

Menu A	Item 1	Item 2	Item 3
Monday	<b>Turkey Stroganoff (D)</b> Turkey, onion, leeks, carrot, mushroom, garlic, cream, paprika, gravy & stock	White Rice	<b>Apricot Protein Bar (G) (PU) (SD)</b>
Tuesday	<b>Chicken &amp; Vegetable Chow Mein (G) (PU) (T)</b> Shredded chicken, onion, peppers, carrot, sweetcorn, bean sprouts, white cabbage, coriander, ginger, cumin, pineapple juice, vegetable stock, tomato, noodles & rapeseed oil	Not Applicable	<b>Pineapple Yoghurt (D)</b>
Wednesday	<b>Beef Meatball Pasta Bake (D) (G) (PU) (SD) (T)</b> Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, cornflour, garlic, pasta & cheese	Not Applicable	Orange Slices
Thursday	<b>Cheesy Baked Beans (D) (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	<b>Fruit Loaf (G) (S) (SD)</b>
Friday	<b>Vegetable Massaman Curry (D) (PU) (SD) (T)</b> Potato, onion, peppers, sweet potato, cauliflower, leeks, Thai green curry paste, apricots, garlic, cinnamon, coriander, curry powder, ginger, coconut milk, red lentils, pineapple, bechamel, vegetable stock, cream & tomato	White Rice	Diced Pears

Menu B	Item 1	Item 2	Item 3
Monday	<b>Vegetable Chilli &amp; Cheese (D) (PU) (SD) (T)</b> Kidney beans, haricot beans, butternut squash, peppers, sweet potato, red onion, coriander, garlic puree, apricots, oregano, ground coriander, cumin, vegetable stock, smoked paprika, cornflour, stock, tomato & cheese	White Rice	Diced Peaches
Tuesday	<b>Sausage &amp; Potato Casserole (G) (PU) (SD) (T)</b> Speldhurst pork & beef sausage, potato, swede, onion, carrot, butternut squash, peas, garlic, haricot beans, smoked paprika, mixed herbs, gravy, basil & tomato	Not Applicable	<b>Strawberry Yoghurt (D)</b>
Wednesday	<b>Chicken &amp; Roasted Vegetable Pizza (D) (G) (T)</b> Wholemeal pizza base, tomato sauce, herbs, roasted vegetables, diced chicken, cheese	Not Applicable	<b>Banana Flapjack (G)</b>
Thursday	<b>Tuna &amp; Sweetcorn Pasta Bake (D) (F) (G) (PU) (T)</b> Tuna, macaroni, cheese, tomato, garlic, butternut squash, sweetcorn, onion, basil, rapeseed oil & bechamel (contains coconut)	Not Applicable	Melon Slices
Friday	<b>Cheesy Baked Beans (D) (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	<b>Tomato &amp; Mascarpone Cheese Pasta Bake (D) (G) (PU) (T)</b> Sweetcorn, peas, butternut squash, peppers, onion, mascarpone soft cheese, garlic, red lentils, bechamel (contains coconut), tomato & pasta	Not Applicable	Diced Apple & Apricot
Tuesday	<b>Cheesy Baked Beans (D) (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Orange Slices
Wednesday	<b>Lemon &amp; Garlic Chicken (PU) (SD)</b> Sliced chicken, peppers, butternut squash, red onion, peas, lemon juice, lemon zest, garlic, peach, bechamel (contains coconut) rosemary & vegetable stock	<b>Soft Flour Tortilla (G)</b>	<b>Raspberry Yoghurt (D)</b>
Thursday	<b>Fruity Vegetable Curry (D) (PU) (SD) (T)</b> Potato, tomato, peppers, carrots, kidney beans, onion, garam masala, mild curry powder, curry paste (contains tomato & mixed spices) ginger turmeric, apricot, peaches, béchamel (contains coconut), coconut milk, yoghurt	White Rice	<b>Carrot &amp; Cinnamon Flapjack (G)</b>
Friday	<b>Ham &amp; Pineapple Pizza (D) (G) (T)</b> Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Melon Slices

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Menu A	Item 1	Item 2	Item 3
Monday	<b>Halal Turkey Stroganoff (D)</b> Halal turkey, onion, leeks, carrot, mushroom, garlic, cream, paprika, gravy & stock	White Rice	<b>Apricot Protein Bar (G) (PU) (SD)</b>
Tuesday	<b>Halal Chicken &amp; Vegetable Chow Mein (G) (PU) (T)</b> Halal shredded chicken, onion, peppers, carrot, sweetcorn, bean sprouts, white cabbage, coriander, ginger, cumin, pineapple juice, vegetable stock, tomato, noodles & rapeseed oil	Not Applicable	<b>Pineapple Yoghurt (D)</b>
Wednesday	<b>Halal Chicken Pasta Bake (D) (G) (PU) (SD) (T)</b> Halal chicken, onion, red lentils, peppers, swede, oregano, basil, tomato, cornflour, garlic, pasta & cheese	Not Applicable	Orange Slices
Thursday	<b>Cheesy Baked Beans (D) (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	<b>Fruit Loaf (G) (S) (SD)</b>
Friday	<b>Vegetable Massaman Curry (D) (PU) (SD) (T)</b> Potato, onion, peppers, sweet potato, cauliflower, leeks, Thai green curry paste, apricots, garlic, cinnamon, coriander, curry powder, ginger, coconut milk, red lentils, pineapple, bechamel, vegetable stock, cream & tomato	White Rice	Diced Pears

