

| Menu A | First Course | | Side Dish | Second Course |
|-----------|--|---|--|---|
| Monday | Vegetable Korma Curry (D) (PU) (SD) (T) | Peppers, carrot, onion, peas, sweet potato, peaches, cauliflower, yellow split peas, butternut squash, coconut milk, coconut powder, homemade korma paste (ginger, garlic, tomato puree, coriander, mango chutney, garam masala, cumin, turmeric, curry powder), apricots, yoghurt, bechamel, cornflour | White Rice | Mango Yoghurt (D) |
| Tuesday | Simply Chicken (T) | Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour | Pasta (G) | Blueberry Flapjack (G) (SD) with Vanilla Sauce (D) |
| Wednesday | Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T) | Speldhurst pork & beef sausage, haricot beans, garlic, onion, carrot, tomato, rice flour & rapeseed oil | Potato, Butternut Squash & Sweet Potato Mash | Apple Yoghurt (D) |
| Thursday | Beef Tikka Masala (D) (PU) (SD) (T) | Diced beef, kidney beans, chilli, ginger, garlic, coriander, paprika, garam masala, cinnamon, turmeric, potato, peppers, mango chutney, cream, yoghurt, tomato, red onion, bechamel | Brown Rice with Peas & Sweetcorn (PU) | Fresh Melon |
| Friday | Roast Chicken in Gravy with Baby New Potatoes | Chicken breast & gravy New potatoes | Cabbage, Sweetcorn & Carrots | Peach Ice Cream (D) |

| Menu B | First Course | | Side Dish | Second Course |
|-----------|---|---|-----------------------------|--|
| Monday | Moroccan Vegetable Tagine (PU) (SD) (T) | Courgette, onion, peppers, kidney beans, butternut squash, parsnip, basil, coriander, garlic, chick peas, yellow split peas, coconut milk, tomato, apricot, lemon zest, orange zest, paprika, date puree, ginger, cinnamon, curry powder & potato flour | Brown Rice | Strawberry Fromage Frais (D) |
| Tuesday | Maldivian Tuna & Mackerel (F) (PU) (T) | Dolphin friendly flaked tuna, mackerel, red onion, carrot, butternut squash, tomato, garlic, coriander, mixed peppers, garam masala, cinnamon, turmeric, coconut milk, red lentils & cloves | Pasta (G) | Diced Peaches with Vanilla Yoghurt (D) |
| Wednesday | Mediterranean Beef Meatballs (G) (PU) (S) (T) | Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, potato flour & garlic | White Rice | Summer Fruit Frozen Yoghurt (D) |
| Thursday | Italian Soya Bolognese (S) (T) | Soya mince, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, rosemary, mixed herbs, oregano, paprika, rice flour | Wholewheat Pasta (G) | Orange & Lemon Polenta Slice (G) (S) with Vanilla Sauce (D) |
| Friday | Beanie Shepherd's Pie with Potato, Carrot & Sweet Potato Topping (PU) (S) (SD) (T) | Minced lamb, carrot, swede, cabbage, onion, potato, sweet potato, dairy free spread, pepper, garlic, haricot beans, mint sauce, redcurrant jelly, gravy, soya, apricot & tomato | Cucumber Slices | Mixed Berry Yoghurt (D) |

| Menu C | First Course | | Side Dish | Second Course |
|-----------|--|---|---------------------------------------|--|
| Monday | Portuguese Chicken (D) (PU) (SD) (T) | 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 | Pasta (G) | Fruit Salad |
| Tuesday | Mild Beef Chilli (PU) (SD) (T) | Minced beef, kidney beans, black turtle beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, potato flour | Brown Rice | Natural Yoghurt & Fruit Compote (D) |
| Wednesday | Roast Turkey in Gravy (PU) with Baby New Potatoes | Turkey & gravy New potatoes | Carrots & Green Beans (PU) | Peach Melba Yoghurt (D) |
| Thursday | Vegetarian Lasagne (D) (G) (S) (T) | Soya mince, lasagne, red onion, garlic, butternut squash, carrot, peppers, courgette, spinach, tomato, paprika, oregano, basil, bechamel, rice flour, mozzarella cheese | Grated Courgette & Carrot | Raspberry Slice (G) (S) |
| Friday | Cultural Classic Dishes 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
 All of these dishes are free from peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs.

