

Menu A	Main Course		Side Dish	Dessert
Monday	Mexican Chicken (PU) (T)	Diced chicken, carrot, red pepper, onion, butternut, garlic, lime zest, lentils, tomato, basil, rosemary, fajita spices, olive oil, potato flour, pinto beans & peaches	Brown Rice	Peach Ice Cream (D)
Tuesday	Vietnamese Tuna (D) (F) (PU) (SD)	Tuna, mackerel, peppers, garlic, red onion, butternut squash, green beans, carrot, red lentils, bechamel, Thai paste, potato flour, coconut milk, coconut powder, coriander, turmeric, mango chutney & basil	Pasta (G)	Apple, Mandarin & Pineapple
Wednesday	Zebedees Beanie Shepherd's Pie (PU) (S) (SD) (T)	Minced lamb, carrot, swede, cabbage, onion, potato, dairy free spread, pepper, garlic, haricot beans, mint sauce, redcurrant jelly, gravy, soya, apricot & tomato	Cucumber Slices	Blueberry Cake (D) (E) (G) (S) Custard (D)
Thursday	Roast Chicken in Gravy with Baby New Potatoes	Chicken breast & gravy New potatoes	Peas, Cabbage, Sweetcorn & Carrots (PU)	Black Cherry Yoghurt (D)
Friday	Moroccan Vegetable Curry (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, cumin, paprika, date puree, ginger, cinnamon, curry powder & potato flour	White Rice	Summer Fruit Crumble Slice (G) with Custard (D)

Menu B	Main Course		Side Dish	Dessert
Monday	Caribbean Vegetable Stew (PU) (SD) (T)	Sweet potato, peaches, peppers, sweetcorn, tomato, lentils, kidney beans, black eyed beans, carrots, cabbage, onion, thyme, coconut milk, garlic, gravy powder, paprika, jerk seasoning, all spice, coriander & mango chutney	Brown Rice	Summer Fruit Ice Cream (D)
Tuesday	Chicken Lasagne (D) (G) (PU) (T)	Sliced chicken, roasted peppers, tomato, onion, carrot, butternut squash, courgette, garlic, red lentils, bechamel, cheese, lasagne pasta, oregano, rice flour & basil	Grated Carrot	Peach, Mandarin & Apple
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	Butternut Squash & Potato Mash	Strawberry Fromage Frais (D)
Thursday	Avocado & Mango Chicken (SD) (T)	Chicken, green pepper, red onion, red pepper, garlic, mango, tomato, avocado, coriander, chilli, fajita spice, redcurrant jelly, lime, mango chutney & rice flour	White Rice	Sweet Potato & Apple Cake (D) (E) (G) (S) Custard (D)
Friday	Italian Beef Bolognese (T) & Wholewheat Pasta (G)	Minced beef, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, rosemary, mixed herbs, oregano & rice flour Wholewheat pasta	Grated Cheddar Cheese (D)	Orange & Rhubarb Jelly

Menu C	Main Course		Side Dish	Dessert
Monday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Penne Pasta (G)	Orange & Beetroot Cake (D) (E) (G) (S) Custard (D)
Tuesday	Roast Ham in Gravy with Rosemary New Potatoes	Sliced roast ham & gravy New potatoes & rosemary	Peas, Carrots & Green Beans (PU)	Peach & Mango Yoghurt (D)
Wednesday	Mediterranean Beef Meatballs (G) (PU) (S) (T) & Brown Rice	Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, potato flour & garlic Brown rice	Grated Cheddar Cheese (D)	Apricot, Pineapple & Pear
Thursday	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	Banana & Cocoa Flapjack (G) with Custard (D)
Friday	Cultural Classic Dishes Menu 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
 All of these dishes are free from peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs.

Day	Main Course	Side Dish	Dessert	
23 Apr 2021	Lamb Tagine (C) (PU) (SD) (T)	Diced lamb, butternut squash, peppers, onion, carrot, celery, courgette, tomato, saffron, garlic, chickpeas, aduki beans, apricots, garam masala & potato flour	New Potatoes	Frozen Yoghurt (D)
14 May 2021	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	Raspberry Cookie Crumble Slice (D) (E) (G) (S) (SD)
4 Jun 2021	Beefy Three Bean Chilli (PU) (SD) (T)	Minced beef, carrot, sweet potato, onion, peaches, tomato, kidney beans, haricot beans, flageolet beans, rice flour, redcurrant jelly, cumin, gravy, chilli & coriander	White Rice	Mango Swirl Fromage Frais (D)
25 Jun 2021	Lamb Moussaka (D) (PU) (T)	Minced lamb, potato, aubergine, courgette, parsnip, swede, carrot, onion, green beans, tomato, mixed herbs, cinnamon, garlic, gravy, bechamel & potato flour	Cucumber Slices	Fruit Fromage Frais (D)
16 Jul 2021	Thai Green Chicken Curry (D) (PU) (SD)	Diced chicken, onion, peppers, coriander, basil, Thai green curry paste, bechamel, pineapple, butternut squash, peas, green beans, mango chutney & coconut cream	White Rice	Fruit Salad
6 Aug 2021	Beef Lasagne (D) (G) (PU) (T)	Minced beef, tomato, peppers, onion, carrot, butternut squash, courgette, garlic, red lentils, chilli, bechamel, cheese, lasagne pasta, oregano, rice flour & basil	Grated Carrot	Raspberry Cake (D) (E) (G) (S)
27 Aug 2021	Sweet & Sour Chicken (PU) (SD) (T)	Diced chicken, carrot, peppers, onion, basil, green beans, sweetcorn, peas, cornflour, ginger, chilli, fennel seeds, vinegar, pineapple & tomato	White Rice	Apricot Flapjack (G) (SD)
17 Sep 2021	Lamb Goulash (D) (T)	Diced lamb, swede, carrot, peppers, leek, onion, garlic, tomato, cornflour, gravy, rosemary, paprika & yoghurt	New Potatoes	Carrot & Ginger Cake (D) (E) (G) (S) (SD)
8 Oct 2021	Mild & Creamy Chicken Tikka Masala (D) (SD) (T)	Diced chicken, chilli, ginger, garlic, coriander, paprika, garam masala, cinnamon, turmeric, peppers, spices, mango chutney, cream, yoghurt, tomato, onion & bechamel	White Rice	Strawberry Flapjack (G) (SD)

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CULTURAL CLASSIC DISHES MENU

LUNCH MENU

Spring/Summer 2021

Vegetarian	Vegan	Tomato	Suphites	Soya	Pulse/Beans	Pork	Halal	Gluten	Fish	Egg	Dairy	Citric Acid	Celery	Beef
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Day	Dish	Dietaries													
23 Apr 2021	Lamb Tagine														
	New Potatoes														
	Frozen Yoghurt														
14 May 2021	Jerk Chicken														
	White Rice														
	Raspberry Cookie Crumble Slice														
4 Jun 2021	Beefy Three Bean Chilli														
	White Rice														
	Mango Swirl Fromage Frais														
25 Jun 2021	Lamb Moussaka														
	Cucumber Slices														
	Fruit Fromage Frais														
16 Jul 2021	Thai Green Chicken Curry														
	White Rice														
	Fruit Salad														
6 Aug 2021	Beef Lasagne														
	Grated Carrot														
	Raspberry Cake														
27 Aug 2021	Sweet & Sour Chicken														
	White Rice														
	Apricot Flapjack														
17 Sep 2021	Lamb Goulash														
	New Potatoes														
	Carrot & Ginger Cake														
8 Oct 2021	Mild & Creamy Chicken Tikka Masala														
	White Rice														
	Strawberry Flapjack														

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