Menu B	Item 1	Item 2	Item 3
Monday	<b>Vegetable Chilli &amp; Cheese (D) (PU) (SD) (T)</b> Kidney beans, haricot beans, butternut squash, peppers, sweet potato, red onion, coriander, garlic puree, apricots, oregano, ground coriander, cumin, vegetable stock, smoked paprika, cornflour, stock, tomato & cheese	White Rice	Diced Peaches
Tuesday	<b>Halal Sausage &amp; Potato Casserole (G) (PU) (SD) (T)</b> Halal chicken and beef sausage, potato, swede, onion, carrot, butternut squash, peas, garlic, haricot beans, smoked paprika, mixed herbs, gravy, basil & tomato	Not Applicable	<b>Strawberry Yoghurt (D)</b>
Wednesday	<b>Halal Chicken &amp; Roasted Vegetable Pizza (D) (G) (T)</b> Wholemeal pizza base, tomato sauce, herbs, roasted vegetables, diced halal chicken, cheese	Not Applicable	<b>Banana Flapjack (G)</b>
Thursday	<b>Tuna &amp; Sweetcorn Pasta Bake (D) (F) (G) (PU) (T)</b> Tuna, macaroni, cheese, tomato, garlic, butternut squash, sweetcorn, onion, basil, rapeseed oil & bechamel (contains coconut)	Not Applicable	Melon Slices
Friday	<b>Cheesy Baked Beans (D) (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	<b>Tomato &amp; Mascarpone Cheese Pasta Bake (D) (G) (PU) (T)</b> Sweetcorn, peas, butternut squash, peppers, onion, mascarpone soft cheese, garlic, red lentils, bechamel (contains coconut), tomato & pasta	Not Applicable	Diced Apple & Apricot
Tuesday	<b>Cheesy Baked Beans (D) (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Orange Slices
Wednesday	<b>Lemon &amp; Garlic Halal Chicken (PU) (SD)</b> Sliced halal chicken, peppers, butternut squash, red onion, peas, lemon juice, lemon zest, garlic, peach, bechamel (contains coconut) rosemary & vegetable stock	<b>Soft Flour Tortilla (G)</b>	<b>Raspberry Yoghurt (D)</b>
Thursday	<b>Fruity Vegetable Curry (D) (PU) (SD) (T)</b> Potato, tomato, peppers, carrots, kidney beans, onion, garam masala, mild curry powder, curry paste (contains tomato & mixed spices) ginger turmeric, apricot, peaches, béchamel (contains coconut), coconut milk, yoghurt	White Rice	<b>Carrot &amp; Cinnamon Flapjack (G)</b>
Friday	<b>Homemade Halal Chicken &amp; Pineapple Wholemeal Pizza (D) (G) (T)</b> Wholemeal pizza base, pizza sauce, halal chicken, pineapple, cheese	Not Applicable	Melon Slices

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# HL HALAL NURSERY HOT TEA MENU

Spring Summer 2025

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	Halal Turkey Stroganoff			●	●										
	White Rice														
	Apricot Protein Bar			●				●							
Tuesday	Halal Chicken & Vegetable Chow Mein			●				●							
	Not Applicable														
	Pineapple Yoghurt			●	●										
Wednesday	Halal Chicken Pasta Bake			●	●			●							
	Not Applicable														
	Orange Slices			●				●							
Thursday	Cheesy Baked Beans			●	●										
	Jacket Potato														
	Fruit Loaf			●				●							
Friday	Vegetable Massaman Curry			●	●										
	White Rice														
	Diced Pears			●				●							

Menu B	Dish	Dietaries													
Monday	Vegetable Chilli & Cheese			●	●										
	White Rice														
	Diced Peaches			●											
Tuesday	Halal Sausage & Potato Casserole	●		●				●							
	Not Applicable														
	Strawberry Yoghurt			●	●										
Wednesday	Halal Chicken & Roasted Vegetable Pizza			●	●			●							
	Not Applicable														
	Banana Flapjack			●				●							
Thursday	Tuna & Sweetcorn Pasta Bake			●	●			●		●					
	Not Applicable														
	Melon Slices			●											
Friday	Cheesy Baked Beans			●	●										
	Jacket Potato														
	Orange Slices			●				●							

Menu C	Dish	Dietaries													
Monday	Tomato & Mascarpone Cheese Pasta Bake			●	●			●							
	Not Applicable														
	Diced Apple & Apricot			●				●							
Tuesday	Cheesy Baked Beans			●	●										
	Jacket Potato														
	Orange Slices			●				●							
Wednesday	Lemon & Garlic Halal Chicken			●				●							
	Soft Flour Tortilla														
	Raspberry Yoghurt			●	●										
Thursday	Fruity Vegetable Curry			●	●										
	White Rice														
	Carrot & Cinnamon Flapjack			●				●							
Friday	Homemade Halal Chicken & Pineapple Wholemeal Pizza			●	●			●							
	Not Applicable														
	Melon Slices			●				●							

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Menu A	Item 1	Item 2	Item 3
Monday	<b>Beanie Stroganoff</b> (D) (PU)	Kidney beans, haricot beans, black turtle beans, onion, leeks, carrot, mushroom, garlic, cream, paprika, gravy & stock	White Rice <b>Apricot Protein Bar</b> (G) (PU) (SD)
Tuesday	<b>Vegetable Chow Mein</b> (G) (PU) (T)	Black turtle beans, onion, peppers, carrot, sweetcorn, bean sprouts, white cabbage, coriander, ginger, cumin, pineapple juice, vegetable stock, tomato, noodles & rapeseed oil	Not Applicable <b>Pineapple Yoghurt</b> (D)
Wednesday	<b>Quorn Vegan Pieces Pasta Bake</b> (D) (G) (PU) (SD) (T)	Quorn vegan pieces, onion, red lentils, peppers, swede, oregano, basil, tomato, cornflour, garlic, pasta & cheese	Not Applicable Orange Slices
Thursday	<b>Cheesy Baked Beans</b> (D) (PU) (T)	Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato <b>Fruit Loaf</b> (G) (S) (SD)
Friday	<b>Vegetable Massaman Curry</b> (D) (PU) (SD) (T)	Potato, onion, peppers, sweet potato, cauliflower, leeks, Thai green curry paste, apricots, garlic, cinnamon, coriander, curry powder, ginger, coconut milk, red lentils, pineapple, bechamel, vegetable stock, cream & tomato	White Rice Diced Pears

