

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

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

Menu C	First Course	Side Dish	Second Course
Monday	Chicken Casserole (PU) (SD) (T) Diced chicken, onion, garlic, butternut squash, potato, swede, leeks, mandarin, thyme, red pepper, peas, carrot, apricot, flageolet beans, tomato, rice flour, redcurrant jelly, mixed herbs	Dumpling (G)	* Raspberry Ice Cream (D)
Tuesday	* Mediterranean Beef Meatballs (G) (PU) (S) (T) Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, potato flour & garlic	Pasta (G)	Black Cherry Fromage Frais (D)
Wednesday	Zebedees Beanie Shepherd's Pie (PU) (S) (SD) (T) Minced lamb, carrot, swede, cabbage, onion, potato, dairy free spread, pepper, garlic, haricot beans, mint sauce, redcurrant jelly, gravy, soya, apricot & tomato	Cucumber Slices	Carrot & Cinnamon Slice (G) (SD) Vanilla Yoghurt (D)
Thursday	Soya & Vegetable Spaghetti Bolognese (G) (PU) (S) (T) Minced soya, carrots, swede, butternut squash, onion, peppers, garlic, tomato, mixed herbs, peach puree, red lentils, potato flour, miso paste, basil, wholewheat spaghetti & rapeseed oil	Grated Cheddar Cheese (D)	* Cheese & Cranberry Scone Square (D) (G) (SD)
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.

*Alternatives are available for babies under 12 months old. Contact the Client Services Team for further information.