LUNCH MENU

Spring/Summer 2022

| | | | | | | | | | | | | | | |
|----------|--------------|----------|-------------|--------|---------------|--------|----------|----------|--------|-------|---------|----------------|----------|--------|
| VA Vegan | V Vegetarian | T Tomato | SD Suphites | S Soya | PU Pulse/Bean | P Pork | HL Halal | G Gluten | F Fish | E Egg | D Dairy | CA Citric Acid | C Celery | B Beef |
|----------|--------------|----------|-------------|--------|---------------|--------|----------|----------|--------|-------|---------|----------------|----------|--------|

| Menu A | Dish | Dietaries | | | | | | | | | | | | | |
|-----------|---|-----------|--|---|---|--|--|--|--|--|--|--|--|--|--|
| Monday | Vegetable Korma Curry | | | ● | ● | | | | | | | | | | |
| | White Rice | | | ● | ● | | | | | | | | | | |
| | Mango Yoghurt | | | ● | ● | | | | | | | | | | |
| Tuesday | Simply Chicken | | | ● | | | | | | | | | | | |
| | Pasta | | | ● | | | | | | | | | | | |
| | Blueberry Flapjack with Vanilla Sauce | | | ● | ● | | | | | | | | | | |
| Wednesday | Speldhurst Kent Sausage with Homemade Baked Beans | ● | | ● | | | | | | | | | | | |
| | Potato, Butternut Squash & Sweet Potato Mash | | | ● | | | | | | | | | | | |
| | Apple Yoghurt | | | ● | ● | | | | | | | | | | |
| Thursday | Beef Tikka Masala | ● | | ● | ● | | | | | | | | | | |
| | Brown Rice with Peas & Sweetcorn | | | ● | | | | | | | | | | | |
| | Fresh Melon | | | ● | | | | | | | | | | | |
| Friday | Roast Chicken in Gravy with Baby New Potatoes | | | | | | | | | | | | | | |
| | Cabbage, Sweetcorn & Carrots | | | | | | | | | | | | | | |
| | Peach Ice Cream | | | ● | ● | | | | | | | | | | |

| Menu B | Dish | Dietaries | | | | | | | | | | | | | |
|-----------|--|-----------|--|---|---|--|--|--|--|--|--|--|--|--|--|
| Monday | Moroccan Vegetable Tagine | | | ● | | | | | | | | | | | |
| | Brown Rice | | | ● | ● | | | | | | | | | | |
| | Strawberry Fromage Frais | | | ● | ● | | | | | | | | | | |
| Tuesday | Maldivian Tuna & Mackerel | | | ● | | | | | | | | | | | |
| | Pasta | | | ● | | | | | | | | | | | |
| | Diced Peaches with Vanilla Yoghurt | | | ● | ● | | | | | | | | | | |
| Wednesday | Mediterranean Beef Meatballs | ● | | ● | | | | | | | | | | | |
| | White Rice | | | ● | | | | | | | | | | | |
| | Summer Fruit Frozen Yoghurt | | | ● | ● | | | | | | | | | | |
| Thursday | Italian Soya Bolognese | | | ● | | | | | | | | | | | |
| | Wholewheat Pasta | | | ● | | | | | | | | | | | |
| | Orange & Lemon Polenta Slice with Vanilla Sauce | | | ● | ● | | | | | | | | | | |
| Friday | Beanie Shepherd's Pie with Potato, Carrot & Sweet Potato Topping | | | ● | | | | | | | | | | | |
| | Cucumber Slices | | | ● | | | | | | | | | | | |
| | Mixed Berry Yoghurt | | | ● | ● | | | | | | | | | | |

