

Menu A	Main Course		Side Course	Second Course
Monday	<b>Spinach &amp; Paneer Makhani (D) (PU) (SD) (T)</b>	Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Peaches & Pears
Tuesday	<b>Simply Chicken (T)</b>	Diced chicken, onion, garlic, peppers, butternut squash, tomato, rapeseed oil & rice flour	<b>Pasta (G)</b>	<b>Plum Yoghurt (D)</b>
Wednesday	<b>Mango &amp; Mixed Bean Fiesta (PU) (SD) (T)</b>	Kidney beans, haricot beans, chickpeas, carrot, parsnip, mango juice, mango chutney, sweetcorn, pineapple, tomato, mixed spice, basil, vegetable stock & cornflour	Rainbow Rice	<b>Courgette, Lime &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
Thursday	<b>Pork &amp; Apple Hotpot (D) (PU) (SD) (T)</b>	Diced pork, apple, onion, butternut squash, peas, garlic, tomato, parsley, curry paste, lemon juice, bechamel (contains coconut) & cream	New Potatoes	Fresh Melon
Friday	<b>Italian Soya Bolognaise (S) (T)</b>	Soya mince, carrot, butternut squash, onion, mixed peppers, tomato, garlic, basil, mixed herbs, oregano, paprika, stock & rice flour	<b>Wholewheat Pasta (G)</b>	<b>Oaty Date Bar (G) (SD) with Vanilla Sauce (D)</b>

Menu B	Main Course		Side Course	Second Course
Monday	<b>Portuguese Chicken (D) (PU) (SD) (T)</b>	Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream & bechamel (contains coconut)	Brown Rice	Fruit Salad of Pineapple, Apricot & Apple
Tuesday	<b>Lemon &amp; Herb Salmon (D) (F) (PU) (SD)</b>	Salmon, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, cream, garlic, parsley, bechamel (contains coconut), basil & vegetable stock	<b>Pasta (G)</b>	<b>Carrot &amp; Cinnamon Flapjack (G)</b>
Wednesday	<b>Vegetable Massaman Curry (PU) (SD) (T)</b>	Potato, onion, sweet potato, peppers, leeks, cauliflower, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, Thai curry paste, coriander & vegetable stock	White Rice	<b>Winter Berry Yoghurt (D)</b>
Thursday	<b>Roast Turkey in Gravy (PU) with Baby New Potatoes</b>	Roast turkey slices & gravy New potatoes	Cabbage & Carrots	<b>Vanilla Ice Cream (D)</b>
Friday	<b>Sausage Casserole (G) (PU) (SD) (T)</b>	Speldhurst pork & beef sausage, potato, swede, onion, carrot, butternut squash, garlic, tomato, peas, haricot beans, smoked paprika, mixed herbs, & vegetable stock	<b>Pasta (G)</b>	Diced Peaches with Natural Yoghurt (D)

Menu C	Main Course		Side Course	Second Course
Monday	<b>Butter Chicken (D) (PU) (SD) (T)</b>	Diced chicken, onion, butternut squash, garlic, tomato, coriander, curry paste, lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut) & cream	White Rice	<b>Blueberry &amp; Date Oat Bar (G) (SD)</b>
Tuesday	<b>Winter Beef Stew (PU) (T)</b>	Diced beef, potato, onion, leek, carrot, tomato, chickpeas, gravy, parsley, rosemary & garlic	Mashed Potato	<b>Pear Yoghurt (D)</b>
Wednesday	<b>Mild Vegetable Chilli (PU) (SD) (T)</b>	Kidney beans, black beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	<b>Banana Sponge Slice (G) (S) with Vanilla Sauce (D)</b>
Thursday	<b>Sweet &amp; Sour Chicken (SD) (T)</b>	Diced chicken, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato, red wine vinegar, vegetable stock & cornflour	<b>Wholewheat Noodles (G)</b>	<b>Diced Apple &amp; Berry Creme Fraiche (D)</b>
Friday	<b>Around the World Menu</b>			

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 PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato  
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# NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries													
Monday	Spinach & Paneer Makhani			●	●										
	White Rice														
	Peaches & Pears			●											
Tuesday	Simply Chicken			●											
	Pasta														
	Plum Yoghurt			●	●										
Wednesday	Mango & Mixed Bean Fiesta			●											
	Rainbow Rice														
	Courgette, Lime & Cream Cheese Sponge Slice			●	●										
Thursday	Pork & Apple Hotpot			●	●										
	New Potatoes														
	Fresh Melon			●											
Friday	Italian Soya Bolognaise			●											
	Wholewheat Pasta														
	Oaty Date Bar			●											
	with Vanilla Sauce				●										

Menu B	Dish	Dietaries													
Monday	Portuguese Chicken			●	●										
	Brown Rice														
	Fruit Salad of Pineapple, Apricot & Apple			●											
Tuesday	Lemon & Herb Salmon			●	●										
	Pasta														
	Carrot & Cinnamon Flapjack			●											
Wednesday	Vegetable Massaman Curry			●											
	White Rice														
	Winter Berry Yoghurt			●	●										
Thursday	Roast Turkey in Gravy														
	with Baby New Potatoes														
	Cabbage & Carrots														
Friday	Vanilla Ice Cream			●	●										
	Sausage Casserole	●		●											
	Pasta														
	Diced Peaches			●											
	with Natural Yoghurt				●										

Menu C	Dish	Dietaries													
Monday	Butter Chicken			●	●										
	White Rice														
	Blueberry & Date Oat Bar			●											
Tuesday	Winter Beef Stew	●		●											
	Mashed Potato														
	Pear Yoghurt			●	●										
Wednesday	Mild Vegetable Chilli			●											
	White Rice														
	Banana Sponge Slice			●											
Thursday	with Vanilla Sauce				●										
	Sweet & Sour Chicken			●											
	Wholewheat Noodles			●											
Friday	Diced Apple & Berry Creme Fraiche			●	●										
	<b>Around the World Menu</b>														

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Day	Main Course	Side Course	Second Course
8 Nov 2024	<b>French Beef Bourignon (T)</b> Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy, parsley & rice flour.	Mashed Potato	<b>Natural Yoghurt (D)</b> with Diced Apricots
29 Nov 2024	<b>Italian Beef Meatballs in Rich Tomato Sauce (G) (PU) (S) (SD) (T)</b> Beef meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour.	<b>Pasta (G)</b>	<b>Lemon &amp; Cream Cheese Sponge Slice (D) (G) (S) (SD)</b>
20 Dec 2024	<b>Greek Lemon &amp; Rosemary Chicken (PU) (SD) with Mini Flatbread (G)</b> Chicken, rosemary, mixed peppers, butternut squash, red onion, peas, lemon juice, lemon zest, garlic, peach, bechamel (contains coconut) & vegetable stock Flatbread	<b>Tzatziki (D)</b>	<b>Orange &amp; Rosemary Flapjack (G)</b>
10 Jan 2025	<b>Thai Red Chicken Curry (D) (PU) (SD) (T)</b> Chicken, red onion, peppers, carrot, peas, coriander, basil, Thai red curry paste, bechamel, coconut milk, ginger, garlic, vegetable stock, lime zest, cream, tomato puree & cornflour	<b>Wholewheat Noodles (G)</b>	<b>Mango Yoghurt (D)</b>
31 Jan 2025	<b>Cuban Pork (PU) (T)</b> Diced pork, carrot, mixed peppers, onion, butternut squash, black eyed beans, haricot beans, basil, garlic, coriander, orange juice, orange peel, paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	<b>Natural Yoghurt with Coconut (D)</b>
21 Feb 2025	<b>Jamaican Jerk Chicken (PU) (T)</b> Diced chicken, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, kidney beans, stock & ginger	<b>Rice &amp; Peas (PU)</b>	<b>Pineapple &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
14 Mar 2025	<b>American Barbecue Chicken (SD) (T)</b> Sliced chicken breast, onion, garlic, pineapple puree, peppers, tomato, coriander, cumin, smoked paprika, red wine vinegar, stock & cornflour	White Rice	<b>Blueberry Flapjack (G) with Vanilla Sauce (D)</b>
4 Apr 2025	<b>Moroccan Beef &amp; Apricot Tagine (PU) (SD) (T)</b> Beef, chickpeas, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, stock & rice flour	New Potatoes	<b>Sultana, Date &amp; Cream Cheese Sponge Slice (D) (G) (S) (SD)</b>
25 Apr 2025	<b>Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T)</b> Speldhurst pork & beef sausage, haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour	Mashed Potato	<b>Strawberry Ice Cream (D)</b>

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# AROUND THE WORLD NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice
C Celery
B Beef

Day	Dish	Dietaries													
8 Nov 2024	French Beef Bourignon Mashed Potato Natural Yoghurt with Diced Apricots	●		●						●			●	●	●
29 Nov 2024	Italian Beef Meatballs in Rich Tomato Sauce Pasta Lemon & Cream Cheese Sponge Slice	●		●	●			●	●		●	●	●	●	●
20 Dec 2024	Greek Lemon & Rosemary Chicken with Mini Flatbread Tzatziki Orange & Rosemary Flapjack			●	●			●	●		●		●	●	●
10 Jan 2025	Thai Red Chicken Curry Wholewheat Noodles Mango Yoghurt			●	●			●	●		●		●	●	●
31 Jan 2025	Cuban Pork Brown Rice Natural Yoghurt with Coconut			●	●				●	●	●		●	●	●
21 Feb 2025	Jamaican Jerk Chicken Rice & Peas Pineapple & Cream Cheese Sponge Slice			●	●			●	●		●	●	●	●	●
14 Mar 2025	American Barbecue Chicken White Rice Blueberry Flapjack with Vanilla Sauce			●	●			●	●			●	●	●	●
4 Apr 2025	Moroccan Beef & Apricot Tagine New Potatoes Sultana, Date & Cream Cheese Sponge Slice	●		●	●			●	●		●	●	●	●	●
25 Apr 2025	Speldhurst Kent Sausage with Homemade Baked Beans Mashed Potato Strawberry Ice Cream	●		●	●			●	●	●	●	●	●	●	●

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Menu A	Main Course		Side Course	Second Course
Monday	<b>Spinach &amp; Paneer Makhani (D) (PU) (SD) (T)</b>	Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Peaches & Pears
Tuesday	<b>Simply Halal Chicken (T)</b>	Diced halal chicken, onion, garlic, peppers, butternut squash, tomato, rapeseed oil & rice flour	<b>Pasta (G)</b>	<b>Plum Yoghurt (D)</b>
Wednesday	<b>Mango &amp; Mixed Bean Fiesta (PU) (SD) (T)</b>	Kidney beans, haricot beans, chickpeas, carrot, parsnip, mango juice, mango chutney, sweetcorn, pineapple, tomato, mixed spice, basil, vegetable stock & cornflour	Rainbow Rice	<b>Courgette, Lime &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
Thursday	<b>Halal Chicken &amp; Apple Hotpot (D) (PU) (SD) (T)</b>	Diced halal chicken, apple, onion, butternut squash, peas, garlic, tomato, parsley, curry paste, lemon juice, bechamel (contains coconut) & cream	New Potatoes	Fresh Melon
Friday	<b>Italian Soya Bolognese (S) (T)</b>	Soya mince, carrot, butternut squash, onion, mixed peppers, tomato, garlic, basil, mixed herbs, oregano, paprika, stock & rice flour	<b>Wholewheat Pasta (G)</b>	<b>Oaty Date Bar (G) (SD) with Vanilla Sauce (D)</b>

Menu B	Main Course		Side Course	Second Course
Monday	<b>Portuguese Halal Chicken (D) (PU) (SD) (T)</b>	Sliced halal chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream & bechamel (contains coconut)	Brown Rice	Fruit Salad of Pineapple, Apricot & Apple
Tuesday	<b>Lemon &amp; Herb Salmon (D) (F) (PU) (SD)</b>	Salmon, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, cream, garlic, parsley, bechamel (contains coconut), basil & vegetable stock	<b>Pasta (G)</b>	<b>Carrot &amp; Cinnamon Flapjack (G)</b>
Wednesday	<b>Vegetable Massaman Curry (PU) (SD) (T)</b>	Potato, onion, sweet potato, peppers, leeks, cauliflower, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, Thai curry paste, coriander & vegetable stock	White Rice	<b>Winter Berry Yoghurt (D)</b>
Thursday	<b>Roast Halal Turkey in Gravy (PU) with Baby New Potatoes</b>	Roast halal turkey slices & gravy New potatoes	Cabbage & Carrots	<b>Vanilla Ice Cream (D)</b>
Friday	<b>Halal Sausage Casserole (G) (PU) (SD) (T)</b>	Halal chicken & beef sausage, potato, swede, onion, carrot, butternut squash, garlic, tomato, peas, haricot beans, smoked paprika, mixed herbs, & vegetable stock	<b>Pasta (G)</b>	Diced Peaches with Natural Yoghurt (D)

Menu C	Main Course		Side Course	Second Course
Monday	<b>Butter Halal Chicken (D) (SD) (T)</b>	Diced halal chicken, onion, butternut squash, garlic, tomato, coriander, curry paste, lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut) & cream	White Rice	<b>Blueberry &amp; Date Oat Bar (G) (SD)</b>
Tuesday	<b>Winter Halal Lamb Stew (PU) (SD) (T)</b>	Halal lamb mince, potato, onion, leek, carrot, tomato, chickpeas, gravy, parsley, rosemary & garlic	Mashed Potato	<b>Pear Yoghurt (D)</b>
Wednesday	<b>Mild Vegetable Chilli (PU) (SD) (T)</b>	Kidney beans, black beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	<b>Banana Sponge Slice (G) (S) with Vanilla Sauce (D)</b>
Thursday	<b>Sweet &amp; Sour Halal Chicken (SD) (T)</b>	Halal diced chicken, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato, red wine vinegar, vegetable stock & cornflour	<b>Wholewheat Noodles (G)</b>	<b>Diced Apple &amp; Berry Creme Fraiche (D)</b>
Friday	<b>Around the World Menu</b>			

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# HL HALAL NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries													
Monday	Spinach & Paneer Makhani			●	●										
	White Rice														
	Peaches & Pears			●											
Tuesday	Simply Halal Chicken			●											
	Pasta														
	Plum Yoghurt			●	●										
Wednesday	Mango & Mixed Bean Fiesta			●											
	Rainbow Rice														
	Courgette, Lime & Cream Cheese Sponge Slice			●	●										
Thursday	Halal Chicken & Apple Hotpot			●	●										
	New Potatoes														
	Fresh Melon			●											
Friday	Italian Soya Bolognaise			●											
	Wholewheat Pasta														
	Oaty Date Bar			●											
	with Vanilla Sauce				●										

