

Menu A	First Course		Side Dish	Second Course
Monday	Roast Chicken in Gravy with Baby New Potatoes	Chicken breast & gravy New potatoes	Cabbage & Carrots	<b>Pineapple &amp; Cream Cheese Sponge Slice</b> (D) (G) (S)
Tuesday	<b>Vegetable Korma Curry</b> (D) (PU) (SD) (T)	Kidney Beans, onion, sweet potato, mixed peppers, cauliflower, carrot, tomato, bechamel, coconut milk, garlic, mango chutney, korma paste (ginger, garlic, tomato, coriander, mango chutney, garam masala, cumin, turmeric, curry powder), yoghurt & cornflour	Rainbow Rice	Apple, Apricot & Pear
Wednesday	<b>Beanie Shepherd's Pie with Potato, Carrot &amp; Sweet Potato Topping</b> (PU) (S) (SD) (T)	Minced lamb, soya, carrot, swede, cabbage, onion, garlic, haricot beans, mint sauce, redcurrant jelly, stock, apricot, tomato, potato, sweet potato, dairy free spread & pepper	Grated Courgette & Carrot	<b>Black Cherry Yoghurt</b> (D)
Thursday	<b>Jamaican Mango Chicken</b> (PU) (SD) (T)	Sliced Chicken, carrot, onion, parsnip, mango, sweetcorn, pineapple, tomato, mixed spice, haricot beans, basil & cornflour	White Rice	<b>Orange &amp; Lemon Polenta Slice</b> (G) (S) with <b>Vanilla Sauce</b> (D)
Friday	<b>Soya &amp; Vegetable Spaghetti Bolognese</b> (G) (PU) (S) (T)	Minced soya, carrots, swede, butternut squash, onion, peppers, garlic, tomato, mixed herbs, peach puree, red lentils, potato flour, miso paste, basil, wholewheat spaghetti & rapeseed oil	Cucumber Slices	<b>Summer Fruit Frozen Yoghurt</b> (D)

Menu B	First Course		Side Dish	Second Course
Monday	<b>Tuna &amp; Mascarpone</b> (D) (F) (PU) (T)	Tuna, mackerel, garlic, onion, peppers, butternut squash, tomato, bechamel, cream cheese, sweetcorn & lentils	<b>Pasta</b> (G)	Apricots & Peaches
Tuesday	<b>Mild Vegetable Chilli</b> (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	Brown Rice	<b>Mandarin Yoghurt</b> (D)
Wednesday	<b>Italian Beef Bolognese</b> (T)	Minced beef, carrot, butternut squash, onion, mixed peppers, tomato, garlic, basil, rosemary, mixed herbs, oregano, paprika, stock & rice flour	<b>Pasta</b> (G)	Diced Pears with <b>Vanilla Yoghurt</b> (D)
Thursday	<b>Yellow Thai Chicken Curry</b> (D) (SD)	Chicken, onion, potato, butternut squash, peppers, ginger, apricot, garlic, coconut milk, coconut, rice flour, yellow curry paste (shallot, lemongrass, curry powder, turmeric, cinnamon, coriander, clove, fennel, cardomom, garlic, chilli, salt, garlangal), basil, coriander, cumin, turmeric, cream	White Rice	<b>Oaty Date Bar</b> (G) (SD)
Friday	<b>Speldhurst Kent Sausage with Homemade Baked Beans</b> (G) (PU) (SD) (T)	Speldhurst pork & beef sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	<b>Banana Ice Cream</b> (D)

Menu C	First Course		Side Dish	Second Course
Monday	<b>Simply Chicken</b> (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Brown Rice	<b>Blueberry &amp; Cream Cheese Sponge Slice</b> (D) (G) (S)
Tuesday	<b>Cheese &amp; Vegetable Alfredo</b> (D) (PU)	Yellow split peas, leek, onion, garlic, butternut squash, swede, sweetcorn, bechamel, cream, cheddar cheese	<b>Pasta</b> (G)	Pineapple
Wednesday	<b>Beef Tikka Masala</b> (D) (SD) (T)	Diced beef, chilli, ginger, garlic, coriander, paprika, garam masala, cinnamon, turmeric, potato, peppers, mango chutney, cream, yoghurt, tomato, red onion, bechamel	White Rice	Fresh Melon
Thursday	Roast Ham in Gravy with Baby New Potatoes	Sliced roast ham & gravy New potatoes	Carrots & Sweetcorn	<b>Summer Fruit Yoghurt</b> (D)
Friday	<b>Plant Powered 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 Suphur 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 2023

VA Vegan	V Vegetarian	T Tomato	SD Suptihes	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	Roast Chicken in Gravy with Baby New Potatoes Cabbage & Carrots Pineapple & Cream Cheese Sponge Slice																										
Tuesday	Vegetable Korma Curry Rainbow Rice Apple, Apricot & Pear																										
Wednesday	Beanie Shepherd's Pie with Potato, Carrot & Sweet Potato Topping Grated Courgette & Carrot Black Cherry Yoghurt																										
Thursday	Jamaican Mango Chicken White Rice Orange & Lemon Polenta Slice with Vanilla Sauce																										
Friday	Soya & Vegetable Spaghetti Bolognaise Cucumber Slices Summer Fruit Frozen Yoghurt																										

Menu B	Dish	Dietaries																									
Monday	Tuna & Mascarpone Pasta Apricots & Peaches																										
Tuesday	Mild Vegetable Chilli Brown Rice Mandarin Yoghurt																										
Wednesday	Italian Beef Bolognaise Pasta Diced Pears with Vanilla Yoghurt																										
Thursday	Yellow Thai Chicken Curry White Rice Oaty Date Bar																										
Friday	Speldhurst Kent Sausage with Homemade Baked Beans Potato, Butternut Squash & Sweet Potato Mash Banana Ice Cream																										