Menu B	Item 1	Item 2	Item 3
Monday	<b>Vegetable Chilli &amp; Cheese</b> (D) (PU) (SD) (T)	Kidney beans, haricot beans, butternut squash, peppers, sweet potato, red onion, coriander, garlic puree, apricots, oregano, ground coriander, cumin, vegetable stock, smoked paprika, cornflour, stock, tomato & cheese	White Rice Diced Peaches
Tuesday	<b>Quorn Vegan Sausage &amp; Potato Casserole</b> (G) (PU) (SD) (T)	Quorn vegan sausage, potato, swede, onion, carrot, butternut squash, peas, garlic, haricot beans, smoked paprika, mixed herbs, gravy, basil & tomato	Not Applicable <b>Strawberry Yoghurt</b> (D)
Wednesday	<b>Chickpea &amp; Roasted Vegetable Pizza</b> (D) (G) (PU) (T)	Wholemeal pizza base, tomato sauce, herbs, roasted vegetables, chickpeas, cheese	Not Applicable <b>Banana Flapjack</b> (G)
Thursday	<b>Lentil &amp; Sweetcorn Pasta Bake</b> (D) (G) (PU) (T)	Macaroni, lentils, cheese, tomato, garlic, butternut, sweetcorn, onion, basil & bechamel (contains coconut), rapeseed oil	Not Applicable Melon Slices
Friday	<b>Cheesy Baked Beans</b> (D) (PU) (T)	Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	<b>Tomato &amp; Mascarpone Cheese Pasta Bake</b> (D) (G) (PU) (T)	Sweetcorn, peas, butternut squash, peppers, onion, mascarpone soft cheese, garlic, red lentils, bechamel (contains coconut), tomato & pasta	Not Applicable Diced Apple & Apricot
Tuesday	<b>Cheesy Baked Beans</b> (D) (PU) (T)	Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato Orange Slices
Wednesday	<b>Lemon &amp; Garlic Chickpeas &amp; Lentils</b> (PU) (SD)	Chickpeas, lentils, peppers, butternut squash, red onion, peas, lemon juice, lemon zest, garlic, peach, bechamel (contains coconut) rosemary & vegetable stock	<b>Soft Flour Tortilla</b> (G) <b>Raspberry Yoghurt</b> (D)
Thursday	<b>Fruity Vegetable Curry</b> (D) (PU) (SD) (T)	Potato, tomato, peppers, carrots, kidney beans, onion, garam masala, mild curry powder, curry paste (contains tomato & mixed spices) ginger turmeric, apricot, peaches, béchamel (contains coconut), coconut milk, yoghurt	White Rice <b>Carrot &amp; Cinnamon Flapjack</b> (G)
Friday	<b>Cheese &amp; Pineapple Pizza</b> (D) (G) (T)	Pizza base, tomato sauce, herbs, cheddar, mozzarella & pineapple	Not Applicable Melon Slices

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# V VEGETARIAN NURSERY HOT TEA MENU

Spring Summer 2025

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	Beanie Stroganoff			●	●													●	●
	White Rice																	●	●
	Apricot Protein Bar			●				●										●	●
Tuesday	Vegetable Chow Mein			●				●										●	●
	Not Applicable																	●	●
	Pineapple Yoghurt			●	●													●	●
Wednesday	Quorn Vegan Pieces Pasta Bake			●	●			●										●	●
	Not Applicable																	●	●
	Orange Slices			●														●	●
Thursday	Cheesy Baked Beans			●	●													●	●
	Jacket Potato																	●	●
	Fruit Loaf			●				●										●	●
Friday	Vegetable Massaman Curry			●	●													●	●
	White Rice																	●	●
	Diced Pears			●														●	●

Menu B	Dish	Dietaries																	
Monday	Vegetable Chilli & Cheese			●	●													●	●
	White Rice																	●	●
	Diced Peaches			●														●	●
Tuesday	Quorn Vegan Sausage & Potato Casserole			●				●										●	●
	Not Applicable																	●	●
	Strawberry Yoghurt			●	●													●	●
Wednesday	Chickpea & Roasted Vegetable Pizza			●	●			●										●	●
	Not Applicable																	●	●
	Banana Flapjack			●				●										●	●
Thursday	Lentil & Sweetcorn Pasta Bake			●	●			●										●	●
	Not Applicable																	●	●
	Melon Slices			●														●	●
Friday	Cheesy Baked Beans			●	●													●	●
	Jacket Potato																	●	●
	Orange Slices			●														●	●

Menu C	Dish	Dietaries																	
Monday	Tomato & Mascarpone Cheese Pasta Bake			●	●			●										●	●
	Not Applicable																	●	●
	Diced Apple & Apricot			●														●	●
Tuesday	Cheesy Baked Beans			●	●													●	●
	Jacket Potato																	●	●
	Orange Slices			●														●	●
Wednesday	Lemon & Garlic Chickpeas & Lentils			●				●										●	●
	Soft Flour Tortilla																	●	●
	Raspberry Yoghurt			●	●													●	●
Thursday	Fruity Vegetable Curry			●	●													●	●
	White Rice																	●	●
	Carrot & Cinnamon Flapjack			●				●										●	●
Friday	Cheese & Pineapple Pizza			●	●			●										●	●
	Not Applicable																	●	●
	Melon Slices			●														●	●

