

| Menu A    | Main Course                                                         |                                                                                                                                                                                             | Side Dish                             | Dessert                                                   |
|-----------|---------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|-----------------------------------------------------------|
| Monday    | Roast Chicken in Gravy with Baby New Potatoes                       | Chicken breast & gravy<br>New potatoes                                                                                                                                                      | Peas, Carrots & Green Beans (PU)      | Black Cherry Fromage Frais (D)                            |
| Tuesday   | Mild & Creamy Beef Tikka Masala (D) (SD) (T)                        | Diced beef, chilli, ginger, garlic, coriander, paprika, garam masala, cinnamon, turmeric, peppers, spices, mango chutney, cream, yoghurt, tomato, onion & bechamel                          | White Rice                            | Apricots & Peaches                                        |
| Wednesday | Soya & Vegetable Spaghetti Bolognese (G) (PU) (S) (T)               | Minced soya, carrots, swede, butternut squash, onion, peppers, garlic, tomato, mixed herbs, peach puree, red lentils, potato flour, miso paste, basil, wholewheat spaghetti & rapeseed oil  | Grated Cheddar Cheese (D)             | Orange & Carrot Cake Slice (D) (E) (G) (S)<br>Custard (D) |
| Thursday  | Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T) | Speldhurst pork & beef sausage, haricot beans, garlic, onion, carrot, tomato, rice flour & rapeseed oil                                                                                     | Potato, Butternut & Sweet Potato Mash | Raspberry Ripple Ice Cream (D)                            |
| Friday    | Moldavian Tuna & Mackerel (F) (PU) (T)                              | Dolphin friendly flaked tuna, mackerel, red onion, carrot, butternut squash, tomato, garlic, coriander, mixed peppers, garam masala, cinnamon, turmeric, coconut milk, red lentils & cloves | Pasta (G)                             | Summer Fruit Granola Slice (G) (SD) Custard (D)           |

| Menu B    | Main Course                                              |                                                                                                                                                                                                                                                                                                                                            | Side Dish                            | Dessert                                                    |
|-----------|----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|------------------------------------------------------------|
| Monday    | Three Bean Vegetable Chilli (PU) (S) (T) with White Rice | Soya mince, carrot, tomato, sweet potato, onion, redcurrant jelly, kidney beans, haricot beans, flageolet beans, peaches, chilli, cumin, coriander & rice flour<br>White rice                                                                                                                                                              | Grated Cheddar Cheese (D)            | Strawberry & Blueberry Jelly                               |
| Tuesday   | Beef Lasagne (D) (G) (PU) (T)                            | Minced beef, tomato, peppers, onion, carrot, butternut squash, courgette, garlic, red lentils, chilli, bechamel, cheese, lasagne pasta, oregano, rice flour & basil                                                                                                                                                                        | Cucumber Slices                      | Smooth Apricot Yoghurt (D)                                 |
| Wednesday | Yellow Thai Chicken Curry (SD)                           | Diced chicken, potato, onion, butternut squash, cauliflower, ginger, dried apricot, garlic, coconut milk, rice flour, Thai yellow curry paste (shallot, lemongrass, curry powder, turmeric, cinnamon, coriander, clove, fennel, cardamom, garlic, chilli, salt, galangal, citric acid), basil, coriander, cumin, turmeric & yellow peppers | Brown Rice                           | Banana & Cocoa Sponge Slice (D) (E) (G) (S)<br>Custard (D) |
| Thursday  | Roast Ham in Gravy with Roasted New Potatoes             | Sliced roast ham & gravy<br>New potatoes & rapeseed oil                                                                                                                                                                                                                                                                                    | Sweetcorn, Peas & Savoy Cabbage (PU) | Strawberry Fool (D)                                        |
| Friday    | Italian Chicken Al Forno (PU) (T)                        | Chicken, onion, peppers, swede, butternut squash, oregano, basil, flageolet beans, yellow split peas, tomato, potato flour, olive oil & garlic                                                                                                                                                                                             | Mezze Penne Pasta (G)                | Vanilla Ice Cream (D)                                      |

