

| Week A    | Main Course                                       |                                                                                                                                                                                                                                     | Side Dish                               | Second Course                                                 |
|-----------|---------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|---------------------------------------------------------------|
| Monday    | <b>Italian Vegetable Bolognese (PU) (T)</b>       | Lentils, mushroom, carrot, butternut squash, onion, tomato, garlic, basil, rosemary, mixed herbs, paprika, stock & rice flour                                                                                                       | <b>Pasta (G)</b>                        | <b>Greek Style Apple &amp; Apricot Yoghurt (D)</b>            |
| Tuesday   | <b>Turkey Stroganoff (D) (PU)</b>                 | Turkey breast, onion, leeks, carrot, mushroom, garlic, cream, paprika, bechamel (contains coconut), vegetable stock                                                                                                                 | Brown Rice                              | Fruit Salad                                                   |
| Wednesday | <b>Simply Chicken (T)</b>                         | Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour                                                                                                                                                        | <b>Pasta (G)</b>                        | <b>Carrot, Cinnamon &amp; Cream Cheese Sponge (D) (G) (S)</b> |
| Thursday  | <b>Shepherd's Pie (PU) (T)</b>                    | Minced lamb, potato, lentils, carrot, parsnip, cabbage, onion, garlic, sweetcorn, mint sauce, gravy, rosemary & tomato.                                                                                                             | <b>Cabbage, Carrots &amp; Peas (PU)</b> | <b>Greek Style Vanilla Yoghurt (D)</b>                        |
| Friday    | <b>Vegetable Massaman Curry (D) (PU) (SD) (T)</b> | Potato, onion, peppers, sweet potato, cauliflower, leeks, Thai green curry paste, apricots, garlic, cinnamon, coriander, mild curry powder, ginger, coconut milk, red lentils, pineapple, bechamel, vegetable stock, tomato & cream | White Rice                              | Fresh Melon                                                   |

| Week B    | Main Course                                    |                                                                                                                                                                                      | Side Dish                     | Second Course                                                   |
|-----------|------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|-----------------------------------------------------------------|
| Monday    | <b>Butter Chicken (D) (PU) (SD) (T)</b>        | Diced chicken, tomato, bechamel (contains coconut), cream, butternut squash, onion, garlic, coriander, curry paste (mixed spices), lemon juice, garam masala, ginger, paprika, cumin | Yellow Rice                   | Peaches & Pineapple                                             |
| Tuesday   | <b>Tuscan Salmon (D) (F) (PU) (SD) (T)</b>     | Salmon, onion, garlic, carrot, sweet potato, spinach, sweetcorn, peppers, tomato, soft cheese, lemon juice, basil, vegetable stock, bechamel (contains coconut)                      | <b>Pasta (G)</b>              | <b>Fruit Loaf (G) (S) (SD)</b>                                  |
| Wednesday | <b>Winter Vegetable Casserole (D) (PU) (T)</b> | Kidney beans, haricot beans, turtle beans, potato, onion, peppers, butternut squash, leeks, garlic, thyme, bechamel (contains coconut), rosemary, tomato, stock, cream               | Roasted Rosemary New Potatoes | Fresh Melon                                                     |
| Thursday  | <b>Pork Chow Mein (PU) (T)</b>                 | Diced pork, onion, mixed peppers, carrot, sweetcorn, bean sprouts, cabbage, coriander, ginger, cumin, pineapple juice, stock & tomato.                                               | <b>Wholewheat Noodles (G)</b> | <b>Greek Style Pineapple Yoghurt (D)</b>                        |
| Friday    | <b>Beef Ragu (T)</b>                           | Diced beef, parsnip, butternut squash, onion, garlic, carrot, leek, mushroom, tomato, rosemary, basil, stock, & gravy                                                                | White Rice                    | Braised Cinnamon Pears<br><b>with Vanilla Creme Fraiche (D)</b> |

