

Week A	Main Course		Side Dish	Second Course
Monday	<b>Paneer &amp; Sweet Potato Dahl (D) (PU) (SD) (T)</b>	red lentils, spinach, sweet potato, carrot, bechamel (contains coconut), cream, tomato paste, tomato passata, paneer cheese, butternut squash, white onion, garlic puree, fresh coriander, curry paste, lemon juice, garam masala, ground ginger, paprika, ground cumin	Coriander Rice	Fruit Salad of Apple, Pear & Apricot
Tuesday	<b>Italian Beef Bolognese (T)</b>	carrot, butternut squash, white onion, rosemary, basil, mixed herbs, paprika, garlic puree, stock, chopped tomato, tomato paste, rice flour, button mushrooms, tomato passata, minced beef	<b>Pasta (G)</b>	<b>Courgette, Lime &amp; Cream Cheese Sponge (D) (G) (S)</b>
Wednesday	Roast Chicken in Gravy with Baby New Potatoes	sliced chicken breast, stock, gravy new potatoes	Cabbage & Carrots	Diced Peaches with Vanilla Creme Fraiche (D)
Thursday	<b>Tuscan Salmon (D) (F) (PU) (SD) (T)</b>	white onion, garlic puree, carrot, sweet potato, spinach, sweetcorn, diced mixed peppers, tomato paste, chopped tomato, soft cheese, lemon juice, basil, vegetable stock, salmon, bechamel (contains coconut)	White Rice	Fresh Melon
Friday	<b>Pork Chow Mein (PU) (T)</b>	white onion, sliced mixed peppers, carrot, sweetcorn, bean sprouts, white cabbage, fresh coriander, ground ginger, ground cumin, pineapple juice, vegetable stock, tomato paste, stock, diced pork	<b>Wholewheat Noodles (G)</b>	<b>Greek Style Pear Yoghurt (D)</b>

Week B	Main Course		Side Dish	Second Course
Monday	<b>Mango Chicken (T)</b>	carrot, white onion, sweetcorn, pineapple in natural juice, mixed spice, basil, diced mango, vegetable stock, stock, tomato paste, chopped tomato, shredded chicken breast, mango, apple, grape, tomato passata	Brown Rice	<b>Strawberry Fromage Frais (D)</b>
Tuesday	<b>Spanish Bean Stew (D) (PU) (SD) (T)</b>	red onion, garlic puree, sliced mixed peppers, courgette, carrot, dried apricots, spinach, tomato paste, chopped tomato, tomato passata, basil, thyme, lemon zest, orange zest, smoked paprika, mixed spice, natural yoghurt, vegetable stock, haricot beans, red kidney beans, chickpeas, stock	Roasted Rosemary New Potatoes	<b>Sweet Potato &amp; Blueberry Oat Bar (G)</b>
Wednesday	<b>Sweet &amp; Sour Chicken (SD) (T)</b>	shredded chicken breast, red onion, diced mixed peppers, carrot, pineapple in natural juice, fresh coriander, garlic puree, ground cumin, red wine vinegar, rice flour, pineapple juice, vegetable stock, tomato paste, chopped tomato, ground ginger, stock	<b>Wholewheat Noodles (G)</b>	<b>Greek Style Vanilla Yoghurt (D)</b>
Thursday	<b>Lamb &amp; Apricot Tagine (PU) (SD) (T)</b>	white onion, carrot, potato, diced mixed peppers, garlic puree, ground cumin, ground coriander, ground cinnamon, dried apricots, stock, chopped tomato, tomato paste, chickpeas, diced lamb, tomato passata, dates	White Rice	<b>Oaty Apple Slice (D) (G) (SD)</b>
Friday	<b>Beef Bourguignon (T)</b>	diced beef, white onion, carrot, sweet potato, savoy cabbage, thyme, garlic puree, smoked paprika, stock, rice flour, parsley, tomato paste, chopped tomato, parsnip	Mashed Potato	Peaches & Pineapple with Creme Fraiche (D)

