

Menu A	Main Course		Side Course	Second Course
Monday	Vegetable & Lentil Korma (D) (PU) (SD) (T)	Red lentils, cauliflower, onion, potato, butternut squash, peaches, garlic, ginger, ground cumin, coriander, turmeric, garam masala, tomato, coconut milk, mango chutney, korma paste, yoghurt & cream	White Rice	Summer Berry Yoghurt (D)
Tuesday	Chicken Stroganoff (D)	Sliced chicken, leek, onion, garlic, mixed herbs, butternut squash, bechamel, smoked paprika & cream cheese	Pasta (G)	Fruit Salad
Wednesday	Mexican Vegetable Stew (D) (PU) (T)	Mixed beans, cauliflower, sweetcorn, mixed peppers, red onion, tomato, garlic, coconut milk, parsley, basil, mixed spices, smoked paprika, bechamel & vegetable stock	Rainbow Rice	Spiced Apple Yoghurt (D)
Thursday	Sweet & Sour Chicken & Wholewheat Noodles (G) (SD) (T)	Diced chicken, red onion, mixed peppers, carrot, pineapple, coriander, garlic, ginger, cumin, tomato, red wine vinegar & cornflour, wholewheat noodles	Cucumber Slices	Vanilla Ice Cream (D)
Friday	Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T)	Speldhurst pork & beef sausage, haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Banana, Courgette & Mascarpone Sponge Slice (D) (G) (S)

Menu B	Main Course		Side Course	Second Course
Monday	Italian Soya Bolognese (S) (T)	Soya mince, carrot, butternut squash, onion, mixed peppers, tomato, garlic, basil, mixed herbs, oregano, paprika, stock & rice flour	Wholewheat Pasta (G)	Charlotte's Easy Peachy Sponge Slice (D) (G) (S)
Tuesday	Beef Massaman Curry (D) (SD)	Diced beef, potato, onion, peppers, butternut squash, apricot, garlic, cumin, turmeric, Thai curry paste, coriander, mild curry powder, mango chutney, ginger, basil, coconut milk, desiccated coconut, béchamel & rice flour	White Rice	Fruity Cereal Slice (G) (SD)
Wednesday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Cabbage, Carrots & Sweetcorn	Cherry Yoghurt (D)
Thursday	Salmon & Mascarpone (D) (F) (PU) (T)	Salmon, garlic, onion, peppers, butternut squash, tomato, bechamel, cream cheese, sweetcorn & lentils	Pasta (G)	Fresh Melon
Friday	Jamaican Mango Chicken (PU) (SD) (T)	Sliced Chicken, carrot, onion, parsnip, mango, mango chutney, sweetcorn, pineapple, tomato, mixed spice, haricot beans, vegetable stock, basil & cornflour	White Rice	Apple & Mango Yoghurt (D)

Menu C	Main Course		Side Course	Second Course
Monday	Mild Vegetable Chilli (PU) (SD) (T)	Kidney beans, black turtle beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, corn flour	White Rice	Carrot & Cream Cheese Sponge Slice (D) (G) (S)
Tuesday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato, rapeseed oil & rice flour	Pasta (G)	Vanilla Ice Cream (D)
Wednesday	Pineapple & Coconut Vegetable Curry (D) (PU) (SD)	Haricot beans, onion, garlic, pineapple, peppers, carrot, ginger, coconut milk, coriander, turmeric, curry powder, Thai curry paste, lime zest, bechamel, vegetable stock & cornflour	Brown Rice	Fruit Salad
Thursday	Mediterranean Pork Casserole (PU) (T)	Diced pork, tomato, red onion, chickpeas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic, stock, & rice flour	New Potatoes	Raspberry Yoghurt (D)
Friday	Five a Day Fridays Menu			

**C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten
 PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato**
 Our kitchen does not handle peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs. Please refer to our Allergy Policy for further information about allergens.

LUNCH MENU

Spring Summer 2024

VA Vegan	V Vegetarian	T Tomato	SD Sulphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries													
Monday	Vegetable & Lentil Korma			●	●									●	●
	White Rice														●
	Summer Berry Yoghurt			●	●										●
Tuesday	Chicken Stroganoff			●	●										●
	Pasta							●							●
	Fruit Salad			●	●										●
Wednesday	Mexican Vegetable Stew			●	●									●	●
	Rainbow Rice														●
	Spiced Apple Yoghurt			●	●										●
Thursday	Sweet & Sour Chicken & Wholewheat Noodles			●	●			●						●	●
	Cucumber Slices														●
	Vanilla Ice Cream			●	●										●
Friday	Speldhurst Kent Sausage with Homemade Baked Beans	●		●	●			●						●	●
	Potato, Butternut Squash & Sweet Potato Mash														●
	Banana, Courgette & Mascarpone Sponge Slice			●	●			●							●