| Week C    | Main Course                                              |                                                                                                                                                                                                   | Side Dish                     | Second Course                                        |
|-----------|----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|------------------------------------------------------|
| Monday    | <b>Mild Vegetable Chilli (PU) (SD) (T)</b>               | Haricot beans, kidney beans, black turtle beans, butternut squash, peppers, sweet potato, onion, coriander, garlic, apricots, oregano, cumin, vegetable stock, smoked paprika, rice flour, tomato | Wild Rice                     | <b>Peach Fromage Frais (D)</b>                       |
| Tuesday   | <b>Thai Red Lentil Curry (D) (PU) (T)</b>                | Lentils, red onion, peppers, carrot, peas, coriander, basil, Thai curry paste, bechamel, coconut milk, ginger, garlic, vegetable stock, lime zest, cream, tomato puree                            | <b>Wholewheat Noodles (G)</b> | Fruit Salad                                          |
| Wednesday | <b>Barbecue Chicken (SD) (T)</b>                         | Sliced chicken breast, onion, garlic, butternut squash, pineapple, peppers, tomato, coriander, cumin, smoked paprika, red wine vinegar, stock & rice flour                                        | White Rice                    | <b>Coconut &amp; Cream Cheese Sponge (D) (G) (S)</b> |
| Thursday  | <b>Speldhurst Beef Sausage Hot Pot (G) (PU) (SD) (T)</b> | Diced Speldhurst beef sausage, onion, garlic, cabbage, carrot, mushrooms, tomato, rosemary, basil, stock, paprika, haricot beans & potato                                                         | Mashed Potato                 | <b>Greek Style Pear Yoghurt (D)</b>                  |
| Friday    | <b>Around the World Menu</b>                             |                                                                                                                                                                                                   |                               |                                                      |

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

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NURSERY LUNCH MENU

Autumn Winter 2025/26

|                   |
|-------------------|
| Vegetarian        |
| Vegan             |
| Tomato            |
| Sulphites         |
| Soya              |
| Pulse/Bean        |
| Pork              |
| Halal             |
| Gluten            |
| Fish              |
| Egg               |
| Dairy             |
| Citric Acid/Spice |
| Celery            |
| Beef              |

| Week A    | Dish                                   | Dietaries |  |   |   |  |  |   |   |   |   |   |   |   |   |
|-----------|----------------------------------------|-----------|--|---|---|--|--|---|---|---|---|---|---|---|---|
| Monday    | Italian Vegetable Bolognaise           |           |  | ● |   |  |  | ● | ● |   | ● |   | ● | ● | ● |
|           | Pasta                                  |           |  | ● | ● |  |  | ● | ● |   |   |   | ● | ● | ● |
|           | Greek Style Apple & Apricot Yoghurt    |           |  | ● | ● |  |  | ● | ● |   |   |   |   | ● | ● |
| Tuesday   | Turkey Stroganoff                      |           |  | ● | ● |  |  |   |   |   | ● |   |   | ● | ● |
|           | Brown Rice                             |           |  | ● |   |  |  | ● |   |   | ● |   |   | ● | ● |
|           | Fruit Salad                            |           |  | ● |   |  |  | ● |   |   |   |   |   | ● | ● |
| Wednesday | Simply Chicken                         |           |  | ● |   |  |  | ● | ● |   |   |   | ● | ● | ● |
|           | Pasta                                  |           |  | ● | ● |  |  | ● | ● |   |   |   | ● | ● | ● |
|           | Carrot, Cinnamon & Cream Cheese Sponge |           |  | ● | ● |  |  | ● | ● |   | ● |   |   | ● | ● |
| Thursday  | Shepherd's Pie                         |           |  | ● |   |  |  |   |   | ● |   |   | ● | ● | ● |
|           | Cabbage, Carrots & Peas                |           |  | ● | ● |  |  | ● | ● |   | ● |   |   | ● | ● |
|           | Greek Style Vanilla Yoghurt            |           |  | ● | ● |  |  | ● | ● |   |   |   |   | ● | ● |
| Friday    | Vegetable Massaman Curry               |           |  | ● | ● |  |  | ● |   | ● |   | ● | ● | ● | ● |
|           | White Rice                             |           |  | ● |   |  |  | ● | ● |   |   |   |   | ● | ● |
|           | Fresh Melon                            |           |  | ● |   |  |  | ● | ● |   |   |   |   | ● | ● |