Week C	Main Course		Side Dish	Second Course
Monday	<b>Vegetable Korma (D) (PU) (T)</b>	diced mixed peppers, white onion, carrot, garlic puree, chopped tomato, tomato paste, fresh coriander, red lentils, peas, curry paste, garam masala, ground ginger, paprika, ground cumin, cream, yoghurt, mango chutney, bechamel (contains coconut), butternut squash, Korma spice mix	Savoury Vegetable Rice	Fruit Salad of Peach, Pear & Apple
Tuesday	<b>Simply Chicken (T)</b>	diced chicken breast, garlic puree, rice flour, tomato passata, butternut squash, diced mixed peppers, white onion	<b>Pasta (G)</b>	<b>Breadsticks (G) with Cheddar Cheese (D)</b>
Wednesday	<b>Mild Vegetable Chilli (PU) (SD) (T)</b>	butternut squash, diced mixed peppers, sweet potato, white onion, fresh coriander, garlic puree, dried apricots, oregano, ground coriander, ground cumin, vegetable stock, smoked paprika, rice flour, stock, tomato paste, chopped tomato, haricot beans, red kidney beans, black turtle beans	Wild Rice	<b>Greek Style Mango &amp; Pineapple Yoghurt (D)</b>
Thursday	<b>Speldhurst Pork &amp; Beef Sausage Ragù (G) (SD) (T)</b>	carrot, butternut squash, white onion, rosemary, basil, mixed herbs, paprika, garlic puree, stock, chopped tomato, tomato paste, tomato passata, Speldhurst pork & beef sausage	Herb Roasted New Potatoes	<b>Carrot, Cinnamon &amp; Cream Cheese Sponge (D) (G) (S)</b>
Friday	<b>All Time Favourites 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

Spring Summer 2026

Vegetarian	Vegan	Tomato	Sulphites	Soya	Pulse/Bean	Pork	Halal	Gluten	Fish	Egg	Dairy	Citric Acid/Spice	Celery	Beef
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Week A	Dish	Dietaries													
Monday	Paneer & Sweet Potato Dahl			●	●									●	●
	Coriander Rice			●										●	●
	Fruit Salad of Apple, Pear & Apricot			●										●	●
Tuesday	Italian Beef Bolognaise	●		●										●	●
	Pasta							●						●	●
	Courgette, Lime & Cream Cheese Sponge			●	●			●					●		●
Wednesday	Roast Chicken in Gravy with Baby New Potatoes													●	●
	Cabbage & Carrots													●	●
	Diced Peaches													●	●
	with Vanilla Creme Fraiche			●	●									●	●
Thursday	Tuscan Salmon			●	●				●					●	●
	White Rice			●										●	●
	Fresh Melon			●										●	●
Friday	Pork Chow Mein			●										●	●
	Wholewheat Noodles			●				●						●	●
	Greek Style Pear Yoghurt			●	●									●	●

Week B	Dish	Dietaries													
Monday	Mango Chicken			●										●	●
	Brown Rice			●										●	●
	Strawberry Fromage Frais			●	●									●	●
Tuesday	Spanish Bean Stew			●	●								●	●	●
	Roasted Rosemary New Potatoes			●										●	●
	Sweet Potato & Blueberry Oat Bar			●				●						●	●
Wednesday	Sweet & Sour Chicken			●										●	●
	Wholewheat Noodles			●				●						●	●
	Greek Style Vanilla Yoghurt			●	●									●	●
Thursday	Lamb & Apricot Tagine			●										●	●
	White Rice			●										●	●
	Oaty Apple Slice			●	●			●						●	●
Friday	Beef Bourguignon	●		●										●	●
	Mashed Potato			●										●	●
	Peaches & Pineapple with Creme Fraiche			●	●									●	●

Week C	Dish	Dietaries													
Monday	Vegetable Korma			●	●									●	●
	Savoury Vegetable Rice			●										●	●
	Fruit Salad of Peach, Pear & Apple			●										●	●
Tuesday	Simply Chicken			●										●	●
	Pasta							●						●	●
	Breadsticks with Cheddar Cheese				●				●					●	●
Wednesday	Mild Vegetable Chilli			●										●	●
	Wild Rice			●										●	●
	Greek Style Mango & Pineapple Yoghurt			●	●									●	●
Thursday	Speldhurst Pork & Beef Sausage Ragù	●		●				●						●	●
	Herb Roasted New Potatoes			●										●	●
	Carrot, Cinnamon & Cream Cheese Sponge			●	●			●					●		●
Friday	<b>All Time Favourites Menu</b>														