Menu B	Dish	Dietaries													
Monday	Portuguese Halal Chicken			●	●										
	Brown Rice														
	Fruit Salad of Pineapple, Apricot & Apple			●											
Tuesday	Lemon & Herb Salmon			●	●										
	Pasta														
	Carrot & Cinnamon Flapjack			●											
Wednesday	Vegetable Massaman Curry			●											
	White Rice														
	Winter Berry Yoghurt			●	●										
Thursday	Roast Halal Turkey in Gravy														
	with Baby New Potatoes														
	Cabbage & Carrots														
Friday	Vanilla Ice Cream			●	●										
	Halal Sausage Casserole	●		●											
	Pasta														
	Diced Peaches			●											
with Natural Yoghurt				●											

Menu C	Dish	Dietaries													
Monday	Butter Halal Chicken			●	●										
	White Rice														
	Blueberry & Date Oat Bar			●											
Tuesday	Winter Halal Lamb Stew			●											
	Mashed Potato														
	Pear Yoghurt			●	●										
Wednesday	Mild Vegetable Chilli			●											
	White Rice														
	Banana Sponge Slice			●											
Thursday	with Vanilla Sauce				●										
	Sweet & Sour Halal Chicken			●											
	Wholewheat Noodles			●											
Friday	Diced Apple & Berry Creme Fraiche			●	●										
	<b>Around the World Menu</b>														

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Day	Main Course	Side Course	Second Course
8 Nov 2024	<b>French Halal Chicken Bourignon (T)</b> Halal chicken, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy, parsley & rice flour.	Mashed Potato	<b>Natural Yoghurt (D)</b> with Diced Apricots
29 Nov 2024	<b>Italian Halal Chicken Meatballs in Rich Tomato Sauce (PU) (T)</b> Halal chicken meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour.	<b>Pasta (G)</b>	<b>Lemon &amp; Cream Cheese Sponge Slice (D) (G) (S) (SD)</b>
20 Dec 2024	<b>Greek Lemon &amp; Rosemary Halal Chicken (PU) (SD) with Mini Flatbread (G)</b> Halal chicken, rosemary, mixed peppers, butternut squash, red onion, peas, lemon juice, lemon zest, garlic, peach, bechamel (contains coconut) & vegetable stock Flatbread	<b>Tzatziki (D)</b>	<b>Orange &amp; Rosemary Flapjack (G)</b>
10 Jan 2025	<b>Thai Red Halal Chicken Curry (D) (PU) (SD) (T)</b> Halal chicken, red onion, peppers, carrot, peas, coriander, basil, Thai red curry paste, bechamel, coconut milk, ginger, garlic, vegetable stock, lime zest, cream, tomato puree & cornflour	<b>Wholewheat Noodles (G)</b>	<b>Mango Yoghurt (D)</b>
31 Jan 2025	<b>Cuban Halal Chicken (PU) (T)</b> Diced halal chicken, carrot, mixed peppers, onion, butternut squash, black eyed beans, haricot beans, basil, garlic, coriander, orange juice, orange peel, paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	<b>Natural Yoghurt with Coconut (D)</b>
21 Feb 2025	<b>Jamaican Jerk Halal Chicken (PU) (T)</b> Diced halal chicken, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, kidney beans, stock & ginger	<b>Rice &amp; Peas (PU)</b>	<b>Pineapple &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
14 Mar 2025	<b>American Barbecue Halal Chicken (SD) (T)</b> Sliced halal chicken breast, onion, garlic, pineapple puree, peppers, tomato, coriander, cumin, smoked paprika, red wine vinegar, stock & cornflour	White Rice	<b>Blueberry Flapjack (G) with Vanilla Sauce (D)</b>
4 Apr 2025	<b>Moroccan Halal Lamb &amp; Apricot Tagine (PU) (SD) (T)</b> Minced halal lamb, chickpeas, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, stock & rice flour	New Potatoes	<b>Sultana, Date &amp; Cream Cheese Sponge Slice (D) (G) (S) (SD)</b>
25 Apr 2025	<b>Halal Sausage with Homemade Baked Beans (G) (PU) (SD) (T)</b> Halal chicken & beef sausage, haricot beans, garlic, onion, carrot, sweet potato, tomato, rice flour	Mashed Potato	<b>Strawberry Ice Cream (D)</b>

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# HL HALAL AROUND THE WORLD NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice
C Celery
B Beef

Day	Dish	Dietaries												
8 Nov 2024	French Halal Chicken Bourignon Mashed Potato Natural Yoghurt with Diced Apricots			●					●			●	●	●
29 Nov 2024	Italian Halal Chicken Meatballs in Rich Tomato Sauce Pasta Lemon & Cream Cheese Sponge Slice			●	●			●	●		●	●	●	●
20 Dec 2024	Greek Lemon & Rosemary Halal Chicken with Mini Flatbread Tzatziki Orange & Rosemary Flapjack			●	●			●	●		●	●	●	●
10 Jan 2025	Thai Red Halal Chicken Curry Wholewheat Noodles Mango Yoghurt			●	●			●		●		●	●	●
31 Jan 2025	Cuban Halal Chicken Brown Rice Natural Yoghurt with Coconut			●	●			●		●		●	●	●
21 Feb 2025	Jamaican Jerk Halal Chicken Rice & Peas Pineapple & Cream Cheese Sponge Slice			●	●			●		●		●	●	●
14 Mar 2025	American Barbecue Halal Chicken White Rice Blueberry Flapjack with Vanilla Sauce			●	●			●				●	●	●
4 Apr 2025	Moroccan Halal Lamb & Apricot Tagine New Potatoes Sultana, Date & Cream Cheese Sponge Slice			●	●			●		●		●	●	●
25 Apr 2025	Halal Sausage with Homemade Baked Beans Mashed Potato Strawberry Ice Cream	●		●	●			●		●		●	●	●

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Menu A	Main Course		Side Course	Second Course
Monday	<b>Spinach &amp; Paneer Makhani (D) (PU) (SD) (T)</b>	Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Peaches & Pears
Tuesday	<b>Simply Quorn &amp; Lentils (G) (PU) (T)</b>	Quorn vegan pieces, lentils, onion, garlic, peppers, butternut squash, tomato, rapeseed oil & rice flour	<b>Pasta (G)</b>	<b>Plum Yoghurt (D)</b>
Wednesday	<b>Mango &amp; Mixed Bean Fiesta (PU) (SD) (T)</b>	Kidney beans, haricot beans, chickpeas, carrot, parsnip, mango juice, mango chutney, sweetcorn, pineapple, tomato, mixed spice, basil, vegetable stock & cornflour	Rainbow Rice	<b>Courgette, Lime &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
Thursday	<b>Split Pea &amp; Apple Hotpot (D) (PU) (SD) (T)</b>	Yellow split peas, apple, onion, butternut squash, peas, garlic, tomato, parsley, curry paste, lemon juice, bechamel (contains coconut) & cream	New Potatoes	Fresh Melon
Friday	<b>Italian Soya Bolognaise (S) (T)</b>	Soya mince, carrot, butternut squash, onion, mixed peppers, tomato, garlic, basil, mixed herbs, oregano, paprika, stock & rice flour	<b>Wholewheat Pasta (G)</b>	<b>Oaty Date Bar (G) (SD) with Vanilla Sauce (D)</b>

Menu B	Main Course		Side Course	Second Course
Monday	<b>Portuguese Vegetables (D) (PU) (SD) (T)</b>	Haricot beans, red Lentils, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream & bechamel (contains coconut)	Brown Rice	Fruit Salad of Pineapple, Apricot & Apple
Tuesday	<b>Lemon &amp; Herb Lentils &amp; Peas (D) (PU) (SD)</b>	Lentils, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, cream, garlic, parsley, bechamel (contains coconut), basil & vegetable stock	<b>Pasta (G)</b>	<b>Carrot &amp; Cinnamon Flapjack (G)</b>
Wednesday	<b>Vegetable Massaman Curry (PU) (SD) (T)</b>	Potato, onion, sweet potato, peppers, leeks, cauliflower, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, Thai curry paste, coriander & vegetable stock	White Rice	<b>Winter Berry Yoghurt (D)</b>
Thursday	<b>Roast Chicken Style Slices in Gravy (G) (S) with Baby New Potatoes</b>	Vegan slices made with soya & gluten in gravy New potatoes	Cabbage & Carrots	<b>Vanilla Ice Cream (D)</b>
Friday	<b>Quorn Vegan Sausage Casserole (G) (PU) (SD) (T)</b>	Quorn vegan sausage, potato, swede, onion, carrot, butternut squash, garlic, tomato, peas, haricot beans, smoked paprika, mixed herbs, & vegetable stock	<b>Pasta (G)</b>	Diced Peaches with Natural Yoghurt (D)

Menu C	Main Course		Side Course	Second Course
Monday	<b>Butter Chickpea &amp; Lentil Curry (D) (PU) (SD) (T)</b>	Chickpea, lentils, onion, butternut squash, garlic, tomato, coriander, curry paste, lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut) & cream	White Rice	<b>Blueberry &amp; Date Oat Bar (G) (SD)</b>
Tuesday	<b>Winter Quorn Stew (G) (PU) (T)</b>	Quorn vegan pieces, potato, onion, leek, carrot, tomato, chickpeas, gravy, parsley, rosemary & garlic	Mashed Potato	<b>Pear Yoghurt (D)</b>
Wednesday	<b>Mild Vegetable Chilli (PU) (SD) (T)</b>	Kidney beans, black beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	<b>Banana Sponge Slice (G) (S) with Vanilla Sauce (D)</b>
Thursday	<b>Sweet &amp; Sour Vegetables (PU) (SD) (T)</b>	Black beans, kidney beans, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato, red wine vinegar, vegetable stock & cornflour	<b>Wholewheat Noodles (G)</b>	<b>Diced Apple &amp; Berry Creme Fraiche (D)</b>
Friday	<b>Around the World Menu</b>			

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 PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato

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# V VEGETARIAN NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries													
Monday	Spinach & Paneer Makhani			●	●										
	White Rice														
	Peaches & Pears			●											
Tuesday	Simply Quorn & Lentils			●											
	Pasta														
	Plum Yoghurt			●	●										
Wednesday	Mango & Mixed Bean Fiesta			●											
	Rainbow Rice														
	Courgette, Lime & Cream Cheese Sponge Slice			●	●										
Thursday	Split Pea & Apple Hotpot			●	●										
	New Potatoes														
	Fresh Melon			●											
Friday	Italian Soya Bolognaise			●											
	Wholewheat Pasta														
	Oaty Date Bar			●											
	with Vanilla Sauce				●										

Menu B	Dish	Dietaries													
Monday	Portuguese Vegetables			●	●										
	Brown Rice														
	Fruit Salad of Pineapple, Apricot & Apple			●											
Tuesday	Lemon & Herb Lentils & Peas			●	●										
	Pasta														
	Carrot & Cinnamon Flapjack			●											
Wednesday	Vegetable Massaman Curry			●											
	White Rice														
	Winter Berry Yoghurt			●	●										
Thursday	Roast Chicken Style Slices in Gravy														
	with Baby New Potatoes														
	Cabbage & Carrots														
Friday	Vanilla Ice Cream			●	●										
	Quorn Vegan Sausage Casserole			●											
	Pasta														
	Diced Peaches			●											
	with Natural Yoghurt				●										

Menu C	Dish	Dietaries													
Monday	Butter Chickpea & Lentil Curry			●	●										
	White Rice														
	Blueberry & Date Oat Bar			●											
Tuesday	Winter Quorn Stew			●											
	Mashed Potato														
	Pear Yoghurt			●	●										
Wednesday	Mild Vegetable Chilli			●											
	White Rice														
	Banana Sponge Slice			●											
Thursday	with Vanilla Sauce				●										
	Sweet & Sour Vegetables			●											
	Wholewheat Noodles			●											
Friday	Diced Apple & Berry Creme Fraiche			●	●										
	<b>Around the World Menu</b>														

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Day	Main Course	Side Course	Second Course
8 Nov 2024	<b>French Bean Bourignon (PU) (T)</b> Haricot Beans, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy, parsley & rice flour.	Mashed Potato	<b>Natural Yoghurt (D)</b> with Diced Apricots
29 Nov 2024	<b>Italian Vegan Meatballs in Rich Tomato Sauce (G) (PU) (S) (T)</b> Vegan soya & chickpea meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour.	<b>Pasta (G)</b>	<b>Lemon &amp; Cream Cheese Sponge Slice (D) (G) (S) (SD)</b>
20 Dec 2024	<b>Greek Lemon &amp; Rosemary Chickpeas (PU) (SD) with Mini Flatbread (G)</b> Chickpeas, rosemary, mixed peppers, butternut squash, red onion, peas, lemon juice, lemon zest, garlic, peach, bechamel (contains coconut) & vegetable stock Flatbread	<b>Tzatziki (D)</b>	<b>Orange &amp; Rosemary Flapjack (G)</b>
10 Jan 2025	<b>Thai Red Lentil Curry (D) (PU) (SD) (T)</b> Lentils, red onion, peppers, carrot, peas, coriander, basil, Thai red curry paste, bechamel, coconut milk, ginger, garlic, vegetable stock, lime zest, cream, tomato puree & cornflour	<b>Wholewheat Noodles (G)</b>	<b>Mango Yoghurt (D)</b>
31 Jan 2025	<b>Cuban Beans &amp; Vegetables (PU) (T)</b> Carrot, mixed peppers, onion, butternut squash, black eyed beans, haricot beans, basil, garlic, coriander, orange juice, orange peel, paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	<b>Natural Yoghurt with Coconut (D)</b>
21 Feb 2025	<b>Jamaican Jerk Vegetables (PU) (T)</b> Kidney beans, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, stock & ginger	<b>Rice &amp; Peas (PU)</b>	<b>Pineapple &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
14 Mar 2025	<b>American Barbecue Beans (PU) (SD) (T)</b> Kidney beans, haricot beans, onion, garlic, pineapple puree, peppers, tomato, coriander, cumin, smoked paprika, red wine vinegar, stock & cornflour	White Rice	<b>Blueberry Flapjack (G) with Vanilla Sauce (D)</b>
4 Apr 2025	<b>Moroccan Chickpea &amp; Apricot Tagine (PU) (SD) (T)</b> Chickpeas, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, stock & rice flour	New Potatoes	<b>Sultana, Date &amp; Cream Cheese Sponge Slice (D) (G) (S) (SD)</b>
25 Apr 2025	<b>Quorn Vegan Sausage with Homemade Baked Beans (G) (PU) (T)</b> Quorn vegan sausage, haricot beans, garlic, onion, carrot, sweet potato, tomato, rice flour	Mashed Potato	<b>Strawberry Ice Cream (D)</b>

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# V VEGETARIAN AROUND THE WORLD

## NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice
C Celery
B Beef

Day	Dish	Dietaries												
8 Nov 2024	French Bean Bourignon			●					●		●		●	●
	Mashed Potato				●				●				●	●
	Natural Yoghurt with Diced Apricots			●					●				●	●
29 Nov 2024	Italian Vegan Meatballs in Rich Tomato Sauce			●				●		●	●		●	●
	Pasta							●					●	●
	Lemon & Cream Cheese Sponge Slice			●	●			●			●		●	●
20 Dec 2024	Greek Lemon & Rosemary Chickpeas with Mini Flatbread			●				●		●		●	●	
	Tzatziki				●							●	●	
	Orange & Rosemary Flapjack			●				●				●	●	
10 Jan 2025	Thai Red Lentil Curry			●	●					●		●	●	
	Wholewheat Noodles			●				●				●	●	
	Mango Yoghurt			●	●							●	●	
31 Jan 2025	Cuban Beans & Vegetables			●						●		●	●	
	Brown Rice									●		●	●	
	Natural Yoghurt with Coconut				●					●		●	●	
21 Feb 2025	Jamaican Jerk Vegetables			●						●		●	●	
	Rice & Peas									●		●	●	
	Pineapple & Cream Cheese Sponge Slice			●	●			●			●		●	
14 Mar 2025	American Barbecue Beans			●						●		●	●	
	White Rice									●		●	●	
	Blueberry Flapjack with Vanilla Sauce			●				●				●	●	
4 Apr 2025	Moroccan Chickpea & Apricot Tagine			●						●		●	●	
	New Potatoes											●	●	
	Sultana, Date & Cream Cheese Sponge Slice			●	●			●			●		●	
25 Apr 2025	Quorn Vegan Sausage with Homemade Baked Beans			●				●		●		●	●	
	Mashed Potato											●	●	
	Strawberry Ice Cream			●	●					●		●	●	

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Menu A	Main Course		Side Course	Second Course
Monday	<b>Spinach Makhani (Dairy Free) (PU) (SD) (T)</b>	Spinach, onion, sweet potato, peppers, chickpeas, mango chutney, coconut milk, bechamel, carrot, garlic, tomato, curry powder, korma paste & cornflour	White Rice	Peaches & Pears
Tuesday	<b>Simply Quorn &amp; Lentils (G) (PU) (T)</b>	Quorn vegan pieces, lentils, onion, garlic, peppers, butternut squash, tomato, rapeseed oil & rice flour	<b>Pasta (G)</b>	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Wednesday	<b>Mango &amp; Mixed Bean Fiesta (PU) (SD) (T)</b>	Kidney beans, haricot beans, chickpeas, carrot, parsnip, mango juice, mango chutney, sweetcorn, pineapple, tomato, mixed spice, basil, vegetable stock & cornflour	Rainbow Rice	<b>Courgette &amp; Lime Sponge Slice (Dairy Free) (G) (S)</b>
Thursday	<b>Split Pea &amp; Apple Hotpot (Dairy Free) (PU) (SD) (T)</b>	Yellow split peas, apple, onion, butternut squash, peas, garlic, tomato, parsley, curry paste, lemon juice, bechamel (contains coconut)	New Potatoes	Fresh Melon
Friday	<b>Italian Soya Bolognese (S) (T)</b>	Soya mince, carrot, butternut squash, onion, mixed peppers, tomato, garlic, basil, mixed herbs, oregano, paprika, stock & rice flour	<b>Wholewheat Pasta (G)</b>	<b>Oaty Date Bar (G) (SD) with Dairy Free Custard (S)</b>

Menu B	Main Course		Side Course	Second Course
Monday	<b>Portuguese Vegetables (Dairy Free) (PU) (SD) (T)</b>	Haricot beans, red Lentils, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour & bechamel (contains coconut)	Brown Rice	Fruit Salad of Pineapple, Apricot & Apple
Tuesday	<b>Lemon &amp; Herb Lentils &amp; Peas (Dairy Free) (PU) (SD)</b>	Lentils, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, garlic, parsley, bechamel (contains coconut), basil & vegetable stock	<b>Pasta (G)</b>	<b>Carrot &amp; Cinnamon Flapjack (G)</b>
Wednesday	<b>Vegetable Massaman Curry (PU) (SD) (T)</b>	Potato, onion, sweet potato, peppers, leeks, cauliflower, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, Thai curry paste, coriander & vegetable stock	White Rice	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Thursday	<b>Roast Chicken Style Slices in Gravy (G) (S) with Baby New Potatoes</b>	Vegan slices made with soya & gluten in gravy New potatoes	Cabbage & Carrots	<b>Dairy Free Custard (S)</b>
Friday	<b>Quorn Vegan Sausage Casserole (G) (PU) (SD) (T)</b>	Quorn vegan sausage, potato, swede, onion, carrot, butternut squash, garlic, tomato, peas, haricot beans, smoked paprika, mixed herbs, & vegetable stock	<b>Pasta (G)</b>	Diced Peaches

Menu C	Main Course		Side Course	Second Course
Monday	<b>Butter Chickpea &amp; Lentil Curry (Dairy Free) (PU) (SD) (T)</b>	Chickpea, lentils, onion, butternut squash, garlic, tomato, coriander, curry paste, lemon juice, garam masala, ginger, paprika, cumin & bechamel (contains coconut)	White Rice	<b>Blueberry &amp; Date Oat Bar (G) (SD)</b>
Tuesday	<b>Winter Quorn Stew (G) (PU) (T)</b>	Quorn vegan pieces, potato, onion, leek, carrot, tomato, chickpeas, gravy, parsley, rosemary & garlic	Mashed Potato	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Wednesday	<b>Mild Vegetable Chilli (PU) (SD) (T)</b>	Kidney beans, black beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	<b>Banana Sponge Slice (G) (S) with Dairy Free Custard (S)</b>
Thursday	<b>Sweet &amp; Sour Vegetables (PU) (SD) (T)</b>	Black beans, kidney beans, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato, red wine vinegar, vegetable stock & cornflour	<b>Wholewheat Noodles (G)</b>	Apple & Mixed Berries
Friday	<b>Around the World Menu</b>			

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# VA VEGAN NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries															
Monday	Spinach Makhani (Dairy Free)			●										●		●	●
	White Rice																
	Peaches & Pears			●												●	●
Tuesday	Simply Quorn & Lentils			●													
	Pasta							●									
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●													
Wednesday	Mango & Mixed Bean Fiesta			●													
	Rainbow Rice																
	Courgette & Lime Sponge Slice (Dairy Free)			●				●									
Thursday	Split Pea & Apple Hotpot (Dairy Free)			●													
	New Potatoes																
	Fresh Melon			●													
Friday	Italian Soya Bolognaise			●													
	Wholewheat Pasta																
	Oaty Date Bar			●				●									
	with Dairy Free Custard																

Menu B	Dish	Dietaries															
Monday	Portuguese Vegetables (Dairy Free)			●													
	Brown Rice																
	Fruit Salad of Pineapple, Apricot & Apple			●													
Tuesday	Lemon & Herb Lentils & Peas (Dairy Free)			●													
	Pasta							●									
	Carrot & Cinnamon Flapjack			●				●									
Wednesday	Vegetable Massaman Curry			●													
	White Rice																
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●													
Thursday	Roast Chicken Style Slices in Gravy with Baby New Potatoes							●									
	Cabbage & Carrots																
	Dairy Free Custard																
Friday	Quorn Vegan Sausage Casserole			●				●									
	Pasta																
	Diced Peaches			●				●									

Menu C	Dish	Dietaries															
Monday	Butter Chickpea & Lentil Curry (Dairy Free)			●													
	White Rice																
	Blueberry & Date Oat Bar			●				●									
Tuesday	Winter Quorn Stew			●				●									
	Mashed Potato																
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●													
Wednesday	Mild Vegetable Chilli			●													
	White Rice																
	Banana Sponge Slice with Dairy Free Custard			●				●									
Thursday	Sweet & Sour Vegetables			●													
	Wholewheat Noodles			●				●									
	Apple & Mixed Berries			●													
Friday	<b>Around the World Menu</b>																

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Day	Main Course	Side Course	Second Course
8 Nov 2024	<b>French Bean Bourignon (PU) (T)</b> Haricot Beans, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy, parsley & rice flour.	Mashed Potato	Apricots
29 Nov 2024	<b>Italian Vegan Meatballs in Rich Tomato Sauce (G) (PU) (S) (T)</b> Vegan soya & chickpea meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour.	<b>Pasta (G)</b>	<b>Lemon Sponge Slice (Dairy Free) (G) (S)</b>
20 Dec 2024	<b>Greek Lemon &amp; Rosemary Chickpeas (PU) (SD) with Mini Flatbread (G)</b> Chickpeas, rosemary, mixed peppers, butternut squash, red onion, peas, lemon juice, lemon zest, garlic, peach, bechamel (contains coconut) & vegetable stock Flatbread	Cucumber & Mint	<b>Orange &amp; Rosemary Flapjack (G)</b>
10 Jan 2025	<b>Thai Red Lentil Curry (Dairy Free) (PU) (SD) (T)</b> Lentils, red onion, peppers, carrot, peas, coriander, basil, Thai red curry paste, bechamel, coconut milk, ginger, garlic, vegetable stock, lime zest, tomato puree & cornflour	<b>Wholewheat Noodles (G)</b>	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
31 Jan 2025	<b>Cuban Beans &amp; Vegetables (PU) (T)</b> Carrot, mixed peppers, onion, butternut squash, black eyed beans, haricot beans, basil, garlic, coriander, orange juice, orange peel, paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
21 Feb 2025	<b>Jamaican Jerk Vegetables (PU) (T)</b> Kidney beans, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, stock & ginger	<b>Rice &amp; Peas (PU)</b>	<b>Pineapple Sponge Slice (Dairy Free) (G) (S)</b>
14 Mar 2025	<b>American Barbecue Beans (PU) (SD) (T)</b> Kidney beans, haricot beans, onion, garlic, pineapple puree, peppers, tomato, coriander, cumin, smoked paprika, red wine vinegar, stock & cornflour	White Rice	<b>Blueberry Flapjack (G) Dairy Free Custard (S)</b>
4 Apr 2025	<b>Moroccan Chickpea &amp; Apricot Tagine (PU) (SD) (T)</b> Chickpeas, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, stock & rice flour	New Potatoes	<b>Sultana &amp; Date Sponge Slice (G) (S) (SD)</b>
25 Apr 2025	<b>Quorn Vegan Sausage with Homemade Baked Beans (G) (PU) (T)</b> Quorn vegan sausage, haricot beans, garlic, onion, carrot, sweet potato, tomato, rice flour	Mashed Potato	<b>Dairy Free Custard (S)</b>

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# VA VEGAN AROUND THE WORLD NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice
C Celery
B Beef

Day	Dish	Dietaries													
8 Nov 2024	French Bean Bourignon Mashed Potato Apricots			●					●		●		●	●	●
29 Nov 2024	Italian Vegan Meatballs in Rich Tomato Sauce Pasta Lemon Sponge Slice (Dairy Free)			●				●	●		●	●	●	●	●
20 Dec 2024	Greek Lemon & Rosemary Chickpeas with Mini Flatbread Cucumber & Mint Orange & Rosemary Flapjack			●				●	●		●	●	●	●	●
10 Jan 2025	Thai Red Lentil Curry (Dairy Free) Wholewheat Noodles Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●				●	●		●	●	●	●	●
31 Jan 2025	Cuban Beans & Vegetables Brown Rice Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●				●	●		●	●	●	●	●
21 Feb 2025	Jamaican Jerk Vegetables Rice & Peas Pineapple Sponge Slice (Dairy Free)			●				●	●		●	●	●	●	●
14 Mar 2025	American Barbecue Beans White Rice Blueberry Flapjack Dairy Free Custard			●				●	●		●	●	●	●	●
4 Apr 2025	Moroccan Chickpea & Apricot Tagine New Potatoes Sultana & Date Sponge Slice			●				●	●		●	●	●	●	●
25 Apr 2025	Quorn Vegan Sausage with Homemade Baked Beans Mashed Potato Dairy Free Custard			●				●	●		●	●	●	●	●

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Menu A	Main Course		Side Course	Second Course
Monday	<b>Spinach &amp; Paneer Makhani (D) (PU) (SD) (T)</b>	Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Peaches & Pears
Tuesday	<b>Simply Chicken (T)</b>	Diced chicken, onion, garlic, peppers, butternut squash, tomato, rapeseed oil & rice flour	<b>Pasta (G)</b>	<b>Plum Yoghurt (D)</b>
Wednesday	<b>Mango &amp; Mixed Bean Fiesta (PU) (SD) (T)</b>	Kidney beans, haricot beans, chickpeas, carrot, parsnip, mango juice, mango chutney, sweetcorn, pineapple, tomato, mixed spice, basil, vegetable stock & cornflour	Rainbow Rice	<b>Courgette, Lime &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
Thursday	<b>Pork &amp; Apple Hotpot (D) (PU) (SD) (T)</b>	Diced pork, apple, onion, butternut squash, peas, garlic, tomato, parsley, curry paste, lemon juice, bechamel (contains coconut) & cream	New Potatoes	Fresh Melon
Friday	<b>Italian Soya Bolognese (S) (T)</b>	Soya mince, carrot, butternut squash, onion, mixed peppers, tomato, garlic, basil, mixed herbs, oregano, paprika, stock & rice flour	<b>Wholewheat Pasta (G)</b>	<b>Oaty Date Bar (G) (SD) with Vanilla Sauce (D)</b>

Menu B	Main Course		Side Course	Second Course
Monday	<b>Portuguese Chicken (D) (PU) (SD) (T)</b>	Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream & bechamel (contains coconut)	Brown Rice	Fruit Salad of Pineapple, Apricot & Apple
Tuesday	<b>Lemon &amp; Herb Chicken (D) (PU) (SD)</b>	Chicken, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, cream, garlic, parsley, bechamel (contains coconut), basil & vegetable stock	<b>Pasta (G)</b>	<b>Carrot &amp; Cinnamon Flapjack (G)</b>
Wednesday	<b>Vegetable Massaman Curry (PU) (SD) (T)</b>	Potato, onion, sweet potato, peppers, leeks, cauliflower, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, Thai curry paste, coriander & vegetable stock	White Rice	<b>Winter Berry Yoghurt (D)</b>
Thursday	<b>Roast Turkey in Gravy (PU) with Baby New Potatoes</b>	Roast turkey slices & gravy New potatoes	Cabbage & Carrots	<b>Vanilla Ice Cream (D)</b>
Friday	<b>Sausage Casserole (G) (PU) (SD) (T)</b>	Speldhurst pork & beef sausage, potato, swede, onion, carrot, butternut squash, garlic, tomato, peas, haricot beans, smoked paprika, mixed herbs, & vegetable stock	<b>Pasta (G)</b>	Diced Peaches with Natural Yoghurt (D)

Menu C	Main Course		Side Course	Second Course
Monday	<b>Butter Chicken (D) (PU) (SD) (T)</b>	Diced chicken, onion, butternut squash, garlic, tomato, coriander, curry paste, lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut) & cream	White Rice	<b>Blueberry &amp; Date Oat Bar (G) (SD)</b>
Tuesday	<b>Winter Beef Stew (PU) (T)</b>	Diced beef, potato, onion, leek, carrot, tomato, chickpeas, gravy, parsley, rosemary & garlic	Mashed Potato	<b>Pear Yoghurt (D)</b>
Wednesday	<b>Mild Vegetable Chilli (PU) (SD) (T)</b>	Kidney beans, black beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	<b>Banana Sponge Slice (G) (S) with Vanilla Sauce (D)</b>
Thursday	<b>Sweet &amp; Sour Chicken (SD) (T)</b>	Diced chicken, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato, red wine vinegar, vegetable stock & cornflour	<b>Wholewheat Noodles (G)</b>	<b>Diced Apple &amp; Berry Creme Fraiche (D)</b>
Friday	<b>Around the World Menu</b>			