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Menu A	Item 1	Item 2	Item 3
Monday	<b>Beanie Stroganoff (Dairy Free) (PU)</b> Kidney beans, haricot beans, black turtle beans, onion, leeks, carrot, mushroom, garlic, paprika, gravy & stock	White Rice	<b>Apricot Protein Bar (G) (PU) (SD)</b>
Tuesday	<b>Vegetable Chow Mein (G) (PU) (T)</b> Black turtle beans, onion, peppers, carrot, sweetcorn, bean sprouts, white cabbage, coriander, ginger, cumin, pineapple juice, vegetable stock, tomato, noodles & rapeseed oil	Not Applicable	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Wednesday	<b>Quorn Vegan Pieces Pasta Bake (Dairy Free) (G) (PU) (SD) (T)</b> Quorn vegan pieces, onion, red lentils, peppers, swede, oregano, basil, tomato, cornflour, garlic, pasta	Not Applicable	Orange Slices
Thursday	<b>Dairy Free Cheesy Baked Beans (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & dairy free cheese	Jacket Potato	<b>Fruit Loaf (G) (S) (SD)</b>
Friday	<b>Vegetable Massaman Curry (Dairy Free) (PU) (SD) (T)</b> Potato, onion, peppers, sweet potato, cauliflower, leeks, Thai green curry paste, apricots, garlic, cinnamon, coriander, curry powder, ginger, coconut milk, red lentils, pineapple, bechamel, vegetable stock & tomato	White Rice	Diced Pears

Menu B	Item 1	Item 2	Item 3
Monday	<b>Vegetable Chilli &amp; Dairy Free Cheese (PU) (SD) (T)</b> Kidney beans, haricot beans, butternut squash, peppers, sweet potato, red onion, coriander, garlic puree, apricots, oregano, ground coriander, cumin, vegetable stock, smoked paprika, cornflour, stock, tomato & dairy free cheese	White Rice	Diced Peaches
Tuesday	<b>Quorn Vegan Sausage &amp; Potato Casserole (G) (PU) (SD) (T)</b> Quorn vegan sausage, potato, swede, onion, carrot, butternut squash, peas, garlic, haricot beans, smoked paprika, mixed herbs, gravy, basil & tomato	Not Applicable	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Wednesday	<b>Chickpea &amp; Roasted Vegetable Pizza (Dairy Free) (G) (PU) (T)</b> Wholemeal pizza base, tomato sauce, herbs, roasted vegetables, chickpeas, dairy free cheese	Not Applicable	<b>Banana Flapjack (G)</b>
Thursday	<b>Lentil &amp; Sweetcorn Pasta Bake (Dairy Free) (G) (PU) (T)</b> Macaroni, lentils, dairy free cheese, tomato, garlic, butternut, sweetcorn, onion, basil & bechamel (contains coconut), rapeseed oil	Not Applicable	Melon Slices
Friday	<b>Dairy Free Cheesy Baked Beans (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & dairy free cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	<b>Tomato &amp; Dairy Free Cheese Pasta Bake (G) (PU) (T)</b> Sweetcorn, peas, butternut squash, peppers, onion, dairy free soft cheese, garlic, red lentils, bechamel (contains coconut), tomato & pasta	Not Applicable	Diced Apple & Apricot
Tuesday	<b>Dairy Free Cheesy Baked Beans (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & dairy free cheese	Jacket Potato	Orange Slices
Wednesday	<b>Lemon &amp; Garlic Chickpeas &amp; Lentils (PU) (SD)</b> Chickpeas, lentils, peppers, butternut squash, red onion, peas, lemon juice, lemon zest, garlic, peach, bechamel (contains coconut) rosemary & vegetable stock	<b>Soft Flour Tortilla (G)</b>	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Thursday	<b>Fruity Vegetable Curry (Dairy Free) (PU) (SD) (T)</b> Potato, tomato, peppers, carrots, kidney beans, onion, garam masala, mild curry powder, curry paste (contains tomato & mixed spices) ginger turmeric, apricot, peaches, béchamel (contains coconut), coconut milk	White Rice	<b>Carrot &amp; Cinnamon Flapjack (G)</b>
Friday	<b>Dairy Free Cheese &amp; Pineapple Pizza (G) (T)</b> Pizza base, tomato sauce, herbs, dairy free cheese & pineapple	Not Applicable	Melon Slices

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Monday	<b>Turkey Stroganoff (D)</b> Turkey, onion, leeks, carrot, mushroom, garlic, cream, paprika, gravy & stock	White Rice	<b>Apricot Protein Bar (G) (PU) (SD)</b>
Tuesday	<b>Chicken &amp; Vegetable Chow Mein (G) (PU) (T)</b> Shredded chicken, onion, peppers, carrot, sweetcorn, bean sprouts, white cabbage, coriander, ginger, cumin, pineapple juice, vegetable stock, tomato, noodles & rapeseed oil	Not Applicable	<b>Pineapple Yoghurt (D)</b>
Wednesday	<b>Beef Meatball Pasta Bake (D) (G) (PU) (SD) (T)</b> Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, cornflour, garlic, pasta & cheese	Not Applicable	Orange Slices
Thursday	<b>Cheesy Baked Beans (D) (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	<b>Fruit Loaf (G) (S) (SD)</b>
Friday	<b>Vegetable Massaman Curry (D) (PU) (SD) (T)</b> Potato, onion, peppers, sweet potato, cauliflower, leeks, Thai green curry paste, apricots, garlic, cinnamon, coriander, curry powder, ginger, coconut milk, red lentils, pineapple, bechamel, vegetable stock, cream & tomato	White Rice	Diced Pears

