarian Vege Balls served with fresh Tomato Penne Pasta Served with Garlic & Herb Focaccia Bread
Jacket Potato Bar - Choose your own Topping, Help yourself Salad Bar

Blueberry Muffin & Custard (Reduced Sugar)

TUESDAY

Mediterranean Flatbread, Garlic and Mayonnaise or Sweet Chilli Chicken served with Potato Salad & Coleslaw
Mexican style Vegetarian Enchiladas & Salad Bar on the side

Fruity Belgian Bun

WEDNESDAY

Beef Burger served in a Floured Bun Along with Seasoned Fries & Help yourself Salad Bar
Vegetarian Hot Dogs Seasoned Fries, Salad Bar

Frozen Yoghurt with Mango Topping

THURSDAY

Chicken Korma & Basmati Rice served with Naan Bread & Mango Chutney
Sweet & Sour Chinese Vegetable Noodles

Orange and Mandarin Sponge Cake

FRIDAY

Breaded Fish, Chunky Chips, Tomato Ketchup & Garden Peas
Vegetarian Samosa, Chunky Chips, Sweet Chilli Sauce & Garden Peas

Vanilla Shortbread Biscuit & Strawberry Ice cream

Available: 6/11/17, 20/11/17, 4/12/17, 18/12/17, 8/1/18, 22/1/18, 5/2/18, 26/2/18, 12/3/18, 26/3/18

Served daily: unlimited salad bar, seasonal veg, fresh fruit, organic yoghurt, freshly baked bread and drinking water

★ - Vegetarian

Awesome Desserts



BLUEBERRY MUFFINS

Baked on Site

SERVED WITH CUSTARD



CARROT CAKE

70% of our homemade desserts are sugar reduced



Proud to work with

UK SUPPLIERS



All milk & yoghurt is Organic



SCOTCH PANCAKE

SERVED WITH VANILLA ICE-CREAM

FRUITY BELGIAN BUNS



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