Menu B	Dish	Dietaries													
Monday	Italian Soya Bolognaise			●	●									●	●
	Wholewheat Pasta							●							●
	Charlotte's Easy Peachy Sponge Slice			●	●			●						●	●
Tuesday	Beef Massaman Curry	●		●	●										●
	White Rice														●
	Fruity Cereal Slice			●	●			●							●
Wednesday	Roast Turkey in Gravy with Baby New Potatoes														●
	Cabbage, Carrots & Sweetcorn														●
	Cherry Yoghurt			●	●										●
Thursday	Salmon & Mascarpone Pasta			●	●			●						●	●
	Fresh Melon			●	●										●
	Jamaican Mango Chicken			●	●										●
Friday	White Rice														●
	Apple & Mango Yoghurt			●	●										●

Menu C	Dish	Dietaries													
Monday	Mild Vegetable Chilli			●	●									●	●
	White Rice														●
	Carrot & Cream Cheese Sponge Slice			●	●			●						●	●
Tuesday	Simply Chicken			●	●									●	●
	Pasta							●							●
	Vanilla Ice Cream			●	●										●
Wednesday	Pineapple & Coconut Vegetable Curry			●	●										●
	Brown Rice														●
	Fruit Salad			●	●										●
Thursday	Mediterranean Pork Casserole			●	●									●	●
	New Potatoes														●
	Raspberry Yoghurt			●	●										●
Friday	Five a Day Fridays Menu														

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Day	Main Course	Side Course	Second Course
7 May 2024	Vegetable & Lentil Korma (D) (PU) (SD) (T) Red lentils, cauliflower, onion, potato, butternut squash, peaches, garlic, ginger, ground cumin, coriander, turmeric, garam masala, tomato, coconut milk, mango chutney, korma paste, yoghurt & cream	White Rice	Summer Berry Yoghurt (D)
24 May 2024	Italian Beef Bolognese (T) Minced beef, carrot, butternut squash, onion, mixed peppers, tomato, garlic, basil, rosemary, mixed herbs, oregano, paprika, stock & rice flour	Pasta (G)	Apple Sponge (G) (S) with Natural Yoghurt (D)
14 Jun 2024	Fruity Vegetable Curry (D) (PU) (SD) (T) Carrot, onion, potato, peppers, peach, mango, cauliflower, bechamel, coconut milk, coconut powder, butternut squash, red lentils, garlic, korma paste, lemon juice, tomato & cornflour	White Rice	Blueberry Oaty Date Bar (G) (SD)
5 Jul 2024	Lamb & Apricot Tagine (PU) (SD) (T) Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Diced Peaches with Vanilla Yoghurt (D)
26 Jul 2024	Chicken & Pancetta Supreme (D) Sliced chicken breast, pancetta, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock.	Pasta (G)	Fruit Salad
16 Aug 2024	Vegetable Massaman Curry (D) (PU) (SD) (T) Potato, onion, sweet potato, peppers, leeks, cauliflower, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, coconut powder, bechamel, Thai red curry paste, coriander	White Rice	Fresh Melon
6 Sep 2024	Beef Bourignon (T) Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour.	Mashed Potato	Strawberry & Cream Cheese Sponge Slice (D) (G) (S)
27 Sep 2024	Spinach & Paneer Saag Aloo (D) (PU) (T) Spinach, paneer, potato, red lentils, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, peppers, butternut squash, korma paste & yoghurt.	White Rice	Raspberry & Apple Flapjack (G) (SD)
18 Oct 2024	Sausage Casserole (G) (PU) (SD) (T) Diced sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika.	Pasta (G)	Vanilla Yoghurt (D)

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FIVE a Day FRIDAYS LUNCH MENU

Spring Summer 2024

VA Vegan	V Vegetarian	T Tomato	SD Sulphites	S Soya	PUJ Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Day	Dish	Dietaries													
7 May 2024	Vegetable & Lentil Korma			●	●										
	White Rice														
	Summer Berry Yoghurt			●	●										
24 May 2024	Italian Beef Bolognaise	●		●											
	Pasta							●							
	Apple Sponge with Natural Yoghurt			●	●			●				●			
14 Jun 2024	Fruity Vegetable Curry			●	●										
	White Rice														
	Blueberry Oaty Date Bar			●				●							
5 Jul 2024	Lamb & Apricot Tagine			●											
	White Rice														
	Diced Peaches with Vanilla Yoghurt			●	●										
26 Jul 2024	Chicken & Pancetta Supreme			●	●										
	Pasta							●							
	Fruit Salad			●											
16 Aug 2024	Vegetable Massaman Curry			●	●										
	White Rice														
	Fresh Melon			●											
6 Sep 2024	Beef Bourignon	●		●											
	Mashed Potato														
	Strawberry & Cream Cheese Sponge Slice			●	●			●							
27 Sep 2024	Spinach & Paneer Saag Aloo			●	●										
	White Rice														
	Raspberry & Apple Flapjack			●				●							
18 Oct 2024	Sausage Casserole	●		●											
	Pasta							●							
	Vanilla Yoghurt			●	●										

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