

Menu A	Main Course		Side Dish	Dessert
Monday	<b>Mexican Chicken (PU) (T)</b>	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	<b>Peach Ice Cream (D)</b>
Tuesday	<b>Vietnamese Tuna (D) (F) (PU) (SD)</b>	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	<b>Pasta (G)</b>	Apple, Mandarin & Pineapple
Wednesday	<b>Zebedees Beanie Shepherd's Pie (PU) (S) (SD) (T)</b>	Minced lamb, carrot, swede, cabbage, onion, potato, dairy free spread, pepper, garlic, haricot beans, mint sauce, redcurrant jelly, gravy, soya, apricot & tomato	Cucumber Slices	<b>Blueberry Cake (D) (E) (G) (S) Custard (D)</b>
Thursday	Roast Chicken in Gravy with Baby New Potatoes	Chicken breast & gravy New potatoes	<b>Peas, Cabbage, Sweetcorn &amp; Carrots (PU)</b>	<b>Black Cherry Yoghurt (D)</b>
Friday	<b>Moroccan Vegetable Curry (PU) (SD) (T)</b>	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	<b>Summer Fruit Crumble Slice (G) with Custard (D)</b>

Menu B	Main Course		Side Dish	Dessert
Monday	<b>Caribbean Vegetable Stew (PU) (SD) (T)</b>	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	<b>Summer Fruit Ice Cream (D)</b>
Tuesday	<b>Chicken Lasagne (D) (G) (PU) (T)</b>	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	<b>Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T)</b>	Speldhurst pork & beef sausage, haricot beans, garlic, onion, carrot, tomato, rice flour & rapeseed oil	Butternut Squash & Potato Mash	<b>Strawberry Fromage Frais (D)</b>
Thursday	<b>Avocado &amp; Mango Chicken (SD) (T)</b>	Chicken, green pepper, red onion, red pepper, garlic, mango, tomato, avocado, coriander, chilli, fajita spice, redcurrant jelly, lime, mango chutney & rice flour	White Rice	<b>Sweet Potato &amp; Apple Cake (D) (E) (G) (S) Custard (D)</b>
Friday	<b>Italian Beef Bolognese (T) &amp; Wholewheat Pasta (G)</b>	Minced beef, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, rosemary, mixed herbs, oregano & rice flour Wholewheat pasta	<b>Grated Cheddar Cheese (D)</b>	Orange & Rhubarb Jelly

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

# LUNCH MENU

## Spring/Summer 2021

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	C Celery	B Beef
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Menu A	Dish	Dietaries															
Monday	Mexican Chicken			●											●	●	●
	Brown Rice			●	●											●	●
	Peach Ice Cream			●	●												●
Tuesday	Vietnamese Tuna			●	●				●							●	●
	Pasta			●	●											●	●
	Apple, Mandarin & Pineapple			●												●	●
Wednesday	Zebedees Beanie Shepherd's Pie			●											●	●	●
	Cucumber Slices			●	●											●	●
	Blueberry Cake			●	●	●										●	●
	Custard			●	●											●	●
Thursday	Roast Chicken in Gravy with Baby New Potatoes			●	●											●	●
	Peas, Cabbage, Sweetcorn & Carrots			●	●											●	●
	Black Cherry Yoghurt			●	●											●	●
Friday	Moroccan Vegetable Curry			●											●	●	●
	White Rice			●	●											●	●
	Summer Fruit Crumble Slice with Custard			●	●											●	●

Menu B	Dish	Dietaries															
Monday	Caribbean Vegetable Stew			●											●	●	●
	Brown Rice			●	●											●	●
	Summer Fruit Ice Cream			●	●												●
Tuesday	Chicken Lasagne			●	●											●	●
	Grated Carrot			●	●											●	●
	Peach, Mandarin & Apple			●												●	●
Wednesday	Speldhurst Kent Sausage with Homemade Baked Beans	●		●												●	●
	Butternut Squash & Potato Mash			●	●											●	●
	Strawberry Fromage Frais			●	●											●	●
Thursday	Avocado & Mango Chicken			●	●										●	●	●
	White Rice			●	●											●	●
	Sweet Potato & Apple Cake			●	●	●										●	●
Friday	Italian Beef Bolognese & Wholewheat Pasta	●		●											●	●	●
	Grated Cheddar Cheese			●	●											●	●
	Orange & Rhubarb Jelly			●	●											●	●