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 PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato

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# F FISH FREE NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries													
Monday	Spinach & Paneer Makhani			●	●										
	White Rice														
	Peaches & Pears			●											
Tuesday	Simply Chicken			●											
	Pasta														
	Plum Yoghurt			●	●										
Wednesday	Mango & Mixed Bean Fiesta			●											
	Rainbow Rice														
	Courgette, Lime & Cream Cheese Sponge Slice			●	●										
Thursday	Pork & Apple Hotpot			●	●										
	New Potatoes														
	Fresh Melon			●											
Friday	Italian Soya Bolognaise			●											
	Wholewheat Pasta														
	Oaty Date Bar			●											
	with Vanilla Sauce				●										

Menu B	Dish	Dietaries													
Monday	Portuguese Chicken			●	●										
	Brown Rice														
	Fruit Salad of Pineapple, Apricot & Apple			●											
Tuesday	Lemon & Herb Chicken			●	●										
	Pasta														
	Carrot & Cinnamon Flapjack			●											
Wednesday	Vegetable Massaman Curry			●											
	White Rice														
	Winter Berry Yoghurt			●	●										
Thursday	Roast Turkey in Gravy														
	with Baby New Potatoes														
	Cabbage & Carrots														
Friday	Vanilla Ice Cream			●	●										
	Sausage Casserole	●		●											
	Pasta														
	Diced Peaches			●											
with Natural Yoghurt				●											

Menu C	Dish	Dietaries													
Monday	Butter Chicken			●	●										
	White Rice														
	Blueberry & Date Oat Bar			●											
Tuesday	Winter Beef Stew	●		●											
	Mashed Potato														
	Pear Yoghurt			●	●										
Wednesday	Mild Vegetable Chilli			●											
	White Rice														
	Banana Sponge Slice			●											
Thursday	with Vanilla Sauce				●										
	Sweet & Sour Chicken			●											
	Wholewheat Noodles			●											
Friday	Diced Apple & Berry Creme Fraiche			●	●										
	<b>Around the World Menu</b>														

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Day	Main Course	Side Course	Second Course
8 Nov 2024	<b>French Beef Bourignion (T)</b> Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy, parsley & rice flour.	Mashed Potato	<b>Natural Yoghurt (D)</b> with Diced Apricots
29 Nov 2024	<b>Italian Beef Meatballs in Rich Tomato Sauce (G) (PU) (S) (SD) (T)</b> Beef meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour.	<b>Pasta (G)</b>	<b>Lemon &amp; Cream Cheese Sponge Slice (D) (G) (S) (SD)</b>
20 Dec 2024	<b>Greek Lemon &amp; Rosemary Chicken (PU) (SD) with Mini Flatbread (G)</b> Chicken, rosemary, mixed peppers, butternut squash, red onion, peas, lemon juice, lemon zest, garlic, peach, bechamel (contains coconut) & vegetable stock Flatbread	<b>Tzatziki (D)</b>	<b>Orange &amp; Rosemary Flapjack (G)</b>
10 Jan 2025	<b>Thai Red Chicken Curry (D) (PU) (SD) (T)</b> Chicken, red onion, peppers, carrot, peas, coriander, basil, Thai red curry paste, bechamel, coconut milk, ginger, garlic, vegetable stock, lime zest, cream, tomato puree & cornflour	<b>Wholewheat Noodles (G)</b>	<b>Mango Yoghurt (D)</b>
31 Jan 2025	<b>Cuban Pork (PU) (T)</b> Diced pork, carrot, mixed peppers, onion, butternut squash, black eyed beans, haricot beans, basil, garlic, coriander, orange juice, orange peel, paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	<b>Natural Yoghurt with Coconut (D)</b>
21 Feb 2025	<b>Jamaican Jerk Chicken (PU) (T)</b> Diced chicken, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, kidney beans, stock & ginger	<b>Rice &amp; Peas (PU)</b>	<b>Pineapple &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
14 Mar 2025	<b>American Barbecue Chicken (SD) (T)</b> Sliced chicken breast, onion, garlic, pineapple puree, peppers, tomato, coriander, cumin, smoked paprika, red wine vinegar, stock & cornflour	White Rice	<b>Blueberry Flapjack (G) with Vanilla Sauce (D)</b>
4 Apr 2025	<b>Moroccan Beef &amp; Apricot Tagine (PU) (SD) (T)</b> Beef, chickpeas, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, stock & rice flour	New Potatoes	<b>Sultana, Date &amp; Cream Cheese Sponge Slice (D) (G) (S) (SD)</b>
25 Apr 2025	<b>Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T)</b> Speldhurst pork & beef sausage, haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour	Mashed Potato	<b>Strawberry Ice Cream (D)</b>

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# F FISH FREE AROUND THE WORLD NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice
C Celery
B Beef

Day	Dish	Dietaries													
8 Nov 2024	French Beef Bourignon Mashed Potato Natural Yoghurt with Diced Apricots	●		●						●			●	●	●
29 Nov 2024	Italian Beef Meatballs in Rich Tomato Sauce Pasta Lemon & Cream Cheese Sponge Slice	●		●				●	●		●	●	●	●	●
20 Dec 2024	Greek Lemon & Rosemary Chicken with Mini Flatbread Tzatziki Orange & Rosemary Flapjack			●				●	●		●			●	●
10 Jan 2025	Thai Red Chicken Curry Wholewheat Noodles Mango Yoghurt			●	●			●	●		●		●	●	●
31 Jan 2025	Cuban Pork Brown Rice Natural Yoghurt with Coconut			●	●				●	●	●		●	●	●
21 Feb 2025	Jamaican Jerk Chicken Rice & Peas Pineapple & Cream Cheese Sponge Slice			●	●			●	●		●	●		●	●
14 Mar 2025	American Barbecue Chicken White Rice Blueberry Flapjack with Vanilla Sauce			●				●	●			●	●	●	●
4 Apr 2025	Moroccan Beef & Apricot Tagine New Potatoes Sultana, Date & Cream Cheese Sponge Slice	●		●				●	●		●	●	●	●	●
25 Apr 2025	Speldhurst Kent Sausage with Homemade Baked Beans Mashed Potato Strawberry Ice Cream	●		●	●			●	●	●	●	●	●	●	●

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Menu A	Main Course	Side Course	Second Course
Monday	<b>Spinach Makhani (Dairy Free) (PU) (SD) (T)</b> Spinach, onion, sweet potato, peppers, chickpeas, mango chutney, coconut milk, bechamel, carrot, garlic, tomato, curry powder, korma paste & cornflour	White Rice	Peaches & Pears
Tuesday	<b>Simply Chicken (T)</b> Diced chicken, onion, garlic, peppers, butternut squash, tomato, rapeseed oil & rice flour	<b>Pasta (G)</b>	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Wednesday	<b>Mango &amp; Mixed Bean Fiesta (PU) (SD) (T)</b> Kidney beans, haricot beans, chickpeas, carrot, parsnip, mango juice, mango chutney, sweetcorn, pineapple, tomato, mixed spice, basil, vegetable stock & cornflour	Rainbow Rice	<b>Courgette &amp; Lime Sponge Slice (Dairy Free) (G) (S)</b>
Thursday	<b>Pork &amp; Apple Hotpot (Dairy Free) (PU) (SD) (T)</b> Diced pork, apple, onion, butternut squash, peas, garlic, tomato, parsley, curry paste, lemon juice, bechamel (contains coconut)	New Potatoes	Fresh Melon
Friday	<b>Italian Soya Bolognese (S) (T)</b> Soya mince, carrot, butternut squash, onion, mixed peppers, tomato, garlic, basil, mixed herbs, oregano, paprika, stock & rice flour	<b>Wholewheat Pasta (G)</b>	<b>Oaty Date Bar (G) (SD) with Dairy Free Custard (S)</b>

Menu B	Main Course	Side Course	Second Course
Monday	<b>Portuguese Chicken (Dairy Free) (PU) (SD) (T)</b> Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour & bechamel (contains coconut)	Brown Rice	Fruit Salad of Pineapple, Apricot & Apple
Tuesday	<b>Lemon &amp; Herb Salmon (Dairy Free) (F) (PU) (SD)</b> Salmon, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, garlic, parsley, bechamel (contains coconut), basil & vegetable stock	<b>Pasta (G)</b>	<b>Carrot &amp; Cinnamon Flapjack (G)</b>
Wednesday	<b>Vegetable Massaman Curry (PU) (SD) (T)</b> Potato, onion, sweet potato, peppers, leeks, cauliflower, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, Thai curry paste, coriander & vegetable stock	White Rice	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Thursday	<b>Roast Turkey in Gravy (PU) with Baby New Potatoes</b> Roast turkey slices & gravy New potatoes	Cabbage & Carrots	<b>Dairy Free Custard (S)</b>
Friday	<b>Sausage Casserole (G) (PU) (SD) (T)</b> Speldhurst pork & beef sausage, potato, swede, onion, carrot, butternut squash, garlic, tomato, peas, haricot beans, smoked paprika, mixed herbs, & vegetable stock	<b>Pasta (G)</b>	Diced Peaches

Menu C	Main Course	Side Course	Second Course
Monday	<b>Butter Chicken (Dairy Free) (PU) (SD) (T)</b> Diced chicken, onion, butternut squash, garlic, tomato, coriander, curry paste, lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut)	White Rice	<b>Blueberry &amp; Date Oat Bar (G) (SD)</b>
Tuesday	<b>Winter Beef Stew (PU) (T)</b> Diced beef, potato, onion, leek, carrot, tomato, chickpeas, gravy, parsley, rosemary & garlic	Mashed Potato	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Wednesday	<b>Mild Vegetable Chilli (PU) (SD) (T)</b> Kidney beans, black beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	<b>Banana Sponge Slice (G) (S) with Dairy Free Custard (S)</b>
Thursday	<b>Sweet &amp; Sour Chicken (SD) (T)</b> Diced chicken, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato, red wine vinegar, vegetable stock & cornflour	<b>Wholewheat Noodles (G)</b>	Apple & Mixed Berries
Friday	<b>Around the World Menu</b>		

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# D DAIRY FREE NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries															
Monday	Spinach Makhani (Dairy Free)			●										●		●	●
	White Rice																
	Peaches & Pears			●												●	●
Tuesday	Simply Chicken			●												●	●
	Pasta								●								
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●												●	●
Wednesday	Mango & Mixed Bean Fiesta			●												●	●
	Rainbow Rice																
	Courgette & Lime Sponge Slice (Dairy Free)			●					●							●	●
Thursday	Pork & Apple Hotpot (Dairy Free)			●												●	●
	New Potatoes																
	Fresh Melon			●												●	●
Friday	Italian Soya Bolognaise			●												●	●
	Wholewheat Pasta																
	Oaty Date Bar			●					●							●	●
	with Dairy Free Custard															●	●

Menu B	Dish	Dietaries															
Monday	Portuguese Chicken (Dairy Free)			●												●	●
	Brown Rice																
	Fruit Salad of Pineapple, Apricot & Apple			●													
Tuesday	Lemon & Herb Salmon (Dairy Free)			●					●								
	Pasta								●								
	Carrot & Cinnamon Flapjack			●					●							●	●
Wednesday	Vegetable Massaman Curry			●												●	●
	White Rice																
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●												●	●
Thursday	Roast Turkey in Gravy																
	with Baby New Potatoes																
	Cabbage & Carrots																
Friday	Dairy Free Custard															●	●
	Sausage Casserole	●		●					●							●	●
	Pasta																
	Diced Peaches			●					●							●	●

Menu C	Dish	Dietaries															
Monday	Butter Chicken (Dairy Free)			●												●	●
	White Rice																
	Blueberry & Date Oat Bar			●					●							●	●
Tuesday	Winter Beef Stew	●		●												●	●
	Mashed Potato																
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●												●	●
Wednesday	Mild Vegetable Chilli			●												●	●
	White Rice																
	Banana Sponge Slice with Dairy Free Custard			●					●							●	●
Thursday	Sweet & Sour Chicken			●												●	●
	Wholewheat Noodles								●								
	Apple & Mixed Berries			●												●	●
Friday	<b>Around the World Menu</b>																

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Day	Main Course	Side Course	Second Course
8 Nov 2024	<b>French Beef Bourignion (T)</b> Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy, parsley & rice flour.	Mashed Potato	Apricots
29 Nov 2024	<b>Italian Beef Meatballs in Rich Tomato Sauce (G) (PU) (S) (SD) (T)</b> Beef meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour.	<b>Pasta (G)</b>	<b>Lemon Sponge Slice (Dairy Free) (G) (S)</b>
20 Dec 2024	<b>Greek Lemon &amp; Rosemary Chicken (PU) (SD) with Mini Flatbread (G)</b> Chicken, rosemary, mixed peppers, butternut squash, red onion, peas, lemon juice, lemon zest, garlic, peach, bechamel (contains coconut) & vegetable stock Flatbread	Cucumber & Mint	<b>Orange &amp; Rosemary Flapjack (G)</b>
10 Jan 2025	<b>Thai Red Chicken Curry (Dairy Free) (PU) (SD) (T)</b> Chicken, red onion, peppers, carrot, peas, coriander, basil, Thai red curry paste, bechamel, coconut milk, ginger, garlic, vegetable stock, lime zest, tomato puree & cornflour	<b>Wholewheat Noodles (G)</b>	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
31 Jan 2025	<b>Cuban Pork (PU) (T)</b> Diced pork, carrot, mixed peppers, onion, butternut squash, black eyed beans, haricot beans, basil, garlic, coriander, orange juice, orange peel, paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
21 Feb 2025	<b>Jamaican Jerk Chicken (PU) (T)</b> Diced chicken, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, kidney beans, stock & ginger	<b>Rice &amp; Peas (PU)</b>	<b>Pineapple Sponge Slice (Dairy Free) (G) (S)</b>
14 Mar 2025	<b>American Barbecue Chicken (SD) (T)</b> Sliced chicken breast, onion, garlic, pineapple puree, peppers, tomato, coriander, cumin, smoked paprika, red wine vinegar, stock & cornflour	White Rice	<b>Blueberry Flapjack (G) Dairy Free Custard (S)</b>
4 Apr 2025	<b>Moroccan Beef &amp; Apricot Tagine (PU) (SD) (T)</b> Beef, chickpeas, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, stock & rice flour	New Potatoes	<b>Sultana &amp; Date Sponge Slice (G) (S) (SD)</b>
25 Apr 2025	<b>Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T)</b> Speldhurst pork & beef sausage, haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour	Mashed Potato	<b>Dairy Free Custard (S)</b>

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# D DAIRY FREE AROUND THE WORLD NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice
C Celery
B Beef