| Menu C | Dish | Dietaries | | | | | | | | | | | | | |
|-----------|--|-----------|--|---|---|--|--|--|--|--|--|--|--|--|--|
| Monday | Portuguese Chicken | | | ● | ● | | | | | | | | | | |
| | Pasta | | | ● | | | | | | | | | | | |
| | Fruit Salad | | | ● | ● | | | | | | | | | | |
| Tuesday | Mild Beef Chilli | ● | | ● | | | | | | | | | | | |
| | Brown Rice | | | ● | | | | | | | | | | | |
| | Natural Yoghurt & Fruit Compote | | | ● | ● | | | | | | | | | | |
| Wednesday | Roast Turkey in Gravy with Baby New Potatoes | | | | | | | | | | | | | | |
| | Carrots & Green Beans | | | | | | | | | | | | | | |
| | Peach Melba Yoghurt | | | ● | ● | | | | | | | | | | |
| Thursday | Vegetarian Lasagne | | | ● | ● | | | | | | | | | | |
| | Grated Courgette & Carrot | | | ● | | | | | | | | | | | |
| | Raspberry Slice | | | ● | ● | | | | | | | | | | |
| Friday | Cultural Classic Dishes Menu | | | | | | | | | | | | | | |

All of these dishes are free from peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs.

| Day | First Course | Side Dish | Second Course |
|-------------|--|--|---|
| 25 Mar 2022 | Moroccan Beef & Apricot Stew (PU) (SD) (T) | Diced beef, butternut squash, peppers, onion, carrot, sweet potato, courgette, tomato, garlic, apricot, chick peas, aduki beans & rice flour | New Potatoes Strawberry Ice Cream (D) |
| 15 Apr 2022 | Yellow Thai Chicken Curry (SD) | Diced chicken, onion, butternut squash, ginger, dried apricot, garlic, coconut milk, rice flour, Thai yellow curry paste (shallot, lemongrass, curry powder, turmeric, cinnamon, coriander, clove, fennel, cardomom, garlic, chilli, salt, garlangal, citric acid), basil, coriander, cumin, turmeric & yellow peppers | White Rice Smooth Peach Yoghurt (D) |
| 6 May 2022 | Chicken, Chorizo & Chickpea Stew (PU) (SD) (T) | Chicken, chorizo, chickpeas, onion, carrot, swede, garlic, peppers, mixed herbs, saffron, rice flour, tomato | New Potatoes Raspberry Fromage Frais (D) |
| 27 May 2022 | Beef Goulash (D) (T) | Diced beef, tomato, carrot, peppers, onion, garlic, cornflour, stock, smoked paprika & yoghurt | White Rice Orange & Coconut Flapjack (G) |
| 17 Jun 2022 | Jerk Chicken (PU) (T) | Diced chicken, carrot, kidney beans, red pepper, aubergine, garlic, onion, courgette, pineapple, tomato, lime zest, thyme, rice flour, cinnamon, mixed spice & ginger | White Rice Smooth Apricot Yoghurt (D) |
| 8 Jul 2022 | Italian Beef Bolognese (T) | Minced beef, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, mixed herbs, oregano & rice flour | Pasta (G) Black Cherry Fromage Frais (D) |
| 29 Jul 2022 | Feijoada Chicken & Black Bean Stew (C) (PU) (T) | Chicken, celery, onion, garlic, tomato, coriander, sweetcorn, cumin, spices, lime zest, orange zest, black beans | White Rice Raspberry Ripple Ice Cream (D) |
| 19 Aug 2022 | Beef Hotpot (SD) (T) | Beef, carrot, swede, butternut squash, onion, potato, leeks, tomato, thyme, apricots, paprika, rosemary, stock | Grated Carrot Diced Peaches with Vanilla Yoghurt (D) |
| 9 Sep 2022 | Creamy Pesto Chicken (D) | Chicken, butternut squash, swede, garlic, basil, spinach, bechamel, cheese & cream | Pasta (G) Rosemary Flapjack (G) |
| 30 Sep 2022 | Chicken & Leek Pie (D) | Chicken, onion, garlic, leeks, butternut squash, bechamel, stock, cream, thyme, rosemary, bay leaf, cornflour, potato, sweet potato, swede, dairy free spread | Cucumber Slices Apple, Apricot & Peach |

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 PU = Contains Pulses/Beans S = Contains Soya SD = Contains Suphur Dioxide T = Contains Tomato
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CULTURAL CLASSIC DISHES LUNCH MENU