| Menu C    | Main Course                                      |                                                                                                                                                                                                                                 | Side Dish                 | Dessert                                         |
|-----------|--------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|-------------------------------------------------|
| Monday    | Simply Chicken (T) with Mezze Penne Pasta (G)    | Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour<br>Pasta & rapeseed oil                                                                                                                            | Grated Cheddar Cheese (D) | Apricot Flapjack (G) (SD)<br>Custard (D)        |
| Tuesday   | Vegetable Korma Curry (D) (PU) (SD)              | Potato, peppers, carrots, onion, cauliflower, green beans, peas, garam masala, mild curry powder, ginger, turmeric, dried apricot, peaches, yellow split peas, sultanas, bechamel, coconut powder, rice flour & natural yoghurt | White Rice                | Pear, Peach, Pineapple & Mandarins              |
| Wednesday | Zebedees Beanie Shepherd's Pie (PU) (S) (SD) (T) | Minced lamb, carrot, swede, cabbage, onion, potato, dairy free spread, pepper, garlic, haricot beans, mint sauce, redcurrant jelly, gravy, apricot & tomato                                                                     | Cucumber Slices           | Apple & Raspberry Crumble Slice (G) Custard (D) |
| Thursday  | Mediterranean Beef Meatballs (G) (PU) (S) (T)    | Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, potato flour & garlic                                                                                                                               | Brown Rice                | Smooth Peach Yoghurt (D)                        |
| Friday    | Cultural Classic Dishes Menu                     |                                                                                                                                                                                                                                 |                           |                                                 |

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten  
 PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato  
 All of these dishes are free from peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs.

# LUNCH MENU

## Spring / Summer 2020

|            |       |        |          |      |             |      |       |        |               |      |     |       |             |        |      |
|------------|-------|--------|----------|------|-------------|------|-------|--------|---------------|------|-----|-------|-------------|--------|------|
| Vegetarian | Vegan | Tomato | Supplies | Soya | Pulse/Beans | Pork | Halal | Gluten | Fruit Pudding | Fish | Egg | Dairy | Citric Acid | Celery | Beef |
|------------|-------|--------|----------|------|-------------|------|-------|--------|---------------|------|-----|-------|-------------|--------|------|

| Menu A    | Dish                                              | Dietaries |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-----------|---------------------------------------------------|-----------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Monday    | Roast Chicken in Gravy                            |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | with Baby New Potatoes                            |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Peas, Carrots & Green Beans                       |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tuesday   | Black Cherry Fromage Frais                        |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Mild & Creamy Beef Tikka Masala                   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | White Rice                                        |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wednesday | Apricots & Peaches                                |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Soya & Vegetable Spaghetti Bolognese              |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Grated Cheddar Cheese                             |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Thursday  | Orange & Carrot Cake Slice                        |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Custard                                           |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Speldhurst Kent Sausage with Homemade Baked Beans |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Friday    | Potato, Butternut & Sweet Potato Mash             |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Raspberry Ripple Ice Cream                        |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Moldavian Tuna & Mackerel                         |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

| Menu B    | Dish                            | Dietaries |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-----------|---------------------------------|-----------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Monday    | Three Bean Vegetable Chilli     |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | with White Rice                 |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Grated Cheddar Cheese           |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tuesday   | Strawberry & Blueberry Jelly    |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Beef Lasagne                    |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Cucumber Slices                 |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wednesday | Smooth Apricot Yoghurt          |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Yellow Thai Chicken Curry       |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Brown Rice                      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Thursday  | Banana & Cocoa Sponge Slice     |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Custard                         |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Roast Ham in Gravy              |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Friday    | with Roasted New Potatoes       |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Sweetcorn, Peas & Savoy Cabbage |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Strawberry Fool                 |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

| Menu C    | Dish                               | Dietaries |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-----------|------------------------------------|-----------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Monday    | Simply Chicken                     |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | with Mezze Penne Pasta             |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Grated Cheddar Cheese              |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tuesday   | Apricot Flapjack                   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Custard                            |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Vegetable Korma Curry              |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wednesday | White Rice                         |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Pear, Peach, Pineapple & Mandarins |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Zebedees Beanie Shepherd's Pie     |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Thursday  | Cucumber Slices                    |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Apple & Raspberry Crumble Slice    |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Custard                            |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Friday    | Mediterranean Beef Meatballs       |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Brown Rice                         |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           | Smooth Peach Yoghurt               |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

### Cultural Classic Dishes Menu

All of these dishes are free from peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs.