Day	Dish	Dietaries													
8 Nov 2024	French Beef Bourignon Mashed Potato Apricots	●		●						●			●	●	●
29 Nov 2024	Italian Beef Meatballs in Rich Tomato Sauce Pasta Lemon Sponge Slice (Dairy Free)	●		●				●	●		●	●	●	●	●
20 Dec 2024	Greek Lemon & Rosemary Chicken with Mini Flatbread Cucumber & Mint Orange & Rosemary Flapjack			●				●	●		●	●		●	●
10 Jan 2025	Thai Red Chicken Curry (Dairy Free) Wholewheat Noodles Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●				●	●		●	●		●	●
31 Jan 2025	Cuban Pork Brown Rice Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●				●	●	●	●		●	●	●
21 Feb 2025	Jamaican Jerk Chicken Rice & Peas Pineapple Sponge Slice (Dairy Free)			●				●	●	●	●	●	●	●	●
14 Mar 2025	American Barbecue Chicken White Rice Blueberry Flapjack Dairy Free Custard			●				●	●		●	●		●	●
4 Apr 2025	Moroccan Beef & Apricot Tagine New Potatoes Sultana & Date Sponge Slice	●		●				●	●		●	●	●	●	●
25 Apr 2025	Speldhurst Kent Sausage with Homemade Baked Beans Mashed Potato Dairy Free Custard	●		●				●	●	●	●	●	●	●	●

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Menu A	Main Course		Side Course	Second Course
Monday	<b>Spinach &amp; Paneer Makhani (D) (PU) (SD) (T)</b>	Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Peaches & Pears
Tuesday	<b>Simply Chicken (T)</b>	Diced chicken, onion, garlic, peppers, butternut squash, tomato, rapeseed oil & rice flour	Gluten Free Pasta	<b>Plum Yoghurt (D)</b>
Wednesday	<b>Mango &amp; Mixed Bean Fiesta (PU) (SD) (T)</b>	Kidney beans, haricot beans, chickpeas, carrot, parsnip, mango juice, mango chutney, sweetcorn, pineapple, tomato, mixed spice, basil, vegetable stock & cornflour	Rainbow Rice	Plain Flapjack (Gluten Free)
Thursday	<b>Pork &amp; Apple Hotpot (D) (PU) (SD) (T)</b>	Diced pork, apple, onion, butternut squash, peas, garlic, tomato, parsley, curry paste, lemon juice, bechamel (contains coconut) & cream	New Potatoes	Fresh Melon
Friday	<b>Italian Soya Bolognaise (S) (T)</b>	Soya mince, carrot, butternut squash, onion, mixed peppers, tomato, garlic, basil, mixed herbs, oregano, paprika, stock & rice flour	Gluten Free Pasta	<b>Oaty Date Bar (Gluten Free) (SD) with Vanilla Sauce (D)</b>

Menu B	Main Course		Side Course	Second Course
Monday	<b>Portuguese Chicken (D) (PU) (SD) (T)</b>	Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream & bechamel (contains coconut)	Brown Rice	Fruit Salad of Pineapple, Apricot & Apple
Tuesday	<b>Lemon &amp; Herb Salmon (D) (F) (PU) (SD)</b>	Salmon, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, cream, garlic, parsley, bechamel (contains coconut), basil & vegetable stock	Gluten Free Pasta	Carrot & Cinnamon Flapjack (Gluten Free)
Wednesday	<b>Vegetable Massaman Curry (PU) (SD) (T)</b>	Potato, onion, sweet potato, peppers, leeks, cauliflower, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, Thai curry paste, coriander & vegetable stock	White Rice	<b>Winter Berry Yoghurt (D)</b>
Thursday	<b>Roast Turkey in Gravy (PU) with Baby New Potatoes</b>	Roast turkey slices & gravy New potatoes	Cabbage & Carrots	<b>Vanilla Ice Cream (D)</b>
Friday	<b>Sausage Casserole (Gluten Free) (PU) (SD) (T)</b>	Gluten Free Pork Sausage, potato, swede, onion, carrot, butternut squash, garlic, tomato, peas, haricot beans, smoked paprika, mixed herbs, & vegetable stock	Gluten Free Pasta	Diced Peaches with Natural Yoghurt (D)

Menu C	Main Course		Side Course	Second Course
Monday	<b>Butter Chicken (D) (PU) (SD) (T)</b>	Diced chicken, onion, butternut squash, garlic, tomato, coriander, curry paste, lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut) & cream	White Rice	<b>Blueberry &amp; Date Oat Bar (Gluten Free) (SD)</b>
Tuesday	<b>Winter Beef Stew (PU) (T)</b>	Diced beef, potato, onion, leek, carrot, tomato, chickpeas, gravy, parsley, rosemary & garlic	Mashed Potato	<b>Pear Yoghurt (D)</b>
Wednesday	<b>Mild Vegetable Chilli (PU) (SD) (T)</b>	Kidney beans, black beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	Plain Flapjack (Gluten Free) <b>Vanilla Sauce (D)</b>
Thursday	<b>Sweet &amp; Sour Chicken (SD) (T)</b>	Diced chicken, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato, red wine vinegar, vegetable stock & cornflour	Gluten Free Pasta	<b>Diced Apple &amp; Berry Creme Fraiche (D)</b>
Friday	<b>Around the World Menu</b>			

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 PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato

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# G GLUTEN FREE NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries													
Monday	Spinach & Paneer Makhani			●	●										
	White Rice														
	Peaches & Pears			●											
Tuesday	Simply Chicken			●											
	Gluten Free Pasta														
	Plum Yoghurt			●	●										
Wednesday	Mango & Mixed Bean Fiesta			●											
	Rainbow Rice														
	Plain Flapjack (Gluten Free)														
Thursday	Pork & Apple Hotpot			●	●										
	New Potatoes														
	Fresh Melon			●											
Friday	Italian Soya Bolognaise			●											
	Gluten Free Pasta														
	Oaty Date Bar (Gluten Free)			●											
	with Vanilla Sauce				●										

Menu B	Dish	Dietaries													
Monday	Portuguese Chicken			●	●										
	Brown Rice														
	Fruit Salad of Pineapple, Apricot & Apple			●											
Tuesday	Lemon & Herb Salmon			●	●		●								
	Gluten Free Pasta														
	Carrot & Cinnamon Flapjack (Gluten Free)			●											
Wednesday	Vegetable Massaman Curry			●											
	White Rice														
	Winter Berry Yoghurt			●	●										
Thursday	Roast Turkey in Gravy														
	with Baby New Potatoes														
	Cabbage & Carrots														
Friday	Vanilla Ice Cream			●	●										
	Sausage Casserole (Gluten Free)			●											
	Gluten Free Pasta														
	Diced Peaches			●											
	with Natural Yoghurt				●										

Menu C	Dish	Dietaries													
Monday	Butter Chicken			●	●										
	White Rice														
	Blueberry & Date Oat Bar (Gluten Free)			●											
Tuesday	Winter Beef Stew	●		●											
	Mashed Potato														
	Pear Yoghurt			●	●										
Wednesday	Mild Vegetable Chilli			●											
	White Rice														
	Plain Flapjack (Gluten Free)														
	Vanilla Sauce				●										
Thursday	Sweet & Sour Chicken			●											
	Gluten Free Pasta														
	Diced Apple & Berry Creme Fraiche			●	●										
Friday	<b>Around the World Menu</b>														

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Day	Main Course	Side Course	Second Course
8 Nov 2024	<b>French Beef Bourignion (T)</b> Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy, parsley & rice flour.	Mashed Potato	<b>Natural Yoghurt (D)</b> with Diced Apricots
29 Nov 2024	<b>Italian Chicken Meatballs in Rich Tomato Sauce (Gluten Free) (PU) (T)</b> Gluten free chicken meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour.	Gluten Free Pasta	Plain Flapjack (Gluten Free)
20 Dec 2024	<b>Greek Lemon &amp; Rosemary Chicken (PU) (SD)</b> with Gluten Free Wrap Chicken, rosemary, mixed peppers, butternut squash, red onion, peas, lemon juice, lemon zest, garlic, peach, bechamel (contains coconut) & vegetable stock Gluten free wrap	<b>Tzatziki (D)</b>	Orange & Rosemary Gluten Free Flapjack
10 Jan 2025	<b>Thai Red Chicken Curry (D) (PU) (SD) (T)</b> Chicken, red onion, peppers, carrot, peas, coriander, basil, Thai red curry paste, bechamel, coconut milk, ginger, garlic, vegetable stock, lime zest, cream, tomato puree & cornflour	Gluten Free Pasta	<b>Mango Yoghurt (D)</b>
31 Jan 2025	<b>Cuban Pork (PU) (T)</b> Diced pork, carrot, mixed peppers, onion, butternut squash, black eyed beans, haricot beans, basil, garlic, coriander, orange juice, orange peel, paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	<b>Natural Yoghurt with Coconut (D)</b>
21 Feb 2025	<b>Jamaican Jerk Chicken (PU) (T)</b> Diced chicken, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, kidney beans, stock & ginger	<b>Rice &amp; Peas (PU)</b>	Plain Flapjack (Gluten Free)
14 Mar 2025	<b>American Barbecue Chicken (SD) (T)</b> Sliced chicken breast, onion, garlic, pineapple puree, peppers, tomato, coriander, cumin, smoked paprika, red wine vinegar, stock & cornflour	White Rice	Gluten Free Blueberry Flapjack with <b>Vanilla Sauce (D)</b>
4 Apr 2025	<b>Moroccan Beef &amp; Apricot Tagine (PU) (SD) (T)</b> Beef, chickpeas, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, stock & rice flour	New Potatoes	Plain Flapjack (Gluten Free)
25 Apr 2025	<b>Gluten Free Pork Sausage with Homemade Baked Beans (PU) (SD) (T)</b> Gluten free pork sausage, haricot beans, garlic, onion, carrot, sweet potato, tomato, rice flour	Mashed Potato	<b>Strawberry Ice Cream (D)</b>

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# G GLUTEN FREE AROUND THE WORLD NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice
C Celery
B Beef

Day	Dish	Dietaries													
8 Nov 2024	French Beef Bourignon	●		●									●	●	●
	Mashed Potato													●	●
	Natural Yoghurt with Diced Apricots			●	●					●				●	●
29 Nov 2024	Italian Chicken Meatballs in Rich Tomato Sauce (Gluten Free)			●									●	●	●
	Gluten Free Pasta													●	●
	Plain Flapjack (Gluten Free)													●	●
20 Dec 2024	Greek Lemon & Rosemary Chicken with Gluten Free Wrap			●										●	●
	Tzatziki													●	●
	Orange & Rosemary Gluten Free Flapjack			●	●									●	●
10 Jan 2025	Thai Red Chicken Curry			●	●								●	●	●
	Gluten Free Pasta													●	●
	Mango Yoghurt			●	●								●	●	●
31 Jan 2025	Cuban Pork			●							●		●	●	●
	Brown Rice													●	●
	Natural Yoghurt with Coconut				●									●	●
21 Feb 2025	Jamaican Jerk Chicken			●									●	●	●
	Rice & Peas													●	●
	Plain Flapjack (Gluten Free)													●	●
14 Mar 2025	American Barbecue Chicken			●									●	●	●
	White Rice													●	●
	Gluten Free Blueberry Flapjack with Vanilla Sauce			●	●									●	●
4 Apr 2025	Moroccan Beef & Apricot Tagine	●		●									●	●	●
	New Potatoes													●	●
	Plain Flapjack (Gluten Free)													●	●
25 Apr 2025	Gluten Free Pork Sausage with Homemade Baked Beans			●									●	●	●
	Mashed Potato													●	●
	Strawberry Ice Cream			●	●									●	●

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Menu A	Main Course		Side Course	Second Course
Monday	<b>Spinach &amp; Paneer Makhani (Pulse Free) (D) (SD) (T)</b>	Spinach, paneer, onion, sweet potato, peppers, mango chutney, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Peaches & Pears
Tuesday	<b>Simply Chicken (T)</b>	Diced chicken, onion, garlic, peppers, butternut squash, tomato, rapeseed oil & rice flour	<b>Pasta (G)</b>	<b>Plum Yoghurt (D)</b>
Wednesday	<b>Mango &amp; Mixed Vegetable Fiesta (Pulse Free) (SD) (T)</b>	Carrot, onion, parsnip, mango juice, mango chutney, sweetcorn, pineapple, tomato, mixed spice, basil, vegetable stock & cornflour	Rainbow Rice	<b>Courgette, Lime &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
Thursday	<b>Pork &amp; Apple Hotpot (Pulse Free) (D) (SD) (T)</b>	Diced pork, apple, onion, butternut squash, garlic, tomato, parsley, curry paste, lemon juice & cream	New Potatoes	Fresh Melon
Friday	<b>Italian Soya Bolognese (S) (T)</b>	Soya mince, carrot, butternut squash, onion, mixed peppers, tomato, garlic, basil, mixed herbs, oregano, paprika, stock & rice flour	<b>Wholewheat Pasta (G)</b>	<b>Oaty Date Bar (G) (SD) with Vanilla Sauce (D)</b>

Menu B	Main Course		Side Course	Second Course
Monday	<b>Portuguese Chicken (Pulse Free) (D) (SD) (T)</b>	Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, cornflour, cream	Brown Rice	Fruit Salad of Pineapple, Apricot & Apple
Tuesday	<b>Lemon &amp; Herb Salmon (Pulse Free) (D) (F) (SD)</b>	Salmon, sweetcorn, peppers, onion, butternut squash, lemon juice, lemon zest, cream, garlic, parsley, basil & vegetable stock	<b>Pasta (G)</b>	<b>Carrot &amp; Cinnamon Flapjack (G)</b>
Wednesday	<b>Vegetable Massaman Curry (Pulse Free) (SD) (T)</b>	Potato, onion, sweet potato, peppers, leeks, cauliflower, tomato, mild curry powder, ginger, cinnamon, apricots, coconut milk, pineapple, garlic, Thai curry paste, coriander & vegetable stock	White Rice	<b>Winter Berry Yoghurt (D)</b>
Thursday	Roast Chicken in Gravy with Baby New Potatoes	Chicken breast & gravy New potatoes	Cabbage & Carrots	<b>Vanilla Ice Cream (D)</b>
Friday	<b>Sausage Casserole (Pulse Free) (G) (SD) (T)</b>	Speldhurst pork & beef sausage, potato, swede, onion, carrot, butternut squash, garlic, tomato, smoked paprika, mixed herbs, & vegetable stock	<b>Pasta (G)</b>	Diced Peaches with Natural Yoghurt (D)