Spring/Summer 2022

| | | | | | | | | | | | | | | |
|----------|--------------|----------|-------------|--------|----------------|--------|----------|----------|--------|-------|---------|----------------|----------|--------|
| VA Vegan | V Vegetarian | T Tomato | SD Suphites | S Soya | PUJ Pulse/Bean | P Pork | HL Halal | G Gluten | F Fish | E Egg | D Dairy | CA Citric Acid | C Celery | B Beef |
|----------|--------------|----------|-------------|--------|----------------|--------|----------|----------|--------|-------|---------|----------------|----------|--------|

| Day | Dish | Dietaries | | | | | | | | | | | | | | | | |
|-------------|------------------------------------|-----------|---|---|---|--|--|--|---|--|--|--|--|---|---|---|---|---|
| 25 Mar 2022 | Moroccan Beef & Apricot Stew | ● | | ● | | | | | | | | | | ● | ● | ● | ● | ● |
| | New Potatoes | | | ● | ● | | | | | | | | | | | | ● | ● |
| | Strawberry Ice Cream | | | ● | ● | | | | | | | | | | | | ● | ● |
| 15 Apr 2022 | Yellow Thai Chicken Curry | | | ● | | | | | | | | | | | | | ● | ● |
| | White Rice | | | ● | ● | | | | | | | | | | | | ● | ● |
| | Smooth Peach Yoghurt | | | ● | ● | | | | | | | | | | | | ● | ● |
| 6 May 2022 | Chicken, Chorizo & Chickpea Stew | | | ● | | | | | | | | | | | | | ● | ● |
| | New Potatoes | | | ● | ● | | | | | | | | | | | | ● | ● |
| | Raspberry Fromage Frais | | | ● | ● | | | | | | | | | | | | ● | ● |
| 27 May 2022 | Beef Goulash | ● | | ● | ● | | | | | | | | | | | | ● | ● |
| | White Rice | | | ● | ● | | | | | | | | | | | | ● | ● |
| | Orange & Coconut Flapjack | | | ● | ● | | | | ● | | | | | | | | ● | ● |
| 17 Jun 2022 | Jerk Chicken | | | ● | | | | | | | | | | | | | ● | ● |
| | White Rice | | | ● | ● | | | | | | | | | | | | ● | ● |
| | Smooth Apricot Yoghurt | | | ● | ● | | | | | | | | | | | | ● | ● |
| 8 Jul 2022 | Italian Beef Bolognese | ● | | ● | ● | | | | | | | | | | | | ● | ● |
| | Pasta | | | ● | ● | | | | | | | | | | | | ● | ● |
| | Black Cherry Fromage Frais | | | ● | ● | | | | ● | | | | | | | | ● | ● |
| 29 Jul 2022 | Feijoada Chicken & Black Bean Stew | | ● | ● | | | | | | | | | | | | | ● | ● |
| | White Rice | | | ● | ● | | | | | | | | | | | | ● | ● |
| | Raspberry Ripple Ice Cream | | | ● | ● | | | | | | | | | | | | ● | ● |
| 19 Aug 2022 | Beef Hotpot | ● | | ● | ● | | | | | | | | | | | | ● | ● |
| | Grated Carrot | | | ● | ● | | | | | | | | | | | | ● | ● |
| | Diced Peaches with Vanilla Yoghurt | | | ● | ● | | | | | | | | | | | | ● | ● |
| | Rosemary Flapjack | | | ● | ● | | | | ● | | | | | | | | ● | ● |
| 9 Sep 2022 | Creamy Pesto Chicken | | | ● | ● | | | | | | | | | | | | ● | ● |
| | Pasta | | | ● | ● | | | | | | | | | | | | ● | ● |
| | Rosemary Flapjack | | | ● | ● | | | | ● | | | | | | | | ● | ● |
| 30 Sep 2022 | Chicken & Leek Pie | | | ● | ● | | | | | | | | | | | | ● | ● |
| | Cucumber Slices | | | ● | ● | | | | | | | | | | | | ● | ● |
| | Apple, Apricot & Peach | | | ● | ● | | | | | | | | | | | | ● | ● |

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