Menu B	Item 1	Item 2	Item 3
Monday	<b>Vegetable Chilli &amp; Cheese (D) (PU) (SD) (T)</b> Kidney beans, haricot beans, butternut squash, peppers, sweet potato, red onion, coriander, garlic puree, apricots, oregano, ground coriander, cumin, vegetable stock, smoked paprika, cornflour, stock, tomato & cheese	White Rice	Diced Peaches
Tuesday	<b>Sausage &amp; Potato Casserole (G) (PU) (SD) (T)</b> Speldhurst pork & beef sausage, potato, swede, onion, carrot, butternut squash, peas, garlic, haricot beans, smoked paprika, mixed herbs, gravy, basil & tomato	Not Applicable	<b>Strawberry Yoghurt (D)</b>
Wednesday	<b>Chicken &amp; Roasted Vegetable Pizza (D) (G) (T)</b> Wholemeal pizza base, tomato sauce, herbs, roasted vegetables, diced chicken, cheese	Not Applicable	<b>Banana Flapjack (G)</b>
Thursday	<b>Lentil &amp; Sweetcorn Pasta Bake (D) (G) (PU) (T)</b> Macaroni, lentils, cheese, tomato, garlic, butternut, sweetcorn, onion, basil & bechamel (contains coconut), rapeseed oil	Not Applicable	Melon Slices
Friday	<b>Cheesy Baked Beans (D) (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	<b>Tomato &amp; Mascarpone Cheese Pasta Bake (D) (G) (PU) (T)</b> Sweetcorn, peas, butternut squash, peppers, onion, mascarpone soft cheese, garlic, red lentils, bechamel (contains coconut), tomato & pasta	Not Applicable	Diced Apple & Apricot
Tuesday	<b>Cheesy Baked Beans (D) (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Orange Slices
Wednesday	<b>Lemon &amp; Garlic Chicken (PU) (SD)</b> Sliced chicken, peppers, butternut squash, red onion, peas, lemon juice, lemon zest, garlic, peach, bechamel (contains coconut) rosemary & vegetable stock	<b>Soft Flour Tortilla (G)</b>	<b>Raspberry Yoghurt (D)</b>
Thursday	<b>Fruity Vegetable Curry (D) (PU) (SD) (T)</b> Potato, tomato, peppers, carrots, kidney beans, onion, garam masala, mild curry powder, curry paste (contains tomato & mixed spices) ginger turmeric, apricot, peaches, béchamel (contains coconut), coconut milk, yoghurt	White Rice	<b>Carrot &amp; Cinnamon Flapjack (G)</b>
Friday	<b>Ham &amp; Pineapple Pizza (D) (G) (T)</b> Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Melon Slices

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

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# F FISH FREE NURSERY HOT Tea MENU

Spring Summer 2025

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	Turkey Stroganoff			●	●										
	White Rice														
	Apricot Protein Bar			●				●	●				●		
Tuesday	Chicken & Vegetable Chow Mein			●				●							
	Not Applicable														
	Pineapple Yoghurt			●	●										
Wednesday	Beef Meatball Pasta Bake	●		●	●			●							
	Not Applicable														
	Orange Slices			●				●	●						
Thursday	Cheesy Baked Beans			●	●										
	Jacket Potato														
	Fruit Loaf			●				●	●				●		
Friday	Vegetable Massaman Curry			●	●										
	White Rice														
	Diced Pears			●				●	●						

Menu B	Dish	Dietaries													
Monday	Vegetable Chilli & Cheese			●	●										
	White Rice														
	Diced Peaches			●				●	●						
Tuesday	Sausage & Potato Casserole	●		●				●							
	Not Applicable														
	Strawberry Yoghurt			●	●										
Wednesday	Chicken & Roasted Vegetable Pizza			●	●			●							
	Not Applicable														
	Banana Flapjack			●				●	●						
Thursday	Lentil & Sweetcorn Pasta Bake			●	●			●							
	Not Applicable														
	Melon Slices			●				●	●						
Friday	Cheesy Baked Beans			●	●										
	Jacket Potato														
	Orange Slices			●				●	●						

Menu C	Dish	Dietaries													
Monday	Tomato & Mascarpone Cheese Pasta Bake			●	●			●							
	Not Applicable														
	Diced Apple & Apricot			●				●	●						
Tuesday	Cheesy Baked Beans			●	●										
	Jacket Potato														
	Orange Slices			●				●	●						
Wednesday	Lemon & Garlic Chicken			●				●							
	Soft Flour Tortilla														
	Raspberry Yoghurt			●	●										
Thursday	Fruity Vegetable Curry			●	●										
	White Rice														
	Carrot & Cinnamon Flapjack			●				●	●						
Friday	Ham & Pineapple Pizza			●	●			●							
	Not Applicable														
	Melon Slices			●				●	●						

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Menu A	Item 1	Item 2	Item 3	
Monday	Turkey Stroganoff (Dairy Free)	Turkey, onion, leeks, carrot, mushroom, garlic, paprika, gravy & stock	White Rice	Apricot Protein Bar (G) (PU) (SD)
Tuesday	Chicken & Vegetable Chow Mein (G) (PU) (T)	Shredded chicken, onion, peppers, carrot, sweetcorn, bean sprouts, white cabbage, coriander, ginger, cumin, pineapple juice, vegetable stock, tomato, noodles & rapeseed oil	Not Applicable	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Wednesday	Beef Meatball Pasta Bake (Dairy Free) (G) (PU) (SD) (T)	Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, cornflour, garlic, pasta	Not Applicable	Orange Slices
Thursday	Dairy Free Cheesy Baked Beans (PU) (T)	Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & dairy free cheese	Jacket Potato	Fruit Loaf (G) (S) (SD)
Friday	Vegetable Massaman Curry (Dairy Free) (PU) (SD) (T)	Potato, onion, peppers, sweet potato, cauliflower, leeks, Thai green curry paste, apricots, garlic, cinnamon, coriander, curry powder, ginger, coconut milk, red lentils, pineapple, bechamel, vegetable stock & tomato	White Rice	Diced Pears