Menu C	Main Course		Side Course	Second Course
Monday	<b>Butter Chicken (Pulse Free) (D) (SD) (T)</b>	Diced chicken, onion, butternut squash, garlic, tomato, coriander, curry paste, lemon juice, garam masala, ginger, paprika, cumin & cream	White Rice	<b>Blueberry &amp; Date Oat Bar (G) (SD)</b>
Tuesday	<b>Winter Beef Stew (Pulse Free) (T)</b>	Diced beef, potato, onion, leek, carrot, tomato, gravy, parsley, rosemary & garlic	Mashed Potato	<b>Pear Yoghurt (D)</b>
Wednesday	<b>Mild Vegetable Chilli (Pulse Free) (SD) (T)</b>	Sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	<b>Banana Sponge Slice (G) (S) with Vanilla Sauce (D)</b>
Thursday	<b>Sweet &amp; Sour Chicken (SD) (T)</b>	Diced chicken, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato, red wine vinegar, vegetable stock & cornflour	<b>Wholewheat Noodles (G)</b>	<b>Diced Apple &amp; Berry Creme Fraiche (D)</b>
Friday	<b>Around the World Menu</b>			

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# PU PULSE & Bean FREE NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries													
Monday	Spinach & Paneer Makhani (Pulse Free)			●	●										
	White Rice														
	Peaches & Pears			●											
Tuesday	Simply Chicken			●											
	Pasta														
	Plum Yoghurt			●	●										
Wednesday	Mango & Mixed Vegetable Fiesta (Pulse Free)			●											
	Rainbow Rice														
	Courgette, Lime & Cream Cheese Sponge Slice			●	●										
Thursday	Pork & Apple Hotpot (Pulse Free)			●	●										
	New Potatoes														
	Fresh Melon			●											
Friday	Italian Soya Bolognaise			●											
	Wholewheat Pasta														
	Oaty Date Bar			●											
	with Vanilla Sauce				●										

Menu B	Dish	Dietaries													
Monday	Portuguese Chicken (Pulse Free)			●	●										
	Brown Rice														
	Fruit Salad of Pineapple, Apricot & Apple			●											
Tuesday	Lemon & Herb Salmon (Pulse Free)			●	●										
	Pasta														
	Carrot & Cinnamon Flapjack			●											
Wednesday	Vegetable Massaman Curry (Pulse Free)			●											
	White Rice														
	Winter Berry Yoghurt			●	●										
Thursday	Roast Chicken in Gravy with Baby New Potatoes			●											
	Cabbage & Carrots														
	Vanilla Ice Cream			●	●										
Friday	Sausage Casserole (Pulse Free)	●		●											
	Pasta														
	Diced Peaches			●											
	with Natural Yoghurt				●										

Menu C	Dish	Dietaries													
Monday	Butter Chicken (Pulse Free)			●	●										
	White Rice														
	Blueberry & Date Oat Bar			●											
Tuesday	Winter Beef Stew (Pulse Free)	●		●											
	Mashed Potato														
	Pear Yoghurt			●	●										
Wednesday	Mild Vegetable Chilli (Pulse Free)			●											
	White Rice														
	Banana Sponge Slice with Vanilla Sauce			●											
Thursday	Sweet & Sour Chicken			●											
	Wholewheat Noodles			●											
	Diced Apple & Berry Creme Fraiche			●	●										
Friday	<b>Around the World Menu</b>														

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Day	Main Course	Side Course	Second Course
8 Nov 2024	<b>French Beef Bourignion (T)</b> Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy, parsley & rice flour.	Mashed Potato	<b>Natural Yoghurt (D)</b> with Diced Apricots
29 Nov 2024	<b>Italian Beef Meatballs in Rich Tomato Sauce (Pulse Free) (G) (S) (SD) (T)</b> Beef meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy & rice flour.	<b>Pasta (G)</b>	<b>Lemon &amp; Cream Cheese Sponge Slice (D) (G) (S) (SD)</b>
20 Dec 2024	<b>Greek Lemon &amp; Rosemary Chicken (Pulse Free) (SD) with Mini Flatbread (G)</b> Chicken, rosemary, mixed peppers, butternut squash, red onion, lemon juice, lemon zest, garlic, peach, gravy & vegetable stock Flatbread	<b>Tzatziki (D)</b>	<b>Orange &amp; Rosemary Flapjack (G)</b>
10 Jan 2025	<b>Thai Red Chicken Curry (Pulse Free) (D) (SD) (T)</b> Chicken, red onion, peppers, carrot, coriander, basil, Thai red curry paste, coconut milk, ginger, garlic, vegetable stock, lime zest, cream, tomato puree & cornflour	<b>Wholewheat Noodles (G)</b>	<b>Mango Yoghurt (D)</b>
31 Jan 2025	<b>Cuban Pork (Pulse Free) (T)</b> Diced pork, carrot, mixed peppers, onion, butternut squash, basil, garlic, coriander, orange juice, orange peel, paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	<b>Natural Yoghurt with Coconut (D)</b>
21 Feb 2025	<b>Jamaican Jerk Chicken (Pulse Free) (T)</b> Diced chicken, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, stock & ginger	White Rice	<b>Pineapple &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
14 Mar 2025	<b>American Barbecue Chicken (SD) (T)</b> Sliced chicken breast, onion, garlic, pineapple puree, peppers, tomato, coriander, cumin, smoked paprika, red wine vinegar, stock & cornflour	White Rice	<b>Blueberry Flapjack (G) with Vanilla Sauce (D)</b>
4 Apr 2025	<b>Moroccan Beef &amp; Apricot Tagine (Pulse Free) (SD) (T)</b> Beef, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, stock & rice flour	New Potatoes	<b>Sultana, Date &amp; Cream Cheese Sponge Slice (D) (G) (S) (SD)</b>
25 Apr 2025	<b>Speldhurst Kent Sausage &amp; Sweetcorn in Gravy (G) (SD)</b> Speldhurst pork & beef sausage, sweetcorn & gravy	Mashed Potato	<b>Strawberry Ice Cream (D)</b>

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# PU PULSE & Bean FREE AROUND THE WORLD NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice
C Celery
B Beef

Day	Dish	Dietaries												
8 Nov 2024	French Beef Bourignon Mashed Potato Natural Yoghurt with Diced Apricots	●		●					●			●	●	●
29 Nov 2024	Italian Beef Meatballs in Rich Tomato Sauce (Pulse Free) Pasta Lemon & Cream Cheese Sponge Slice	●		●	●			●	●		●	●	●	●
20 Dec 2024	Greek Lemon & Rosemary Chicken (Pulse Free) with Mini Flatbread Tzatziki Orange & Rosemary Flapjack			●	●			●	●		●		●	●
10 Jan 2025	Thai Red Chicken Curry (Pulse Free) Wholewheat Noodles Mango Yoghurt			●	●			●	●		●	●	●	●
31 Jan 2025	Cuban Pork (Pulse Free) Brown Rice Natural Yoghurt with Coconut			●	●				●	●	●		●	●
21 Feb 2025	Jamaican Jerk Chicken (Pulse Free) White Rice Pineapple & Cream Cheese Sponge Slice			●	●			●	●		●	●	●	●
14 Mar 2025	American Barbecue Chicken White Rice Blueberry Flapjack with Vanilla Sauce			●	●			●	●		●	●	●	●
4 Apr 2025	Moroccan Beef & Apricot Tagine (Pulse Free) New Potatoes Sultana, Date & Cream Cheese Sponge Slice	●		●	●			●	●		●	●	●	●
25 Apr 2025	Speldhurst Kent Sausage & Sweetcorn in Gravy Mashed Potato Strawberry Ice Cream	●		●	●			●	●	●	●		●	●

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Menu A	Main Course	Side Course	Second Course
Monday	<b>Spinach &amp; Paneer Makhani (D) (PU) (SD) (T)</b> Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Peaches & Pears
Tuesday	<b>Simply Chicken (T)</b> Diced chicken, onion, garlic, peppers, butternut squash, tomato, rapeseed oil & rice flour	<b>Pasta (G)</b>	<b>Plum Yoghurt (D)</b>
Wednesday	<b>Mango &amp; Mixed Bean Fiesta (PU) (SD) (T)</b> Kidney beans, haricot beans, chickpeas, carrot, parsnip, mango juice, mango chutney, sweetcorn, pineapple, tomato, mixed spice, basil, vegetable stock & cornflour	Rainbow Rice	Plain Flapjack (Gluten Free)
Thursday	<b>Pork &amp; Apple Hotpot (D) (PU) (SD) (T)</b> Diced pork, apple, onion, butternut squash, peas, garlic, tomato, parsley, curry paste, lemon juice, bechamel (contains coconut) & cream	New Potatoes	Fresh Melon
Friday	<b>Italian Soya Free Bolognese (T)</b> Carrot, butternut squash, onion, mixed peppers, tomato, garlic, basil, mixed herbs, oregano, paprika, stock & rice flour	<b>Wholewheat Pasta (G)</b>	<b>Oaty Date Bar (G) (SD) with Vanilla Sauce (D)</b>

Menu B	Main Course	Side Course	Second Course
Monday	<b>Portuguese Chicken (D) (PU) (SD) (T)</b> Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream & bechamel (contains coconut)	Brown Rice	Fruit Salad of Pineapple, Apricot & Apple
Tuesday	<b>Lemon &amp; Herb Salmon (D) (F) (PU) (SD)</b> Salmon, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, cream, garlic, parsley, bechamel (contains coconut), basil & vegetable stock	<b>Pasta (G)</b>	<b>Carrot &amp; Cinnamon Flapjack (G)</b>
Wednesday	<b>Vegetable Massaman Curry (PU) (SD) (T)</b> Potato, onion, sweet potato, peppers, leeks, cauliflower, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, Thai curry paste, coriander & vegetable stock	White Rice	<b>Winter Berry Yoghurt (D)</b>
Thursday	<b>Roast Turkey in Gravy (PU) with Baby New Potatoes</b> Roast turkey slices & gravy New potatoes	Cabbage & Carrots	<b>Vanilla Ice Cream (D)</b>
Friday	<b>Sausage Casserole (G) (PU) (SD) (T)</b> Speldhurst pork & beef sausage, potato, swede, onion, carrot, butternut squash, garlic, tomato, peas, haricot beans, smoked paprika, mixed herbs, & vegetable stock	<b>Pasta (G)</b>	Diced Peaches with Natural Yoghurt (D)

Menu C	Main Course	Side Course	Second Course
Monday	<b>Butter Chicken (D) (PU) (SD) (T)</b> Diced chicken, onion, butternut squash, garlic, tomato, coriander, curry paste, lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut) & cream	White Rice	<b>Blueberry &amp; Date Oat Bar (G) (SD)</b>
Tuesday	<b>Winter Beef Stew (PU) (T)</b> Diced beef, potato, onion, leek, carrot, tomato, chickpeas, gravy, parsley, rosemary & garlic	Mashed Potato	<b>Pear Yoghurt (D)</b>
Wednesday	<b>Mild Vegetable Chilli (PU) (SD) (T)</b> Kidney beans, black beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	Plain Flapjack (Gluten Free) <b>Vanilla Sauce (D)</b>
Thursday	<b>Sweet &amp; Sour Chicken (SD) (T)</b> Diced chicken, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato, red wine vinegar, vegetable stock & cornflour	<b>Wholewheat Noodles (G)</b>	<b>Diced Apple &amp; Berry Creme Fraiche (D)</b>
Friday	<b>Around the World Menu</b>		

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PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato

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# S SOYA FREE NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries													
Monday	Spinach & Paneer Makhani			●	●										
	White Rice														
	Peaches & Pears			●											
Tuesday	Simply Chicken			●											
	Pasta														
	Plum Yoghurt			●	●										
Wednesday	Mango & Mixed Bean Fiesta			●											
	Rainbow Rice														
	Plain Flapjack (Gluten Free)														
Thursday	Pork & Apple Hotpot			●	●										
	New Potatoes														
	Fresh Melon			●											
Friday	Italian Soya Free Bolognese			●											
	Wholewheat Pasta														
	Oaty Date Bar			●											
	with Vanilla Sauce				●										

Menu B	Dish	Dietaries													
Monday	Portuguese Chicken			●	●										
	Brown Rice														
	Fruit Salad of Pineapple, Apricot & Apple			●											
Tuesday	Lemon & Herb Salmon			●	●										
	Pasta														
	Carrot & Cinnamon Flapjack			●											
Wednesday	Vegetable Massaman Curry			●											
	White Rice														
	Winter Berry Yoghurt			●	●										
Thursday	Roast Turkey in Gravy														
	with Baby New Potatoes														
	Cabbage & Carrots														
Friday	Vanilla Ice Cream			●	●										
	Sausage Casserole	●		●											
	Pasta														
	Diced Peaches			●											
	with Natural Yoghurt				●										

Menu C	Dish	Dietaries													
Monday	Butter Chicken			●	●										
	White Rice														
	Blueberry & Date Oat Bar			●											
Tuesday	Winter Beef Stew	●		●											
	Mashed Potato														
	Pear Yoghurt			●	●										
Wednesday	Mild Vegetable Chilli			●											
	White Rice														
	Plain Flapjack (Gluten Free)														
	Vanilla Sauce				●										
Thursday	Sweet & Sour Chicken			●	●										
	Wholewheat Noodles														
	Diced Apple & Berry Creme Fraiche			●	●										
Friday	<b>Around the World Menu</b>														

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Day	Main Course	Side Course	Second Course
8 Nov 2024	<b>French Beef Bourignonn (T)</b> Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy, parsley & rice flour.	Mashed Potato	<b>Natural Yoghurt (D)</b> with Diced Apricots
29 Nov 2024	<b>Italian Chicken Meatballs in Rich Tomato Sauce (Soya Free) (PU) (T)</b> Chicken meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour.	<b>Pasta (G)</b>	Plain Flapjack (Gluten Free)
20 Dec 2024	<b>Greek Lemon &amp; Rosemary Chicken (PU) (SD) with Mini Flatbread (G)</b> Chicken, rosemary, mixed peppers, butternut squash, red onion, peas, lemon juice, lemon zest, garlic, peach, bechamel (contains coconut) & vegetable stock Flatbread	<b>Tzatziki (D)</b>	<b>Orange &amp; Rosemary Flapjack (G)</b>
10 Jan 2025	<b>Thai Red Chicken Curry (D) (PU) (SD) (T)</b> Chicken, red onion, peppers, carrot, peas, coriander, basil, Thai red curry paste, bechamel, coconut milk, ginger, garlic, vegetable stock, lime zest, cream, tomato puree & cornflour	<b>Wholewheat Noodles (G)</b>	<b>Mango Yoghurt (D)</b>
31 Jan 2025	<b>Cuban Pork (PU) (T)</b> Diced pork, carrot, mixed peppers, onion, butternut squash, black eyed beans, haricot beans, basil, garlic, coriander, orange juice, orange peel, paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	<b>Natural Yoghurt with Coconut (D)</b>
21 Feb 2025	<b>Jamaican Jerk Chicken (PU) (T)</b> Diced chicken, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, kidney beans, stock & ginger	<b>Rice &amp; Peas (PU)</b>	Plain Flapjack (Gluten Free)
14 Mar 2025	<b>American Barbecue Chicken (SD) (T)</b> Sliced chicken breast, onion, garlic, pineapple puree, peppers, tomato, coriander, cumin, smoked paprika, red wine vinegar, stock & cornflour	White Rice	<b>Blueberry Flapjack (G) with Vanilla Sauce (D)</b>
4 Apr 2025	<b>Moroccan Beef &amp; Apricot Tagine (PU) (SD) (T)</b> Beef, chickpeas, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, stock & rice flour	New Potatoes	Plain Flapjack (Gluten Free)
25 Apr 2025	<b>Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T)</b> Speldhurst pork & beef sausage, haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour	Mashed Potato	<b>Strawberry Ice Cream (D)</b>

