

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

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

Menu C	Main Course		Side Course	Second Course
Monday	<b>Mild Vegetable Chilli (PU) (SD) (T)</b>	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	<b>Carrot &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
Tuesday	<b>Simply Chicken (T)</b>	Diced chicken, onion, garlic, peppers, butternut squash, tomato, rapeseed oil & rice flour	<b>Pasta (G)</b>	<b>Vanilla Ice Cream (D)</b>
Wednesday	<b>Pineapple &amp; Coconut Vegetable Curry (D) (PU) (SD)</b>	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	<b>Mediterranean Pork Casserole (PU) (T)</b>	Diced pork, tomato, red onion, chickpeas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic, stock, & rice flour	New Potatoes	<b>Raspberry Yoghurt (D)</b>
Friday	<b>Five a Day Fridays 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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# 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	<b>Five a Day Fridays Menu</b>																	

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Day	Main Course	Side Course	Second Course
24 May 2024	<b>Italian Beef Bolognaise (T)</b> Minced beef, carrot, butternut squash, onion, mixed peppers, tomato, garlic, basil, rosemary, mixed herbs, oregano, paprika, stock & rice flour	<b>Pasta (G)</b>	<b>Apple Sponge (G) (S) with Natural Yoghurt (D)</b>
14 Jun 2024	<b>Fruity Vegetable Curry (D) (PU) (SD) (T)</b> 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	<b>Blueberry Oaty Date Bar (G) (SD)</b>
5 Jul 2024	<b>Lamb &amp; Apricot Tagine (PU) (SD) (T)</b> Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Diced Peaches with <b>Vanilla Yoghurt (D)</b>
26 Jul 2024	<b>Chicken &amp; Pancetta Supreme (D)</b> Sliced chicken breast, pancetta, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock.	<b>Pasta (G)</b>	Fruit Salad
16 Aug 2024	<b>Vegetable Massaman Curry (D) (PU) (SD) (T)</b> 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	<b>Beef Bourignon (T)</b> Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour.	Mashed Potato	<b>Strawberry &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
27 Sep 2024	<b>Spinach &amp; Paneer Saag Aloo (D) (PU) (T)</b> Spinach, paneer, potato, red lentils, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, peppers, butternut squash, korma paste & yoghurt.	White Rice	<b>Raspberry &amp; Apple Flapjack (G) (SD)</b>
18 Oct 2024	<b>Sausage Casserole (G) (PU) (SD) (T)</b> Diced sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika.	<b>Pasta (G)</b>	<b>Vanilla Yoghurt (D)</b>

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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															
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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