Menu B	Item 1	Item 2	Item 3	
Monday	Vegetable Chilli & Dairy Free Cheese (PU) (SD) (T)	Kidney beans, haricot beans, butternut squash, peppers, sweet potato, red onion, coriander, garlic puree, apricots, oregano, ground coriander, cumin, vegetable stock, smoked paprika, cornflour, stock, tomato & dairy free cheese	White Rice	Diced Peaches
Tuesday	Sausage & Potato Casserole (G) (PU) (SD) (T)	Speldhurst pork & beef sausage, potato, swede, onion, carrot, butternut squash, peas, garlic, haricot beans, smoked paprika, mixed herbs, gravy, basil & tomato	Not Applicable	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Wednesday	Chicken & Roasted Vegetable Pizza (Dairy Free) (G) (T)	Wholemeal pizza base, tomato sauce, herbs, roasted vegetables, diced chicken, dairy free cheese	Not Applicable	Banana Flapjack (G)
Thursday	Tuna & Sweetcorn Pasta Bake (Dairy Free) (F) (G) (PU) (T)	Tuna, macaroni, tomato, garlic, butternut, sweetcorn, onion, basil, dairy free cheese, rapeseed oil & bechamel (contains coconut)	Not Applicable	Melon Slices
Friday	Dairy Free Cheesy Baked Beans (PU) (T)	Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & dairy free cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3	
Monday	Tomato & Dairy Free Cheese Pasta Bake (G) (PU) (T)	Sweetcorn, peas, butternut squash, peppers, onion, dairy free soft cheese, garlic, red lentils, bechamel (contains coconut), tomato & pasta	Not Applicable	Diced Apple & Apricot
Tuesday	Dairy Free Cheesy Baked Beans (PU) (T)	Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & dairy free cheese	Jacket Potato	Orange Slices
Wednesday	Lemon & Garlic Chicken (PU) (SD)	Sliced chicken, peppers, butternut squash, red onion, peas, lemon juice, lemon zest, garlic, peach, bechamel (contains coconut) rosemary & vegetable stock	Soft Flour Tortilla (G)	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Thursday	Fruity Vegetable Curry (Dairy Free) (PU) (SD) (T)	Potato, tomato, peppers, carrots, kidney beans, onion, garam masala, mild curry powder, curry paste (contains tomato & mixed spices) ginger turmeric, apricot, peaches, béchamel (contains coconut), coconut milk	White Rice	Carrot & Cinnamon Flapjack (G)
Friday	Ham & Pineapple Dairy Free Pizza (G) (T)	Pizza base, tomato sauce, herbs, dairy free cheese, ham & pineapple	Not Applicable	Melon Slices

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

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# D DAIRY FREE NURSERY HOT TEA MENU

Spring Summer 2025

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	Turkey Stroganoff (Dairy Free)			●											
	White Rice														
	Apricot Protein Bar			●				●							
Tuesday	Chicken & Vegetable Chow Mein			●				●							
	Not Applicable														
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●				●						●	
Wednesday	Beef Meatball Pasta Bake (Dairy Free)	●		●				●						●	
	Not Applicable														
	Orange Slices			●				●						●	
Thursday	Dairy Free Cheesy Baked Beans			●										●	
	Jacket Potato													●	
	Fruit Loaf			●				●						●	
Friday	Vegetable Massaman Curry (Dairy Free)			●										●	
	White Rice													●	
	Diced Pears			●				●						●	

Menu B	Dish	Dietaries													
Monday	Vegetable Chilli & Dairy Free Cheese			●										●	
	White Rice													●	
	Diced Peaches			●				●						●	
Tuesday	Sausage & Potato Casserole	●		●				●					●	●	
	Not Applicable														
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●				●						●	
Wednesday	Chicken & Roasted Vegetable Pizza (Dairy Free)			●				●						●	
	Not Applicable														
	Banana Flapjack			●				●						●	
Thursday	Tuna & Sweetcorn Pasta Bake (Dairy Free)			●				●						●	
	Not Applicable														
	Melon Slices			●				●						●	
Friday	Dairy Free Cheesy Baked Beans			●										●	
	Jacket Potato													●	
	Orange Slices			●				●						●	

Menu C	Dish	Dietaries													
Monday	Tomato & Dairy Free Cheese Pasta Bake			●				●						●	
	Not Applicable														
	Diced Apple & Apricot			●				●						●	
Tuesday	Dairy Free Cheesy Baked Beans			●										●	
	Jacket Potato													●	
	Orange Slices			●				●						●	
Wednesday	Lemon & Garlic Chicken			●										●	
	Soft Flour Tortilla							●						●	
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●				●						●	
Thursday	Fruity Vegetable Curry (Dairy Free)			●										●	
	White Rice													●	
	Carrot & Cinnamon Flapjack			●				●						●	
Friday	Ham & Pineapple Dairy Free Pizza			●				●						●	
	Not Applicable														
	Melon Slices			●				●						●	

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Menu A	Item 1	Item 2	Item 3
Monday	<b>Turkey Stroganoff (D)</b> Turkey, onion, leeks, carrot, mushroom, garlic, cream, paprika, gravy & stock	White Rice	<b>Apricot Protein Bar (Gluten Free) (PU) (SD)</b>
Tuesday	<b>Chicken &amp; Vegetable Chow Mein (Gluten Free) (PU) (T)</b> Shredded chicken, onion, peppers, carrot, sweetcorn, bean sprouts, white cabbage, coriander, ginger, cumin, pineapple juice, vegetable stock, tomato, gluten free pasta & rapeseed oil	Not Applicable	<b>Pineapple Yoghurt (D)</b>
Wednesday	<b>Chicken Pasta Bake (Gluten Free) (D) (PU) (SD) (T)</b> Diced chicken, onion, red lentils, peppers, swede, oregano, basil, tomato, corn flour, garlic, gluten free pasta & cheese	Not Applicable	Orange Slices
Thursday	<b>Cheesy Baked Beans (D) (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Plain Flapjack (Gluten Free)
Friday	<b>Vegetable Massaman Curry (D) (PU) (SD) (T)</b> Potato, onion, peppers, sweet potato, cauliflower, leeks, Thai green curry paste, apricots, garlic, cinnamon, coriander, curry powder, ginger, coconut milk, red lentils, pineapple, bechamel, vegetable stock, cream & tomato	White Rice	Diced Pears