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# S SOYA FREE AROUND THE WORLD NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice
C Celery
B Beef

Day	Dish	Dietaries												
8 Nov 2024	French Beef Bourignon Mashed Potato Natural Yoghurt with Diced Apricots	●		●						●		●	●	●
29 Nov 2024	Italian Chicken Meatballs in Rich Tomato Sauce (Soya Free) Pasta Plain Flapjack (Gluten Free)			●				●	●		●		●	●
20 Dec 2024	Greek Lemon & Rosemary Chicken with Mini Flatbread Tzatziki Orange & Rosemary Flapjack			●				●	●		●		●	●
10 Jan 2025	Thai Red Chicken Curry Wholewheat Noodles Mango Yoghurt			●	●			●	●		●		●	●
31 Jan 2025	Cuban Pork Brown Rice Natural Yoghurt with Coconut			●	●			●		●		●	●	●
21 Feb 2025	Jamaican Jerk Chicken Rice & Peas Plain Flapjack (Gluten Free)			●				●		●		●	●	●
14 Mar 2025	American Barbecue Chicken White Rice Blueberry Flapjack with Vanilla Sauce			●				●	●		●		●	●
4 Apr 2025	Moroccan Beef & Apricot Tagine New Potatoes Plain Flapjack (Gluten Free)	●		●				●		●		●	●	●
25 Apr 2025	Speldhurst Kent Sausage with Homemade Baked Beans Mashed Potato Strawberry Ice Cream	●		●	●			●		●		●	●	●

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Menu A	Main Course		Side Course	Second Course
Monday	<b>Spinach &amp; Paneer Makhani (Tomato Free) (D) (PU) (SD)</b>	Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, curry powder, korma paste, yoghurt & cornflour	White Rice	Peaches & Pears
Tuesday	Simply Chicken (Tomato Free)	Diced chicken, onion, garlic, peppers, butternut squash, rice flour, rapeseed oil & gravy	<b>Pasta (G)</b>	<b>Plum Yoghurt (D)</b>
Wednesday	<b>Mango &amp; Mixed Bean Fiesta (Tomato Free) (PU) (SD)</b>	Kidney beans, haricot beans, chickpeas, carrot, parsnip, mango juice, mango chutney, sweetcorn, pineapple, gravy, mixed spice, basil, vegetable stock & cornflour	Rainbow Rice	<b>Courgette, Lime &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
Thursday	<b>Pork &amp; Apple Hotpot (Tomato Free) (D) (PU) (SD)</b>	Diced pork, apple, onion, butternut squash, peas, garlic, parsley, curry paste, lemon juice, bechamel (contains coconut) & cream	New Potatoes	Fresh Melon
Friday	<b>Italian Soya Bolognaise (Tomato Free) (S)</b>	Soya mince, carrot, butternut squash, onion, mixed peppers, gravy, garlic, basil, mixed herbs, oregano, paprika, stock & rice flour	<b>Wholewheat Pasta (G)</b>	<b>Oaty Date Bar (G) (SD) with Vanilla Sauce (D)</b>

Menu B	Main Course		Side Course	Second Course
Monday	<b>Portuguese Chicken (Tomato Free) (D) (PU) (SD)</b>	Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream, bechamel (contains coconut)	Brown Rice	Fruit Salad of Pineapple, Apricot & Apple
Tuesday	<b>Lemon &amp; Herb Salmon (D) (F) (PU) (SD)</b>	Salmon, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, cream, garlic, parsley, bechamel (contains coconut), basil & vegetable stock	<b>Pasta (G)</b>	<b>Carrot &amp; Cinnamon Flapjack (G)</b>
Wednesday	<b>Vegetable Massaman Curry (Tomato Free) (PU) (SD)</b>	Potato, onion, sweet potato, peppers, leeks, cauliflower, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, mixed spices, coriander, curry paste & vegetable stock	White Rice	<b>Winter Berry Yoghurt (D)</b>
Thursday	<b>Roast Turkey in Gravy (PU) with Baby New Potatoes</b>	Roast turkey slices & gravy New potatoes	Cabbage & Carrots	<b>Vanilla Ice Cream (D)</b>
Friday	<b>Sausage Casserole (Tomato Free) (G) (PU) (SD)</b>	Speldhurst pork & beef sausage, potato, swede, onion, carrot, butternut squash, garlic, gravy, peas, haricot beans, smoked paprika, mixed herbs, & vegetable stock	<b>Pasta (G)</b>	Diced Peaches with Natural Yoghurt (D)

Menu C	Main Course		Side Course	Second Course
Monday	<b>Butter Chicken (Tomato Free) (D) (PU) (SD)</b>	Diced chicken, onion, butternut squash, garlic, coriander, curry paste, lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut) & cream	White Rice	<b>Blueberry &amp; Date Oat Bar (G) (SD)</b>
Tuesday	<b>Winter Beef Stew (Tomato Free) (PU)</b>	Diced beef, potato, onion, leek, carrot, chickpeas, gravy, parsley, rosemary & garlic	Mashed Potato	<b>Pear Yoghurt (D)</b>
Wednesday	<b>Mild Vegetable Chilli (Tomato Free) (PU) (SD)</b>	Kidney beans, black beans, sweet potato, butternut squash, mixed peppers, onion, garlic, gravy, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	<b>Banana Sponge Slice (G) (S) with Vanilla Sauce (D)</b>
Thursday	<b>Sweet &amp; Sour Chicken (Tomato Free) (SD)</b>	Diced chicken, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, gravy, red wine vinegar, vegetable stock & cornflour	<b>Wholewheat Noodles (G)</b>	<b>Diced Apple &amp; Berry Creme Fraiche (D)</b>
Friday	<b>Around the World Menu</b>			

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# T TOMATO FREE NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries													
Monday	Spinach & Paneer Makhani (Tomato Free)			●	●										
	White Rice														
	Peaches & Pears			●											
Tuesday	Simply Chicken (Tomato Free)			●											
	Pasta														
	Plum Yoghurt			●	●										
Wednesday	Mango & Mixed Bean Fiesta (Tomato Free)			●											
	Rainbow Rice														
	Courgette, Lime & Cream Cheese Sponge Slice			●	●										
Thursday	Pork & Apple Hotpot (Tomato Free)			●	●										
	New Potatoes														
	Fresh Melon			●											
Friday	Italian Soya Bolognaise (Tomato Free)			●											
	Wholewheat Pasta														
	Oaty Date Bar			●											
	with Vanilla Sauce				●										

Menu B	Dish	Dietaries													
Monday	Portuguese Chicken (Tomato Free)			●	●										
	Brown Rice														
	Fruit Salad of Pineapple, Apricot & Apple			●											
Tuesday	Lemon & Herb Salmon			●	●										
	Pasta														
	Carrot & Cinnamon Flapjack			●											
Wednesday	Vegetable Massaman Curry (Tomato Free)			●											
	White Rice														
	Winter Berry Yoghurt			●	●										
Thursday	Roast Turkey in Gravy with Baby New Potatoes														
	Cabbage & Carrots														
	Vanilla Ice Cream			●	●										
Friday	Sausage Casserole (Tomato Free)	●		●											
	Pasta														
	Diced Peaches			●											
	with Natural Yoghurt				●										

Menu C	Dish	Dietaries													
Monday	Butter Chicken (Tomato Free)			●	●										
	White Rice														
	Blueberry & Date Oat Bar			●											
Tuesday	Winter Beef Stew (Tomato Free)	●		●											
	Mashed Potato														
	Pear Yoghurt			●	●										
Wednesday	Mild Vegetable Chilli (Tomato Free)			●											
	White Rice														
	Banana Sponge Slice with Vanilla Sauce			●											
Thursday	Sweet & Sour Chicken (Tomato Free)			●	●										
	Wholewheat Noodles														
	Diced Apple & Berry Creme Fraiche			●	●										
Friday	<b>Around the World Menu</b>														

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Day	Main Course	Side Course	Second Course
8 Nov 2024	French Beef Bourignion (Tomato Free)	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, gravy, parsley & rice flour.	Mashed Potato <b>Natural Yoghurt (D)</b> with Diced Apricots
29 Nov 2024	<b>Italian Beef Meatballs in Gravy (Tomato Free) (G) (PU) (S) (SD)</b>	Beef meatballs, onion, garlic, carrot, basil, herbs, peppers, gravy, lentils & rice flour.	<b>Pasta (G)</b> <b>Lemon &amp; Cream Cheese Sponge Slice (D) (G) (S) (SD)</b>
20 Dec 2024	<b>Greek Lemon &amp; Rosemary Chicken (PU) (SD) with Mini Flatbread (G)</b>	Chicken, rosemary, mixed peppers, butternut squash, red onion, peas, lemon juice, lemon zest, garlic, peach, bechamel (contains coconut) & vegetable stock Flatbread	<b>Tzatziki (D)</b> <b>Orange &amp; Rosemary Flapjack (G)</b>
10 Jan 2025	<b>Thai Red Chicken Curry (Tomato Free) (D) (PU) (SD)</b>	Chicken, red onion, peppers, carrot, peas, coriander, basil, bechamel, coconut milk, ginger, garlic, vegetable stock, lime zest, cream & cornflour	<b>Wholewheat Noodles (G)</b> <b>Mango Yoghurt (D)</b>
31 Jan 2025	<b>Cuban Pork (Tomato Free) (PU)</b>	Diced pork, carrot, mixed peppers, onion, butternut squash, black eyed beans, haricot beans, basil, garlic, coriander, orange juice, orange peel, paprika, cumin, oregano, cinnamon, stock	Brown Rice <b>Natural Yoghurt with Coconut (D)</b>
21 Feb 2025	<b>Jamaican Jerk Chicken (Tomato Free) (PU)</b>	Diced chicken, carrot, peppers, red onion, courgette, pineapple, rice flour, mixed spice, lime zest, thyme, kidney beans, stock & ginger	<b>Rice &amp; Peas (PU)</b> <b>Pineapple &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
14 Mar 2025	<b>American Barbecue Chicken (Tomato Free) (SD)</b>	Sliced chicken breast, onion, garlic, pineapple puree, peppers, coriander, cumin, smoked paprika, red wine vinegar, stock & cornflour	White Rice <b>Blueberry Flapjack (G) with Vanilla Sauce (D)</b>
4 Apr 2025	<b>Moroccan Beef &amp; Apricot Tagine (Tomato Free) (PU) (SD)</b>	Beef, chickpeas, onion, carrot, potato, peppers, gravy, garlic, cumin, coriander, cinnamon, apricots, stock & rice flour	New Potatoes <b>Sultana, Date &amp; Cream Cheese Sponge Slice (D) (G) (S) (SD)</b>
25 Apr 2025	<b>Speldhurst Kent Sausage &amp; Sweetcorn in Gravy (G) (SD)</b>	Speldhurst pork & beef sausage, sweetcorn & gravy	Mashed Potato <b>Strawberry Ice Cream (D)</b>

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# T TOMATO FREE AROUND THE WORLD NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice
C Celery
B Beef

Day	Dish	Dietaries																	
8 Nov 2024	French Beef Bourignon (Tomato Free) Mashed Potato Natural Yoghurt with Diced Apricots	●		●							●							●	●
29 Nov 2024	Italian Beef Meatballs in Gravy (Tomato Free) Pasta Lemon & Cream Cheese Sponge Slice	●		●					●	●		●		●	●			●	●
20 Dec 2024	Greek Lemon & Rosemary Chicken with Mini Flatbread Tzatziki Orange & Rosemary Flapjack			●					●	●			●					●	●
10 Jan 2025	Thai Red Chicken Curry (Tomato Free) Wholewheat Noodles Mango Yoghurt			●					●	●		●		●				●	●
31 Jan 2025	Cuban Pork (Tomato Free) Brown Rice Natural Yoghurt with Coconut			●						●	●	●						●	●
21 Feb 2025	Jamaican Jerk Chicken (Tomato Free) Rice & Peas Pineapple & Cream Cheese Sponge Slice			●						●	●	●		●				●	●
14 Mar 2025	American Barbecue Chicken (Tomato Free) White Rice Blueberry Flapjack with Vanilla Sauce			●						●	●							●	●
4 Apr 2025	Moroccan Beef & Apricot Tagine (Tomato Free) New Potatoes Sultana, Date & Cream Cheese Sponge Slice	●		●						●	●		●		●			●	●
25 Apr 2025	Speldhurst Kent Sausage & Sweetcorn in Gravy Mashed Potato Strawberry Ice Cream	●								●	●	●			●			●	●

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Menu A	Main Course		Side Course	Second Course
Monday	<b>Spinach &amp; Paneer Makhani (Sulphur Dioxide Free) (D) (PU) (T)</b>	Spinach, paneer, onion, sweet potato, peppers, chickpeas, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt	White Rice	Peaches & Pears
Tuesday	<b>Simply Chicken (T)</b>	Diced chicken, onion, garlic, peppers, butternut squash, tomato, rapeseed oil & rice flour	<b>Pasta (G)</b>	<b>Plum Yoghurt (D)</b>
Wednesday	<b>Mango &amp; Mixed Bean Fiesta (Sulphur Dioxide Free) (PU) (T)</b>	Kidney beans, haricot beans, chickpeas, carrot, parsnip, mango juice, mango chutney, sweetcorn, pineapple, tomato, mixed spice, basil, vegetable stock	Rainbow Rice	<b>Courgette, Lime &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
Thursday	<b>Pork &amp; Apple Hotpot (Sulphur Dioxide Free) (D) (PU) (T)</b>	Diced pork, apple, onion, butternut squash, peas, garlic, tomato, parsley, curry paste, bechamel (contains coconut) & cream	New Potatoes	Fresh Melon
Friday	<b>Italian Soya Bolognese (S) (T)</b>	Soya mince, carrot, butternut squash, onion, mixed peppers, tomato, garlic, basil, mixed herbs, oregano, paprika, stock & rice flour	<b>Wholewheat Pasta (G)</b>	Plain Flapjack (Gluten Free) <b>Vanilla Sauce (D)</b>

