

Menu A	First Course	Side Dish	Second Course
Monday	<b>Vegetable Rogan Josh (D) (PU) (T)</b> Potato, sweet potato, swede, onion, carrot, peppers, cauliflower, lentils, garlic, apple, haricot beans, tomato, coriander, ginger, cumin, cardamom, cinnamon, nutmeg, turmeric, yoghurt	White Rice	Apple & Mixed Berries
Tuesday	Roast Chicken in Gravy with Baby New Potatoes Chicken breast & gravy New potatoes	Cabbage, Sweetcorn & Carrots	<b>Smooth Apricot Yoghurt (D)</b>
Wednesday	<b>Thai Salmon Green Curry (D) (F) (PU)</b> Salmon, green beans, courgette, basil, leeks, butternut squash, peas, lime zest, coconut cream, coconut powder, bechamel, garlic, coriander, onion, Thai green curry paste	Brown Rice	<b>Oaty Date Bar (G) (SD)</b>
Thursday	<b>Beef Cottage Pie (PU) (S) (SD) (T)</b> Minced beef, potato, dairy free spread, carrot, tomato, swede, white cabbage, onion, haricot beans, apricot, soya, mixed herbs, redcurrant jelly, garlic, stock	Grated Courgette & Carrot	<b>Granola &amp; Yoghurt (D) (G) (SD)</b>
Friday	<b>Italian Soya Bolognese (S) (T) &amp; Wholewheat Pasta (G)</b> Soya mince, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, rosemary, mixed herbs, oregano, paprika, rice flour Wholewheat pasta	<b>Grated Cheddar Cheese (D)</b>	<b>Fruit Loaf (D) (G) (SD) Vanilla Sauce (D)</b>

Menu B	First Course	Side Dish	Second Course
Monday	<b>Mild Vegetable Chilli (PU) (SD) (T)</b> 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	<b>Winter Berry Frozen Yoghurt (D)</b>
Tuesday	<b>Simply Chicken (T) with Wholewheat Pasta (G)</b> Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour Wholewheat pasta & rapeseed oil	<b>Grated Cheddar Cheese (D)</b>	Pears & Peaches
Wednesday	<b>Cuban Shredded Beef (PU) (T)</b> Shredded beef, carrot, mixed peppers, onion, butternut squash, black beans, borlotti beans, tomato, basil, garlic, coriander, lemon, chilli, paprika, cumin, oregano, cinnamon, rice flour	White Rice	<b>Smooth Peach Yoghurt (D)</b>
Thursday	<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>Banana &amp; Cream Cheese Bake (D) (G) (SD)</b>
Friday	<b>Beef Lasagne (D) (G) (T)</b> Minced beef, lasagne, red onion, garlic, butternut squash, carrot, peppers, courgette, tomato, chilli, oregano, basil, bechamel, rice flour, cheese	Cucumber Slices	<b>Courgette &amp; Apricot Slice (G) (SD) Vanilla Sauce (D)</b>

Menu C	First Course	Side Dish	Second Course
Monday	<b>Chicken Casserole (PU) (SD) (T)</b> Diced chicken, onion, garlic, butternut squash, potato, swede, leeks, mandarin, thyme, red pepper, peas, carrot, apricot, flageolet beans, tomato, rice flour, redcurrant jelly, mixed herbs	<b>Dumpling (G)</b>	<b>Raspberry Ice Cream (D)</b>
Tuesday	<b>Mediterranean Beef Meatballs (G) (PU) (S) (T)</b> Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, potato flour & garlic	<b>Pasta (G)</b>	<b>Black Cherry Fromage Frais (D)</b>
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>Carrot &amp; Cinnamon Slice (G) (SD) Vanilla Yoghurt (D)</b>
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	<b>Grated Cheddar Cheese (D)</b>	<b>Cheese &amp; Cranberry Scone Square (D) (G) (SD)</b>
Friday	<b>Cultural Classic Dishes 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.