Menu B	Item 1	Item 2	Item 3
Monday	<b>Vegetable Chilli &amp; Cheese (D) (PU) (SD) (T)</b> Kidney beans, haricot beans, butternut squash, peppers, sweet potato, red onion, coriander, garlic puree, apricots, oregano, ground coriander, cumin, vegetable stock, smoked paprika, cornflour, stock, tomato & cheese	White Rice	Diced Peaches
Tuesday	<b>Sausage &amp; Potato Casserole (Gluten Free) (PU) (SD) (T)</b> Gluten free pork sausage, potato, swede, onion, carrot, butternut squash, peas, garlic, haricot beans, smoked paprika, mixed herbs, gravy, basil & tomato	Not Applicable	<b>Strawberry Yoghurt (D)</b>
Wednesday	<b>Chicken &amp; Roasted Vegetable Pizza (Gluten Free) (D) (T)</b> Gluten free pizza base, tomato sauce, herbs, roasted vegetables, diced chicken, cheese	Not Applicable	Banana Flapjack (Gluten Free)
Thursday	<b>Tuna &amp; Sweetcorn Pasta Bake (Gluten Free) (D) (F) (PU) (T)</b> Tuna, gluten free pasta, cheese, tomato, garlic, butternut, sweetcorn, onion, basil, rapeseed oil & bechamel (contains coconut)	Not Applicable	Melon Slices
Friday	<b>Cheesy Baked Beans (D) (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	<b>Tomato &amp; Mascarpone Cheese Pasta Bake (Gluten Free) (D) (PU) (T)</b> Sweetcorn, peas, butternut squash, peppers, onion, mascarpone soft cheese, garlic, red lentils, bechamel (contains coconut), tomato & gluten free pasta	Not Applicable	Diced Apple & Apricot
Tuesday	<b>Cheesy Baked Beans (D) (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Orange Slices
Wednesday	<b>Lemon &amp; Garlic Chicken (PU) (SD)</b> Sliced chicken, peppers, butternut squash, red onion, peas, lemon juice, lemon zest, garlic, peach, bechamel (contains coconut) rosemary & vegetable stock	<b>Gluten Free Tortilla Wrap (PU)</b>	<b>Raspberry Yoghurt (D)</b>
Thursday	<b>Fruity Vegetable Curry (D) (PU) (SD) (T)</b> Potato, tomato, peppers, carrots, kidney beans, onion, garam masala, mild curry powder, curry paste (contains tomato & mixed spices) ginger turmeric, apricot, peaches, béchamel (contains coconut), coconut milk, yoghurt	White Rice	Carrot & Cinnamon Flapjack (Gluten Free)
Friday	<b>Ham &amp; Pineapple Gluten Free Pizza (D) (T)</b> Gluten free pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Melon Slices

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# G GLUTEN FREE NURSERY HOT Tea MENU

Spring Summer 2025

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	Turkey Stroganoff			●	●														●	●
	White Rice																		●	●
	Apricot Protein Bar (Gluten Free)			●															●	●
Tuesday	Chicken & Vegetable Chow Mein (Gluten Free)			●															●	●
	Not Applicable																		●	●
	Pineapple Yoghurt			●	●														●	●
Wednesday	Chicken Pasta Bake (Gluten Free)			●	●														●	●
	Not Applicable																		●	●
	Orange Slices			●															●	●
Thursday	Cheesy Baked Beans			●	●														●	●
	Jacket Potato																		●	●
	Plain Flapjack (Gluten Free)			●															●	●
Friday	Vegetable Massaman Curry			●	●														●	●
	White Rice																		●	●
	Diced Pears			●															●	●

Menu B	Dish	Dietaries																		
Monday	Vegetable Chilli & Cheese			●	●														●	●
	White Rice																		●	●
	Diced Peaches			●															●	●
Tuesday	Sausage & Potato Casserole (Gluten Free)	●		●															●	●
	Not Applicable																		●	●
	Strawberry Yoghurt			●	●														●	●
Wednesday	Chicken & Roasted Vegetable Pizza (Gluten Free)			●	●														●	●
	Not Applicable																		●	●
	Banana Flapjack (Gluten Free)			●															●	●
Thursday	Tuna & Sweetcorn Pasta Bake (Gluten Free)			●	●			●											●	●
	Not Applicable																		●	●
	Melon Slices			●															●	●
Friday	Cheesy Baked Beans			●	●														●	●
	Jacket Potato																		●	●
	Orange Slices			●															●	●

Menu C	Dish	Dietaries																		
Monday	Tomato & Mascarpone Cheese Pasta Bake (Gluten Free)			●	●														●	●
	Not Applicable																		●	●
	Diced Apple & Apricot			●															●	●
Tuesday	Cheesy Baked Beans			●	●														●	●
	Jacket Potato																		●	●
	Orange Slices			●															●	●
Wednesday	Lemon & Garlic Chicken			●															●	●
	Gluten Free Tortilla Wrap			●															●	●
	Raspberry Yoghurt			●	●														●	●
Thursday	Fruity Vegetable Curry			●	●														●	●
	White Rice																		●	●
	Carrot & Cinnamon Flapjack (Gluten Free)			●															●	●
Friday	Ham & Pineapple Gluten Free Pizza			●	●														●	●
	Not Applicable																		●	●
	Melon Slices			●															●	●