Menu C	Dish	Dietaries																									
Monday	Simply Chicken Brown Rice Blueberry & Cream Cheese Sponge Slice																										
Tuesday	Cheese & Vegetable Alfredo Pasta Pineapple																										
Wednesday	Beef Tikka Masala White Rice Fresh Melon																										
Thursday	Roast Ham in Gravy with Baby New Potatoes Carrots & Sweetcorn Summer Fruit Yoghurt																										
Friday	<b>Plant Powered Fridays Menu</b>																										

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Day	First Course	Side Dish	Second Course
12 May 2023	<b>Plant Based Fruity Vegetable Curry</b> (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  Fruit Salad
2 Jun 2023	<b>Plant Based Roasted Butternut Squash Tagine</b> (PU) (SD) (T)	Roasted butternut squash, yellow split peas, peppers, onion, carrot, date puree, courgette, tomato, rosemary, garlic, dried apricots, aduki beans, chickpeas, coconut milk, curry powder, cinnamon, stock & cornflour	New Potatoes  <b>Natural Yoghurt &amp; Fruit Compote (D)</b>
23 Jun 2023	<b>Plant Based Spinach &amp; Paneer Makhani</b> (D) (PU) (SD) (T)	Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice  <b>Fruity Flapjack (G) (SD)</b>
14 Jul 2023	<b>Plant Based Vegetable Lasagne</b> (D) (G) (PU) (S) (T)	Red lentils, soya mince, peppers, onion, carrot, butternut squash, courgette, spinach, garlic, basil, bechamel, lasagne, tomato, oregano, paprika, cheese & stock	Cucumber Slices  Fruit Salad
4 Aug 2023	<b>Plant Based Mediterranean Vegetables</b> (D) (PU) (SD) (T)	Ricotta cheese, red onion, red lentils, peppers, aubergine, swede, white onion, oregano, basil, tomato, date puree, garlic & cornflour	<b>Wholewheat Pasta (G)</b>  <b>Apple &amp; Cinnamon Cereal Slice (G) (SD)</b>
25 Aug 2023	<b>Plant Based Sweet Potato Casserole</b> (D) (PU) (SD) (T)	Sweet potato, butternut squash, leeks, onion, carrot, rosemary, paprika, tomato, mild curry powder, peas, garlic, dried apricots, chickpeas, peach, stock, green lentils, potato & cream	White Rice  <b>Coconut &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
15 Sep 2023	<b>Plant Based Mexican Bean Fiesta</b> (PU) (SD) (T)	Black eyed peas, sweetcorn, carrot, tomato, onion, parsnip, cauliflower, avocado, dried apricot, haricot beans, basil, cumin, smoked paprika, vegetable stock, mango, coriander & cornflour	White Rice  Diced Peaches with Vanilla Yoghurt (D)
6 Oct 2023	<b>Plant Based Vegetable Biryani</b> (PU) (T)	Cauliflower, onion, peppers, garlic, tomato, butternut squash, potato, chickpeas, curry powder, coriander, curry paste, vegetable stock & rice	<b>Raita (D)</b>  <b>Fruity Flapjack (G) (SD)</b>
27 Oct 2023	<b>Plant Based Root Vegetable Crumble</b> (D) (G) (PU) (SD)	Swede, carrot, leeks, onion, parsnip, yellow split peas, bechamel, thyme, garlic, cornflour, mixed spice, lemon zest, cream, crumble topping, cheddar cheese	Grated Courgette & Carrot  Fruit Salad

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# PLANT POWERED FRIDAYS LUNCH MENU

Spring Summer 2023

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/Spice
C Celery
B Beef

Day	Dish	Dietaries													
12 May 2023	Plant Based Fruity Vegetable Curry			●	●					●		●		●	●
	White Rice			●						●				●	●
	Fruit Salad			●						●				●	●
2 Jun 2023	Plant Based Roasted Butternut Squash Tagine			●						●		●		●	●
	New Potatoes			●						●				●	●
	Natural Yoghurt & Fruit Compote			●	●					●				●	●
23 Jun 2023	Plant Based Spinach & Paneer Makhani			●	●					●		●		●	●
	White Rice			●						●				●	●
	Fruity Flapjack			●				●		●		●		●	●
14 Jul 2023	Plant Based Vegetable Lasagne			●	●				●		●		●	●	●
	Cucumber Slices			●						●		●		●	●
	Fruit Salad			●						●				●	●
4 Aug 2023	Plant Based Mediterranean Vegetables			●	●					●		●		●	●
	Wholewheat Pasta			●				●		●				●	●
	Apple & Cinnamon Cereal Slice			●				●		●		●		●	●
25 Aug 2023	Plant Based Sweet Potato Casserole			●	●					●		●		●	●
	White Rice			●						●				●	●
	Coconut & Cream Cheese Sponge Slice			●	●			●		●		●		●	●
15 Sep 2023	Plant Based Mexican Bean Fiesta			●						●		●		●	●
	White Rice			●						●				●	●
	Diced Peaches with Vanilla Yoghurt			●	●					●				●	●
6 Oct 2023	Plant Based Vegetable Biryani			●						●		●		●	●
	Raita			●	●					●				●	●
	Fruity Flapjack			●				●		●		●		●	●
27 Oct 2023	Plant Based Root Vegetable Crumble			●	●				●		●		●	●	●
	Grated Courgette & Carrot			●						●				●	●
	Fruit Salad			●						●				●	●

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