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Day	Main Course	Side Dish	Second Course
8 May 2026	<b>Swedish Veggie Meatballs in Gravy</b> (D) (PU) (S) (T)	carrot, white onion, leek, diced mixed peppers, garlic puree, tomato paste, soft cheese, bechamel (contains coconut), stock, vegan meatballs	New Potatoes <b>Apricot Flapjack (G)</b> (SD)
29 May 2026	<b>Chicken Saag (D)</b> (PU) (SD) (T)	sliced chicken breast, spinach, potato, carrot, bechamel (contains coconut), cream, tomato paste, tomato passata, butternut squash, white onion, garlic puree, fresh coriander, curry paste, lemon juice, garam masala, ground ginger, paprika, ground cumin	White Rice Fruit Salad of Peach, Pear & Apricot
19 Jun 2026	<b>Vegetable Massaman Curry</b> (D) (PU) (SD) (T)	potato, white onion, diced mixed peppers, sweet potato, cauliflower, leek, Thai green curry paste, dried apricots, garlic puree, ground cinnamon, fresh coriander, mild madras curry powder, ground ginger, coconut milk, red lentils, pineapple in natural juice, bechamel (contains coconut), vegetable stock, tomato paste, cream	White Rice Fresh Melon
10 Jul 2026	<b>Portuguese Chicken (D) (PU)</b> (SD) (T)	sliced chicken breast, carrot, diced mixed peppers, red onion, sweet potato, sweetcorn, garlic puree, orange zest, dried apricots, lime zest, red lentils, fresh coriander, rosemary, basil, smoked paprika, fajita spice mix, rice flour, cream, bechamel (contains coconut), chopped tomato, tomato paste	<b>Pasta (G)</b> <b>Orange &amp; Rosemary Flapjack (G)</b>
31 Jul 2026	<b>Mediterranean Beef Meatballs (G)</b> (PU) (T)	chopped tomato, garlic puree, diced mixed peppers, basil, oregano, red lentils, rice flour, tomato paste, white onion, swede, beef meatballs	<b>Pasta (G)</b> <b>Banana Yoghurt (D)</b>
21 Aug 2026	<b>Butter Chicken (D)</b> (PU) (SD) (T)	diced chicken breast, tomato paste, tomato passata, bechamel (contains coconut), cream, butternut squash, white onion, garlic puree, fresh coriander, curry paste, lemon juice, garam masala, ground ginger, paprika, ground cumin	White Rice <b>Coconut Sponge (G)</b> (S)
11 Sep 2026	<b>Thai Green Chicken Curry (D)</b> (PU)	red onion, diced mixed peppers, carrot, peas, fresh coriander, basil, Thai green curry paste, bechamel (contains coconut), coconut milk, garlic puree, vegetable stock, lime zest, cream, diced chicken breast, courgette, ground turmeric	<b>Wholewheat Noodles (G)</b> Fresh Melon
2 Oct 2026	<b>Roast Turkey in Gravy (PU)</b> with Baby New Potatoes	turkey, stock, gravy new potatoes	Cabbage & Carrots <b>Mango Yoghurt (D)</b>
23 Oct 2026	<b>Barbecue Chicken</b> (SD) (T)	sliced chicken breast, white onion, diced mixed peppers, butternut squash, garlic puree, pineapple in natural juice, ground coriander, ground cumin, smoked paprika, red wine vinegar, rice flour, stock, chopped tomato, tomato paste, shredded chicken breast	White Rice <b>Greek Style Vanilla Yoghurt (D)</b>

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# ALL TIME FAVOURITES NURSERY LUNCH MENU

## Spring Summer 2026

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

Day	Dish	Dietaries														
8 May 2026	Swedish Veggie Meatballs in Gravy New Potatoes Apricot Flapjack			●	●					●		●	●	●	●	●
29 May 2026	Chicken Saag White Rice Fruit Salad of Peach, Pear & Apricot			●	●							●		●	●	●
19 Jun 2026	Vegetable Massaman Curry White Rice Fresh Melon			●	●					●		●		●	●	●
10 Jul 2026	Portuguese Chicken Pasta Orange & Rosemary Flapjack			●	●				●		●		●		●	●
31 Jul 2026	Mediterranean Beef Meatballs Pasta Banana Yoghurt	●		●					●		●		●		●	●
21 Aug 2026	Butter Chicken White Rice Coconut Sponge			●	●				●			●		●	●	●
11 Sep 2026	Thai Green Chicken Curry Wholewheat Noodles Fresh Melon			●	●				●		●			●	●	●
2 Oct 2026	Roast Turkey in Gravy with Baby New Potatoes Cabbage & Carrots Mango Yoghurt										●				●	●
23 Oct 2026	Barbecue Chicken White Rice Greek Style Vanilla Yoghurt			●						●			●		●	●

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