| Week B    | Dish                                              | Dietaries |  |   |   |   |  |   |   |   |   |   |   |   |   |
|-----------|---------------------------------------------------|-----------|--|---|---|---|--|---|---|---|---|---|---|---|---|
| Monday    | Butter Chicken                                    |           |  | ● | ● |   |  |   |   |   | ● |   | ● | ● | ● |
|           | Yellow Rice                                       |           |  | ● |   |   |  | ● |   |   |   |   | ● | ● | ● |
|           | Peaches & Pineapple                               |           |  | ● |   |   |  | ● |   |   |   |   | ● | ● | ● |
| Tuesday   | Tuscan Salmon                                     |           |  | ● | ● | ● |  | ● |   | ● |   | ● | ● | ● | ● |
|           | Pasta                                             |           |  | ● |   |   |  | ● | ● |   |   |   | ● | ● | ● |
|           | Fruit Loaf                                        |           |  | ● |   |   |  | ● |   |   | ● |   | ● | ● | ● |
| Wednesday | Winter Vegetable Casserole                        |           |  | ● | ● |   |  | ● |   | ● |   |   | ● | ● | ● |
|           | Roasted Rosemary New Potatoes                     |           |  | ● |   |   |  | ● | ● |   |   |   | ● | ● | ● |
|           | Fresh Melon                                       |           |  | ● |   |   |  | ● |   |   |   |   | ● | ● | ● |
| Thursday  | Pork Chow Mein                                    |           |  | ● |   |   |  |   | ● | ● | ● |   | ● | ● | ● |
|           | Wholewheat Noodles                                |           |  | ● |   |   |  | ● |   |   |   |   | ● | ● | ● |
|           | Greek Style Pineapple Yoghurt                     |           |  | ● | ● |   |  | ● | ● |   |   |   |   | ● | ● |
| Friday    | Beef Ragu                                         | ●         |  | ● |   |   |  |   |   |   |   |   | ● | ● | ● |
|           | White Rice                                        |           |  | ● |   |   |  | ● | ● |   |   |   | ● | ● | ● |
|           | Braised Cinnamon Pears with Vanilla Creme Fraiche |           |  | ● | ● |   |  | ● | ● |   |   |   | ● | ● | ● |

| Week C    | Dish                            | Dietaries |  |   |   |  |  |   |   |   |   |   |   |   |   |
|-----------|---------------------------------|-----------|--|---|---|--|--|---|---|---|---|---|---|---|---|
| Monday    | Mild Vegetable Chilli           |           |  | ● |   |  |  | ● |   | ● |   | ● | ● | ● | ● |
|           | Wild Rice                       |           |  | ● | ● |  |  | ● |   |   |   |   | ● | ● | ● |
|           | Peach Fromage Frais             |           |  | ● | ● |  |  | ● |   |   |   |   | ● | ● | ● |
| Tuesday   | Thai Red Lentil Curry           |           |  | ● | ● |  |  | ● |   | ● |   | ● | ● | ● | ● |
|           | Wholewheat Noodles              |           |  | ● |   |  |  | ● | ● |   |   |   | ● | ● | ● |
|           | Fruit Salad                     |           |  | ● |   |  |  | ● |   |   |   |   | ● | ● | ● |
| Wednesday | Barbecue Chicken                |           |  | ● |   |  |  |   |   |   |   | ● | ● | ● | ● |
|           | White Rice                      |           |  | ● |   |  |  | ● | ● |   |   |   | ● | ● | ● |
|           | Coconut & Cream Cheese Sponge   |           |  | ● | ● |  |  | ● | ● |   | ● |   |   | ● | ● |
| Thursday  | Speldhurst Beef Sausage Hot Pot | ●         |  | ● |   |  |  | ● |   | ● |   | ● | ● | ● | ● |
|           | Mashed Potato                   |           |  | ● |   |  |  |   |   |   |   |   | ● | ● | ● |
|           | Greek Style Pear Yoghurt        |           |  | ● | ● |  |  | ● | ● |   |   |   |   | ● | ● |
| Friday    | Around the World Menu           |           |  |   |   |  |  |   |   |   |   |   |   |   |   |