| Day         | Main Course                                            |                                                                                                                                                                                                                                    | Side Dish                    | Dessert                                            |
|-------------|--------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|----------------------------------------------------|
| 1 May 2020  | <b>Creamy Pesto Chicken (D)</b>                        | Chicken, butternut squash, swede, garlic, basil, spinach, bechamel, cheese & cream                                                                                                                                                 | <b>Penne Pasta (G)</b>       | <b>Chocolate Cheesecake Mousse (D)</b>             |
| 22 May 2020 | <b>Beef Goulash (D) (T)</b>                            | Diced beef, tomato, carrot, peppers, onion, garlic, cornflour, paprika & yoghurt                                                                                                                                                   | New Potatoes                 | Fruit Salad                                        |
| 12 Jun 2020 | <b>Feijoada Chicken &amp; Black Bean Stew (PU) (T)</b> | Chicken, red pepper, sweetcorn, tomato, black eye beans, carrot, onion, basil, garlic & rice flour                                                                                                                                 | Sweet Potato Mash            | <b>Raspberry Ripple Ice Cream (D)</b>              |
| 3 Jul 2020  | <b>Moroccan Lamb &amp; Apricot Stew (PU) (SD) (T)</b>  | Diced lamb, butternut squash, peppers, onion, carrot, sweet potato, courgette, tomato, garlic, apricot, chick peas, aduki beans & rice flour                                                                                       | New Potatoes                 | <b>Vanilla Ice Cream (D)</b>                       |
| 24 Jul 2020 | <b>Cuban Shredded Beef (C) (PU) (T)</b>                | Shredded beef, carrot, mixed peppers, white onion, red onion, butternut squash, celery, black beans, borlotti beans, tomato, basil, garlic, coriander, lemon, chilli, paprika, cumin, oregano, cinnamon, rapeseed oil & rice flour | Roasted New Potatoes         | Pears & Peaches                                    |
| 14 Aug 2020 | <b>Lemon &amp; Herb Mediterranean Chicken (T)</b>      | Chicken, lemon, garlic, red pepper, basil, yellow pepper, red onion, courgette, tomato & cornflour                                                                                                                                 | Brown Rice                   | <b>Banana Mousse (D)</b>                           |
| 4 Sep 2020  | Roast Turkey in Gravy with New Potatoes                | Turkey & gravy<br>New potatoes                                                                                                                                                                                                     | <b>Mixed Vegetables (PU)</b> | Apricots & Peaches                                 |
| 25 Sep 2020 | <b>Beef Bolognese (T)</b>                              | Minced beef, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, mixed herbs, oregano & rice flour                                                                                                                 | <b>Penne Pasta (G)</b>       | <b>Summer Fruits Mousse (D)</b>                    |
| 16 Oct 2020 | <b>Avocado &amp; Mango Chicken (SD) (T)</b>            | Chicken, green pepper, red onion, red pepper, garlic, mango, tomato, avocado, coriander, chilli, fajita spice, redcurrant jelly, lime, mango chutney & rice flour                                                                  | White Rice                   | <b>Raspberry, Lemon &amp; Coconut Flapjack (G)</b> |

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten

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

All of these dishes are free from peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs.

# CULTURAL CLASSIC DISHES LUNCH MENU

Spring / Summer 2020

| Vegetarian | Vegan | Tomato | Supplies | Soya | Pulse/Beans | Pork | Halal | Gluten | Fruit Pudding | Fish | Egg | Dairy | Citric Acid | Celery | Beef |
|------------|-------|--------|----------|------|-------------|------|-------|--------|---------------|------|-----|-------|-------------|--------|------|
|------------|-------|--------|----------|------|-------------|------|-------|--------|---------------|------|-----|-------|-------------|--------|------|

| Day         | Dish                                    | Dietaries |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------------|-----------------------------------------|-----------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| 1 May 2020  | Creamy Pesto Chicken                    |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|             | Penne Pasta                             |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|             | Chocolate Cheesecake Mousse             |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 22 May 2020 | Beef Goulash                            |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|             | New Potatoes                            |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|             | Fruit Salad                             |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12 Jun 2020 | Feijoada Chicken & Black Bean Stew      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|             | Sweet Potato Mash                       |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|             | Raspberry Ripple Ice Cream              |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 Jul 2020  | Moroccan Lamb & Apricot Stew            |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|             | New Potatoes                            |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|             | Vanilla Ice Cream                       |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 24 Jul 2020 | Cuban Shredded Beef                     |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|             | Roasted New Potatoes                    |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|             | Pears & Peaches                         |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14 Aug 2020 | Lemon & Herb Mediterranean Chicken      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|             | Brown Rice                              |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|             | Banana Mousse                           |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 Sep 2020  | Roast Turkey in Gravy with New Potatoes |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|             | Mixed Vegetables                        |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|             | Apricots & Peaches                      |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 25 Sep 2020 | Beef Bolognaise                         |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|             | Penne Pasta                             |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|             | Summer Fruits Mousse                    |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 16 Oct 2020 | Avocado & Mango Chicken                 |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|             | White Rice                              |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|             | Raspberry, Lemon & Coconut Flapjack     |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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