

Menu A	First Course		Side Dish	Second Course
Monday	Roast Chicken in Gravy with Baby New Potatoes	Chicken breast & gravy New potatoes	Cabbage & Carrots	Pineapple & Cream Cheese Sponge Slice (D) (G) (S)
Tuesday	Vegetable Korma Curry (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	Beanie Shepherd's Pie with Potato, Carrot & Sweet Potato Topping (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	Black Cherry Yoghurt (D)
Thursday	Jamaican Mango Chicken (PU) (SD) (T)	Sliced Chicken, carrot, onion, parsnip, mango, sweetcorn, pineapple, tomato, mixed spice, haricot beans, basil & cornflour	White Rice	Orange & Lemon Polenta Slice (G) (S) with Vanilla Sauce (D)
Friday	Soya & Vegetable Spaghetti Bolognese (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	Summer Fruit Frozen Yoghurt (D)

Menu B	First Course		Side Dish	Second Course
Monday	Tuna & Mascarpone (D) (F) (PU) (T)	Tuna, mackerel, garlic, onion, peppers, butternut squash, tomato, bechamel, cream cheese, sweetcorn & lentils	Pasta (G)	Apricots & Peaches
Tuesday	Mild Vegetable Chilli (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	Mandarin Yoghurt (D)
Wednesday	Italian Beef Bolognese (T)	Minced beef, carrot, butternut squash, onion, mixed peppers, tomato, garlic, basil, rosemary, mixed herbs, oregano, paprika, stock & rice flour	Pasta (G)	Diced Pears with Vanilla Yoghurt (D)
Thursday	Yellow Thai Chicken Curry (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	Oaty Date Bar (G) (SD)
Friday	Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T)	Speldhurst pork & beef sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Banana Ice Cream (D)

Menu C	First Course		Side Dish	Second Course
Monday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Brown Rice	Blueberry & Cream Cheese Sponge Slice (D) (G) (S)
Tuesday	Cheese & Vegetable Alfredo (D) (PU)	Yellow split peas, leek, onion, garlic, butternut squash, swede, sweetcorn, bechamel, cream, cheddar cheese	Pasta (G)	Pineapple
Wednesday	Beef Tikka Masala (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	Summer Fruit Yoghurt (D)
Friday	Plant Powered Fridays 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 Suphur Dioxide T = Contains Tomato

Our kitchen does not handle peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs. Please refer to our