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| Day         | Main Course                                             |                                                                                                                                                                                                                                             | Side Dish                   | Second Course                                                         |
|-------------|---------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|-----------------------------------------------------------------------|
| 31 Oct 2025 | <b>French Beef Bourignonn (T)</b>                       | Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy, parsley & rice flour.                                                                                                            | New Potatoes                | <b>Plum Yoghurt (D)</b>                                               |
| 21 Nov 2025 | <b>Portuguese Chicken (D) (PU) (SD) (T)</b>             | Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream & bechamel (contains coconut) | White Rice                  | Fruit Salad                                                           |
| 12 Dec 2025 | <b>Cuban Pork (PU) (T)</b>                              | Diced pork, carrot, mixed peppers, onion, butternut squash, black turtle beans, haricot beans, basil, garlic, coriander, orange juice, orange zest, smoked paprika, cumin, oregano, cinnamon, stock & tomato                                | Brown Rice                  | <b>Mango Yoghurt (D)</b>                                              |
| 2 Jan 2026  | <b>Creamy Red Pesto Chicken (D) (PU) (T)</b>            | Chicken, carrot, spinach, garlic, basil, onion, red lentils, haricot beans, peppers, bechamel (contains coconut), cream, & tomato                                                                                                           | <b>Pasta (G)</b>            | <b>Orange &amp; Rosemary Flapjack (G)</b>                             |
| 23 Jan 2026 | <b>Moroccan Beef &amp; Apricot Tagine (PU) (SD) (T)</b> | Beef, chickpeas, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, dates, parsley, stock & rice flour                                                                                                   | Brown Rice                  | <b>Sultana, Date &amp; Cream Cheese Sponge Slice (D) (G) (S) (SD)</b> |
| 13 Feb 2026 | <b>Spinach &amp; Paneer Makhani (D) (PU) (SD) (T)</b>   | Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, curry paste, yoghurt                                                                                 | White Rice                  | Fruit Salad                                                           |
| 6 Mar 2026  | <b>Jamaican Jerk Chicken (PU) (T)</b>                   | Diced chicken, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, kidney beans, stock & ginger                                                                                            | <b>Rice &amp; Peas (PU)</b> | <b>Banana Yoghurt (D)</b>                                             |
| 27 Mar 2026 | <b>Yellow Thai Lentil Curry (D) (PU)</b>                | Lentils, red onion, peppers, carrot, courgette, basil, Thai curry paste, bechamel, peas, coconut milk, turmeric, garlic, lime zest, coriander, cream                                                                                        | White Rice                  | Fruit Salad                                                           |
| 17 Apr 2026 | Roast Chicken in Gravy with Baby New Potatoes           | Chicken breast & gravy<br>New potatoes                                                                                                                                                                                                      | Cabbage & Carrots           | <b>Mixed Berry Yoghurt (D)</b>                                        |

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# AROUND THE WORLD NURSERY LUNCH MENU