Day	First Course	Side Dish	Second Course
29 Oct 2021	<b>Beef Tikka Masala</b> (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	White Rice Fruit Salad
19 Nov 2021	<b>Sweet &amp; Sour Chicken</b> (SD) (T)	Diced chicken, carrot, peppers, onion, basil, coriander, sweetcorn, cornflour, ginger, chilli, cranberry sauce, vinegar, pineapple, tomato	White Rice <b>Natural Yoghurt</b> (D) with Diced Peaches
10 Dec 2021	<b>Spiced Lamb Tagine</b> (PU) (SD) (T)	Diced lamb, butternut squash, peppers, onion, sweet potato, rosemary, stock, tomato, cinnamon, cumin, date puree, garlic, dried apricots, chickpeas, aduki beans, rice flour, tomato	New Potatoes <b>Beetroot &amp; Coconut Slice</b> (D) (E) (G) (S)
21 Jan 2022	<b>Chicken Korma</b> (D) (SD) (T)	Chicken, onion, sweet potato, peppers, mango chutney, cauliflower, bechamel, coconut milk, carrot, garlic, korma paste, lemon juice, cornflour, yoghurt, tomato	White Rice Fruit Salad
11 Feb 2022	<b>Lamb Moussaka</b> (D) (T)	Lamb, potato, aubergine, courgette, swede, carrot, onion, bechamel, tomato, thyme, paprika, rosemary, cinnamon, mixed herbs, stock, rice flour	Cucumber Slices <b>Oaty Fruit &amp; Cereal Bar</b> (G) (SD)
4 Mar 2022	<b>Caribbean Chicken</b> (PU) (T)	Chicken, onion, garlic, carrot, mango, parsnip, avocado, black beans, yellow split peas, thyme, stock, mixed spice, pineapple, turmeric, tomato, coconut cream	<b>Rice &amp; Peas</b> (PU) <b>Natural Yoghurt</b> (D) with Apricots
25 Mar 2022	<b>Beef Hotpot</b> (SD) (T)	Beef, carrot, swede, butternut squash, onion, potato, leeks, tomato, thyme, apricots, paprika, rosemary, stock	Grated Carrot <b>Raspberry &amp; Cream Cheese Bake</b> (D) (G) (SD)
15 Apr 2022	<b>Chicken &amp; Leek Pie</b> (D) (T)	Chicken, onion, garlic, leeks, butternut squash, bechamel, tomato, stock, cream, thyme, rosemary, bay leaf, cornflour, potato, sweet potato, swede, dairy free spread	Cucumber Slices Fruit Salad

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# CULTURAL CLASSIC DISHES LUNCH MENU

Autumn/Winter 2021

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
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Day	Dish	Dietaries																
29 Oct 2021	Beef Tikka Masala	●		●	●										●	●	●	●
	White Rice			●													●	●
	Fruit Salad			●													●	●
19 Nov 2021	Sweet & Sour Chicken			●											●	●	●	●
	White Rice			●													●	●
	Natural Yoghurt with Diced Peaches			●	●												●	●
10 Dec 2021	Spiced Lamb Tagine			●											●	●	●	●
	New Potatoes			●													●	●
	Beetroot & Coconut Slice			●	●	●		●							●	●	●	●
21 Jan 2022	Chicken Korma			●	●										●	●	●	●
	White Rice			●													●	●
	Fruit Salad			●													●	●
11 Feb 2022	Lamb Moussaka			●	●											●	●	●
	Cucumber Slices			●													●	●
	Oaty Fruit & Cereal Bar			●	●			●									●	●
4 Mar 2022	Caribbean Chicken			●											●	●	●	●
	Rice & Peas			●											●	●	●	●
	Natural Yoghurt with Apricots			●	●												●	●
25 Mar 2022	Beef Hotpot	●		●											●	●	●	●
	Grated Carrot			●													●	●
	Raspberry & Cream Cheese Bake			●	●			●							●	●	●	●
15 Apr 2022	Chicken & Leek Pie			●	●											●	●	●
	Cucumber Slices			●													●	●
	Fruit Salad			●													●	●

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