Menu C	Dish	Dietaries															
Monday	Simply Chicken			●												●	●
	Penne Pasta			●	●											●	●
	Orange & Beetroot Cake			●	●	●										●	●
	Custard			●	●												●
Tuesday	Roast Ham in Gravy with Rosemary New Potatoes			●	●											●	●
	Peas, Carrots & Green Beans			●	●											●	●
	Peach & Mango Yoghurt			●	●											●	●
Wednesday	Mediterranean Beef Meatballs & Brown Rice	●		●												●	●
	Grated Cheddar Cheese			●	●											●	●
	Apricot, Pineapple & Pear			●	●											●	●
Thursday	Soya & Vegetable Spaghetti Bolognese			●												●	●
	Cucumber Slices			●	●											●	●
	Banana & Cocoa Flapjack with Custard			●	●											●	●
Friday	<b>Guest Appearance Menu</b>																

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Day	Main Course	Side Dish	Dessert
25 Jun 2021	<b>Little Dish Mild Chicken Tikka (T)</b> Diced chicken, tikka paste, garam masala, ground coriander, vegetable stock, water, cornflour, rapeseed oil, onion, garlic puree, tomato puree, ginger puree, chopped tomato, coconut cream, mango	White Rice	<b>Fruit Fromage Frais (D)</b>
16 Jul 2021	<b>Little Dish Beef Lasagne (D) (G) (T)</b> Minced beef, tomato, carrot, sweet potato, onion, garlic puree, parsley, basil, oregano, mushroom, rosemary, butternut squash, beef stock, water, cornflour, yeast extract, milk, cheddar cheese, pecorino cheese, white pepper, lasagne pasta	Cucumber Slices	Fruit Salad
6 Aug 2021	<b>Little Dish Salmon &amp; Pollock Fish Pie (D) (F) (PU)</b> Diced pollock, diced salmon, onion, cheddar cheese, leeks, parsley, haricot beans, rapeseed oil, milk, cream, double cream, lemon zest, carrot, cornflour, water, potato, ground nutmeg, white pepper, milk, butter, swede	<b>Mixed Vegetables (PU)</b>	<b>Apricot Flapjack (G) (SD)</b>
27 Aug 2021	<b>Little Dish Plant Based Veg Chilli (PU) (T)</b> Haricot beans, black turtle beans, ground coriander, ground cumin, black pepper, smoked paprika, water, cornflour, vegetable stock, yeast extract, chipotle chilli powder, rapeseed oil, onion, garlic puree, butternut squash, tomato puree, chopped tomato, oregano, yellow peppers	White Rice	<b>Carrot &amp; Ginger Cake (D) (E) (G) (S) (SD)</b>
17 Sep 2021	<b>Little Dish Mild Chicken Korma (T)</b> Diced chicken, sweet potato, yellow peppers, mango, cauliflower, coconut cream, coconut milk, rapeseed oil, ginger puree, lemon juice, garlic puree, tomato, korma curry paste, water, cornflour	White Rice	<b>Raspberry Cake (D) (E) (G) (S)</b>
8 Oct 2021	<b>Little Dish Chicken &amp; Vegetable Pie (D) (PU)</b> Diced chicken, leek, butternut squash, thyme, milk, peas, lemon zest, rapeseed oil, sweet potato, cheddar cheese, double cream, onion, bay leaf, cornflour, water, potato, ground nutmeg, white pepper, butter, carrot, swede	<b>Mixed Vegetables (PU)</b>	<b>Strawberry Flapjack (G) (SD)</b>

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# GUEST APPEARANCE LUNCH MENU

Spring/Summer 2021

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
C Celery
B Beef

Day	Dish	Dietaries													
25 Jun 2021	Little Dish Mild Chicken Tikka			●									●		
	White Rice								●					●	●
	Fruit Fromage Frais			●	●				●					●	●
16 Jul 2021	Little Dish Beef Lasagne	●		●	●				●				●		●
	Cucumber Slices								●					●	●
	Fruit Salad			●					●					●	●
6 Aug 2021	Little Dish Salmon & Pollock Fish Pie			●	●		●		●			●		●	●
	Mixed Vegetables								●			●		●	●
	Apricot Flapjack			●				●	●			●		●	●
27 Aug 2021	Little Dish Plant Based Veg Chilli			●					●			●		●	●
	White Rice								●					●	●
	Carrot & Ginger Cake			●	●	●			●			●		●	●
17 Sep 2021	Little Dish Mild Chicken Korma			●					●				●		●
	White Rice								●					●	●
	Raspberry Cake			●	●	●			●			●		●	●
8 Oct 2021	Little Dish Chicken & Vegetable Pie			●	●				●			●		●	●
	Mixed Vegetables								●			●		●	●
	Strawberry Flapjack			●					●			●		●	●

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