Autumn Winter 2025/26

|                   |
|-------------------|
| Vegetarian        |
| Vegan             |
| Tomato            |
| Sulphites         |
| Soya              |
| Pulse/Bean        |
| Pork              |
| Halal             |
| Gluten            |
| Fish              |
| Egg               |
| Dairy             |
| Citric Acid/Spice |
| Celery            |
| Beef              |

| Day         | Dish                                      | Dietaries |  |   |   |  |  |   |   |   |   |   |   |   |   |
|-------------|-------------------------------------------|-----------|--|---|---|--|--|---|---|---|---|---|---|---|---|
| 31 Oct 2025 | French Beef Bourignnon                    | ●         |  | ● |   |  |  |   | ● |   |   |   | ● | ● | ● |
|             | New Potatoes                              |           |  | ● | ● |  |  |   | ● |   |   |   |   | ● | ● |
|             | Plum Yoghurt                              |           |  | ● | ● |  |  |   | ● |   |   |   |   |   | ● |
| 21 Nov 2025 | Portuguese Chicken                        |           |  | ● | ● |  |  |   |   |   | ● |   | ● | ● | ● |
|             | White Rice                                |           |  | ● |   |  |  |   | ● |   |   |   |   | ● | ● |
|             | Fruit Salad                               |           |  | ● |   |  |  |   | ● |   |   |   |   | ● | ● |
| 12 Dec 2025 | Cuban Pork                                |           |  | ● |   |  |  |   | ● | ● | ● |   | ● | ● | ● |
|             | Brown Rice                                |           |  | ● | ● |  |  |   | ● |   |   |   |   | ● | ● |
|             | Mango Yoghurt                             |           |  | ● | ● |  |  |   | ● |   |   |   |   |   | ● |
| 2 Jan 2026  | Creamy Red Pesto Chicken                  |           |  | ● | ● |  |  | ● | ● |   | ● |   | ● | ● | ● |
|             | Pasta                                     |           |  | ● | ● |  |  | ● | ● |   | ● |   |   | ● | ● |
|             | Orange & Rosemary Flapjack                |           |  | ● |   |  |  | ● | ● |   |   |   |   | ● | ● |
| 23 Jan 2026 | Moroccan Beef & Apricot Tagine            | ●         |  | ● |   |  |  |   | ● |   | ● | ● | ● | ● | ● |
|             | Brown Rice                                |           |  | ● | ● |  |  |   | ● |   |   |   |   | ● | ● |
|             | Sultana, Date & Cream Cheese Sponge Slice |           |  | ● | ● |  |  | ● | ● |   | ● | ● |   | ● | ● |
| 13 Feb 2026 | Spinach & Paneer Makhani                  |           |  | ● | ● |  |  |   | ● |   | ● | ● | ● | ● | ● |
|             | White Rice                                |           |  | ● |   |  |  |   | ● |   |   |   |   | ● | ● |
|             | Fruit Salad                               |           |  | ● |   |  |  |   | ● |   |   |   |   | ● | ● |
| 6 Mar 2026  | Jamaican Jerk Chicken                     |           |  | ● |   |  |  |   | ● |   | ● |   | ● | ● | ● |
|             | Rice & Peas                               |           |  | ● | ● |  |  |   | ● |   | ● |   |   | ● | ● |
|             | Banana Yoghurt                            |           |  | ● | ● |  |  |   | ● |   |   |   |   |   | ● |
| 27 Mar 2026 | Yellow Thai Lentil Curry                  |           |  | ● | ● |  |  |   | ● |   | ● |   |   | ● | ● |
|             | White Rice                                |           |  | ● |   |  |  |   | ● |   |   |   |   | ● | ● |
|             | Fruit Salad                               |           |  | ● |   |  |  |   | ● |   |   |   |   | ● | ● |
| 17 Apr 2026 | Roast Chicken in Gravy                    |           |  |   |   |  |  |   | ● |   |   |   |   | ● | ● |
|             | with Baby New Potatoes                    |           |  |   |   |  |  |   | ● |   |   |   |   | ● | ● |
|             | Cabbage & Carrots                         |           |  | ● | ● |  |  |   | ● |   |   |   |   | ● | ● |
|             | Mixed Berry Yoghurt                       |           |  | ● | ● |  |  |   | ● |   |   |   |   | ● | ● |

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