Menu B	Main Course		Side Course	Second Course
Monday	<b>Portuguese Chicken (Sulphur Dioxide Free) (D) (PU) (T)</b>	Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cream, bechamel (contains coconut)	Brown Rice	Fruit Salad of Pineapple, Apricot & Apple
Tuesday	<b>Lemon &amp; Herb Salmon (Sulphur Dioxide Free) (D) (F) (PU)</b>	Salmon, sweetcorn, peppers, onion, butternut squash, peas, lemon zest, cream, garlic, parsley, bechamel (contains coconut), basil & vegetable stock	<b>Pasta (G)</b>	<b>Carrot &amp; Cinnamon Flapjack (G)</b>
Wednesday	<b>Vegetable Massaman Curry (Sulphur Dioxide Free) (PU) (T)</b>	Potato, onion, sweet potato, peppers, leeks, cauliflower, tomato, mild curry powder, ginger, cinnamon, red lentils, coconut milk, pineapple, garlic, bechamel, Thai curry paste, coriander & vegetable stock	White Rice	<b>Winter Berry Yoghurt (D)</b>
Thursday	<b>Roast Turkey in Gravy (PU) with Baby New Potatoes</b>	Roast turkey slices & gravy New potatoes	Cabbage & Carrots	<b>Vanilla Ice Cream (D)</b>
Friday	<b>Sausage Casserole (Sulphur Dioxide Free) (PU) (T)</b>	Diced chicken, potato, swede, onion, carrot, butternut squash, garlic, tomato, peas, haricot beans, smoked paprika, mixed herbs, & vegetable stock	<b>Pasta (G)</b>	Diced Peaches <b>with Natural Yoghurt (D)</b>

Menu C	Main Course		Side Course	Second Course
Monday	<b>Butter Chicken (Sulphur Dioxide Free) (D) (PU) (T)</b>	Diced chicken, onion, butternut squash, garlic, tomato, coriander, curry paste, garam masala, ginger, paprika, cumin, bechamel (contains coconut) & cream	White Rice	Plain Flapjack (Gluten Free)
Tuesday	<b>Winter Beef Stew (PU) (T)</b>	Diced beef, potato, onion, leek, carrot, tomato, chickpeas, gravy, parsley, rosemary & garlic	Mashed Potato	<b>Pear Yoghurt (D)</b>
Wednesday	<b>Mild Vegetable Chilli (sulphur Dioxide Free) (PU) (T)</b>	Kidney beans, black beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock,	White Rice	<b>Banana Sponge Slice (G) (S) with Vanilla Sauce (D)</b>
Thursday	<b>Sweet &amp; Sour Chicken (Sulphur Dioxide Free) (T)</b>	Diced chicken, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato & vegetable stock	<b>Wholewheat Noodles (G)</b>	<b>Diced Apple &amp; Berry Creme Fraiche (D)</b>
Friday	<b>Around the World Menu</b>			

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# SD SULPHITE FREE NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries													
Monday	Spinach & Paneer Makhani (Sulphur Dioxide Free)			●	●										
	White Rice														
	Peaches & Pears			●											
Tuesday	Simply Chicken			●											
	Pasta														
	Plum Yoghurt			●	●										
Wednesday	Mango & Mixed Bean Fiesta (Sulphur Dioxide Free)			●											
	Rainbow Rice														
	Courgette, Lime & Cream Cheese Sponge Slice			●	●										
Thursday	Pork & Apple Hotpot (Sulphur Dioxide Free)			●	●										
	New Potatoes														
	Fresh Melon			●											
Friday	Italian Soya Bolognaise			●											
	Wholewheat Pasta														
	Plain Flapjack (Gluten Free)														
	Vanilla Sauce				●										

Menu B	Dish	Dietaries													
Monday	Portuguese Chicken (Sulphur Dioxide Free)			●	●										
	Brown Rice														
	Fruit Salad of Pineapple, Apricot & Apple			●											
Tuesday	Lemon & Herb Salmon (Sulphur Dioxide Free)			●	●										
	Pasta														
	Carrot & Cinnamon Flapjack			●											
Wednesday	Vegetable Massaman Curry (Sulphur Dioxide Free)			●											
	White Rice														
	Winter Berry Yoghurt			●	●										
Thursday	Roast Turkey in Gravy with Baby New Potatoes														
	Cabbage & Carrots														
	Vanilla Ice Cream			●	●										
	Sausage Casserole (Sulphur Dioxide Free)			●											
Friday	Pasta														
	Diced Peaches with Natural Yoghurt			●											

Menu C	Dish	Dietaries													
Monday	Butter Chicken (Sulphur Dioxide Free)			●	●										
	White Rice														
	Plain Flapjack (Gluten Free)														
Tuesday	Winter Beef Stew	●		●											
	Mashed Potato														
	Pear Yoghurt			●	●										
Wednesday	Mild Vegetable Chilli (sulphur Dioxide Free)			●											
	White Rice														
	Banana Sponge Slice with Vanilla Sauce			●											
Thursday	Sweet & Sour Chicken (Sulphur Dioxide Free)			●											
	Wholewheat Noodles			●											
	Diced Apple & Berry Creme Fraiche			●	●										
Friday	<b>Around the World Menu</b>														

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Day	Main Course	Side Course	Second Course
8 Nov 2024	<b>French Beef Bourignion (T)</b> Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy, parsley & rice flour.	Mashed Potato	<b>Natural Yoghurt (D)</b> with Diced Apricots
29 Nov 2024	<b>Italian Chicken in Rich Tomato Sauce (Sulphur Dioxide Free) (PU) (T)</b> Diced chicken, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour.	<b>Pasta (G)</b>	Plain Flapjack (Gluten Free)
20 Dec 2024	<b>Greek Lemon &amp; Rosemary Chicken (Sulphur Dioxide Free) (PU) (G) with Mini Flatbread (G)</b> Chicken, rosemary, mixed peppers, butternut squash, red onion, peas, garlic, peach, bechamel (contains coconut) & vegetable stock Flatbread	<b>Tzatziki (D)</b>	<b>Orange &amp; Rosemary Flapjack (G)</b>
10 Jan 2025	<b>Thai Red Chicken Curry (Sulphur Dioxide Free) (D) (PU) (T)</b> Chicken, red onion, peppers, carrot, peas, coriander, basil, Thai red curry paste, bechamel, coconut milk, ginger, garlic, vegetable stock, lime zest, cream, tomato puree	<b>Wholewheat Noodles (G)</b>	<b>Mango Yoghurt (D)</b>
31 Jan 2025	<b>Cuban Pork (PU) (T)</b> Diced pork, carrot, mixed peppers, onion, butternut squash, black eyed beans, haricot beans, basil, garlic, coriander, orange juice, orange peel, paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	<b>Natural Yoghurt with Coconut (D)</b>
21 Feb 2025	<b>Jamaican Jerk Chicken (PU) (T)</b> Diced chicken, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, kidney beans, stock & ginger	<b>Rice &amp; Peas (PU)</b>	<b>Pineapple &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
14 Mar 2025	<b>American Barbecue Chicken (Sulphur Dioxide Free) (T)</b> Sliced chicken breast, onion, garlic, pineapple puree, peppers, tomato, coriander, cumin, smoked paprika, stock	White Rice	<b>Blueberry Flapjack (G) with Vanilla Sauce (D)</b>
4 Apr 2025	<b>Moroccan Beef &amp; Apricot Tagine (Sulphur Dioxide Free) (PU) (T)</b> Beef, chickpeas, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, stock & rice flour	New Potatoes	Plain Flapjack (Gluten Free)
25 Apr 2025	<b>Diced Chicken with Homemade Baked Beans (Sulphur Dioxide Free) (PU) (T)</b> Diced chicken, haricot beans, garlic, onion, carrot, sweet potato, tomato, rice flour	Mashed Potato	<b>Strawberry Ice Cream (D)</b>

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# SD SULPHITE FREE AROUND THE WORLD NURSERY LUNCH MENU

Autumn Winter 2024/25

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/Spice
C Celery
B Beef

Day	Dish	Dietaries														
8 Nov 2024	French Beef Bourignon Mashed Potato Natural Yoghurt with Diced Apricots	●		●							●			●	●	●
29 Nov 2024	Italian Chicken in Rich Tomato Sauce (Sulphur Dioxide Free) Pasta Plain Flapjack (Gluten Free)			●					●	●		●		●	●	●
20 Dec 2024	Greek Lemon & Rosemary Chicken (Sulphur Dioxide Free) with Mini Flatbread Tzatziki Orange & Rosemary Flapjack			●					●	●		●		●	●	●
10 Jan 2025	Thai Red Chicken Curry (Sulphur Dioxide Free) Wholewheat Noodles Mango Yoghurt			●	●				●	●		●		●	●	●
31 Jan 2025	Cuban Pork Brown Rice Natural Yoghurt with Coconut			●	●				●	●	●		●	●	●	●
21 Feb 2025	Jamaican Jerk Chicken Rice & Peas Pineapple & Cream Cheese Sponge Slice			●	●				●	●		●	●	●	●	●
14 Mar 2025	American Barbecue Chicken (Sulphur Dioxide Free) White Rice Blueberry Flapjack with Vanilla Sauce			●					●	●		●		●	●	●
4 Apr 2025	Moroccan Beef & Apricot Tagine (Sulphur Dioxide Free) New Potatoes Plain Flapjack (Gluten Free)	●		●					●	●		●		●	●	●
25 Apr 2025	Diced Chicken with Homemade Baked Beans (Sulphur Dioxide Free) Mashed Potato Strawberry Ice Cream			●	●				●	●		●		●	●	●

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Menu A	Main Course		Side Course	Second Course
Monday	<b>Spinach &amp; Paneer Makhani Alternative (D) (PU) (SD)</b>	Spinach, paneer, onion, sweet potato, peppers, chickpeas, gravy, carrot, yoghurt & cornflour	White Rice	<b>Sponge Slice (G) (S)</b>
Tuesday	Simply Chicken (Tomato Free)	Diced chicken, onion, peppers, butternut squash, rice flour, rapeseed oil & gravy	<b>Pasta (G)</b>	<b>Natural Yoghurt (D)</b>
Wednesday	<b>Mango &amp; Mixed Bean Fiesta Alternative (PU) (SD)</b>	Kidney beans, haricot beans, chickpeas, carrot, parsnip, sweetcorn, gravy, basil, vegetable stock & cornflour	Rainbow Rice	Plain Flapjack (Gluten Free)
Thursday	<b>Pork &amp; Apple Hotpot Alternative (D) (PU)</b>	Diced pork, onion, butternut squash, peas, parsley, gravy & cream	New Potatoes	<b>Natural Yoghurt (D)</b>
Friday	<b>Italian Soya Bolognaise Alternative (S)</b>	Soya mince, carrot, butternut squash, onion, mixed peppers, gravy, basil, mixed herbs, oregano, stock & rice flour	<b>Wholewheat Pasta (G)</b>	Plain Flapjack (Gluten Free) <b>Vanilla Sauce (D)</b>

Menu B	Main Course		Side Course	Second Course
Monday	<b>Portuguese Chicken Alternative (D) (PU) (SD)</b>	Sliced chicken, carrot, peppers, red onion, sweet potato, red lentils, rosemary, basil, sweetcorn, cornflour, cream, gravy	Brown Rice	<b>Sponge Slice (G) (S)</b>
Tuesday	<b>Lemon &amp; Herb Salmon Alternative (D) (F) (PU)</b>	Salmon, sweetcorn, peppers, onion, butternut squash, peas, cream, parsley, gravy, basil & vegetable stock	<b>Pasta (G)</b>	Plain Flapjack (Gluten Free)
Wednesday	<b>Vegetable Massaman Curry Alternative (PU)</b>	Potato, onion, sweet potato, peppers, leeks, cauliflower, gravy, red lentils, gravy, fresh coriander & vegetable stock	White Rice	<b>Natural Yoghurt (D)</b>
Thursday	<b>Roast Turkey in Gravy (PU)</b> with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Cabbage & Carrots	Plain Flapjack (Gluten Free)
Friday	<b>Sausage Casserole Alternative (PU)</b>	Diced chicken, potato, swede, onion, carrot, butternut squash, gravy, peas, haricot beans, mixed herbs, & vegetable stock	<b>Pasta (G)</b>	<b>Natural Yoghurt (D)</b>

Menu C	Main Course		Side Course	Second Course
Monday	<b>Butter Chicken Alternative (D)</b>	Diced chicken, onion, butternut squash, gravy & cream	White Rice	Plain Flapjack (Gluten Free)
Tuesday	<b>Winter Beef Stew Alternative (PU)</b>	Diced beef, potato, onion, leek, carrot, chickpeas, gravy, parsley, rosemary	Mashed Potato	<b>Natural Yoghurt (D)</b>
Wednesday	<b>Mild Vegetable Chilli Alternative (PU) (SD)</b>	Kidney beans, black beans, sweet potato, butternut squash, mixed peppers, onion, gravy, fresh coriander, oregano, vegetable stock, cornflour	White Rice	Plain Flapjack (Gluten Free) <b>Vanilla Sauce (D)</b>
Thursday	<b>Sweet &amp; Sour Chicken Alternative (SD)</b>	Diced chicken, red onion, mixed peppers, carrot, gravy & cornflour	<b>Pasta (G)</b>	<b>Natural Yoghurt (D)</b>
Friday	<b>Around the World Menu</b>			

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Day		Main Course	Side Course	Second Course
8 Nov 2024	French Beef Bourignon Alternative	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, gravy, parsley & rice flour.	Mashed Potato	<b>Natural Yoghurt (D)</b>
29 Nov 2024	Italian Meatballs in Rich Tomato Sauce Alternative (PU)	Diced chicken, onion, carrot, basil, herbs, peppers, gravy, lentils & rice flour.	<b>Pasta (G)</b>	Plain Flapjack (Gluten Free)
20 Dec 2024	Greek Lemon & Rosemary Chicken Alternative (PU) (SD) with Mini Flatbread (G)	Chicken, rosemary, mixed peppers, butternut squash, red onion, peas, gravy & vegetable stock Flatbread	Cucumber & Mint	Plain Flapjack (Gluten Free)
10 Jan 2025	Thai Red Chicken Curry Alternative (D) (PU) (SD)	Chicken, red onion, peppers, carrot, peas, basil, gravy, vegetable stock, cream & cornflour	<b>Pasta (G)</b>	<b>Natural Yoghurt (D)</b>
31 Jan 2025	Cuban Pork Alternative (PU)	Diced pork, carrot, mixed peppers, onion, butternut squash, black eyed beans, haricot beans, basil, oregano, gravy & stock	Brown Rice	<b>Natural Yoghurt (D)</b>
21 Feb 2025	Jamaican Jerk Chicken Alternative (PU)	Diced chicken, carrot, peppers, red onion, courgette, rice flour, thyme, kidney beans, gravy	<b>Rice &amp; Peas (PU)</b>	Plain Flapjack (Gluten Free)
14 Mar 2025	American Barbecue Chicken Alternative (SD)	Sliced chicken breast, onion, peppers, gravy & cornflour	White Rice	Plain Flapjack (Gluten Free) <b>Vanilla Sauce (D)</b>
4 Apr 2025	Moroccan Beef & Apricot Tagine Alternative (SD)	Beef, chickpeas, onion, carrot, potato, peppers, gravy, stock & rice flour	New Potatoes	Plain Flapjack (Gluten Free)
25 Apr 2025	Diced Chicken & Sweetcorn in Gravy	Chicken, gravy, sweetcorn	Mashed Potato	<b>Natural Yoghurt (D)</b>

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