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Menu A	Item 1	Item 2	Item 3
Monday	<b>Turkey Stroganoff (D)</b> Turkey, onion, leeks, carrot, mushroom, garlic, cream, paprika, gravy & stock	White Rice	Plain Flapjack (Gluten Free)
Tuesday	<b>Chicken &amp; Vegetable Chow Mein (Pulse Free) (G) (T)</b> Shredded chicken, onion, peppers, carrot, sweetcorn, white cabbage, coriander, ginger, cumin, pineapple juice, vegetable stock, tomato, noodles & rapeseed oil	Not Applicable	<b>Pineapple Yoghurt (D)</b>
Wednesday	<b>Beef Meatball Pasta Bake (Pulse Free) (D) (G) (SD) (T)</b> Beef meatballs, onion, peppers, swede, oregano, basil, tomato, cornflour, garlic, pasta & cheese	Not Applicable	Orange Slices
Thursday	<b>Cheddar Cheese (D)</b> Cheese	Jacket Potato	<b>Fruit Loaf (G) (S) (SD)</b>
Friday	<b>Vegetable Massaman Curry (Pulse Free) (D) (SD) (T)</b> Potato, onion, peppers, sweet potato, cauliflower, leeks, Thai green curry paste, apricots, garlic, cinnamon, coriander, curry powder, ginger, coconut milk, pineapple, bechamel, vegetable stock, cream & tomato	White Rice	Diced Pears

Menu B	Item 1	Item 2	Item 3
Monday	<b>Vegetable Chilli &amp; Cheese (Pulse Free) (D) (SD) (T)</b> Butternut squash, peppers, sweet potato, red onion, coriander, garlic puree, apricots, oregano, ground coriander, cumin, vegetable stock, smoked paprika, cornflour, stock, tomato & cheese	White Rice	Diced Peaches
Tuesday	<b>Sausage &amp; Potato Casserole (Pulse Free) (G) (SD) (T)</b> Speldhurst pork & beef sausage, potato, swede, onion, carrot, butternut squash, garlic, haricot beans, smoked paprika, mixed herbs, gravy, basil & tomato	Not Applicable	<b>Strawberry Yoghurt (D)</b>
Wednesday	<b>Chicken &amp; Roasted Vegetable Pizza (D) (G) (T)</b> Wholemeal pizza base, tomato sauce, herbs, roasted vegetables, diced chicken, cheese	Not Applicable	<b>Banana Flapjack (G)</b>
Thursday	<b>Tuna &amp; Sweetcorn Pasta Bake (Pulse Free) (D) (F) (G) (T)</b> Tuna, macaroni, cheese, tomato, garlic, butternut squash, sweetcorn, onion, basil, rapeseed oil	Not Applicable	Melon Slices
Friday	<b>Cheddar Cheese (D)</b> Cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	<b>Tomato &amp; Mascarpone Cheese Pasta Bake (Pulse Free) (D) (G) (T)</b> Sweetcorn, butternut squash, peppers, onion, mascarpone soft cheese, garlic, tomato & pasta	Not Applicable	Diced Apple & Apricot
Tuesday	<b>Cheddar Cheese (D)</b> Cheese	Jacket Potato	Orange Slices
Wednesday	<b>Lemon &amp; Garlic Chicken (Pulse Free) (SD)</b> Sliced chicken, peppers, butternut squash, red onion, lemon juice, lemon zest, garlic, peach, gravy, rosemary & vegetable stock	<b>Soft Flour Tortilla (G)</b>	<b>Raspberry Yoghurt (D)</b>
Thursday	<b>Fruity Vegetable Curry (Pulse Free) (D) (SD) (T)</b> Potato, tomato, peppers, carrots, onion, garam masala, mild curry powder, curry paste (contains tomato & mixed spices) ginger turmeric, apricot, peaches, coconut milk, yoghurt	White Rice	<b>Carrot &amp; Cinnamon Flapjack (G)</b>
Friday	<b>Ham &amp; Pineapple Pizza (D) (G) (T)</b> Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Melon Slices

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Menu A	Item 1	Item 2	Item 3
Monday	<b>Turkey Stroganoff (D)</b> Turkey, onion, leeks, carrot, mushroom, garlic, cream, paprika, gravy & stock	White Rice	<b>Apricot Protein Bar (G) (PU) (SD)</b>
Tuesday	<b>Chicken &amp; Vegetable Chow Mein (G) (PU) (T)</b> Shredded chicken, onion, peppers, carrot, sweetcorn, bean sprouts, white cabbage, coriander, ginger, cumin, pineapple juice, vegetable stock, tomato, noodles & rapeseed oil	Not Applicable	<b>Pineapple Yoghurt (D)</b>
Wednesday	<b>Beef Meatball Pasta Bake (D) (G) (PU) (SD) (T)</b> Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, cornflour, garlic, pasta & cheese	Not Applicable	Orange Slices
Thursday	<b>Cheesy Baked Beans (D) (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Plain Flapjack (Gluten Free)
Friday	<b>Vegetable Massaman Curry (D) (PU) (SD) (T)</b> Potato, onion, peppers, sweet potato, cauliflower, leeks, Thai green curry paste, apricots, garlic, cinnamon, coriander, curry powder, ginger, coconut milk, red lentils, pineapple, bechamel, vegetable stock, cream & tomato	White Rice	Diced Pears

Menu B	Item 1	Item 2	Item 3
Monday	<b>Vegetable Chilli &amp; Cheese (D) (PU) (SD) (T)</b> Kidney beans, haricot beans, butternut squash, peppers, sweet potato, red onion, coriander, garlic puree, apricots, oregano, ground coriander, cumin, vegetable stock, smoked paprika, cornflour, stock, tomato & cheese	White Rice	Diced Peaches
Tuesday	<b>Sausage &amp; Potato Casserole (G) (PU) (SD) (T)</b> Speldhurst pork & beef sausage, potato, swede, onion, carrot, butternut squash, peas, garlic, haricot beans, smoked paprika, mixed herbs, gravy, basil & tomato	Not Applicable	<b>Strawberry Yoghurt (D)</b>
Wednesday	<b>Chicken &amp; Roasted Vegetable Pizza (D) (G) (T)</b> Wholemeal pizza base, tomato sauce, herbs, roasted vegetables, diced chicken, cheese	Not Applicable	<b>Banana Flapjack (G)</b>
Thursday	<b>Tuna &amp; Sweetcorn Pasta Bake (D) (F) (G) (PU) (T)</b> Tuna, macaroni, cheese, tomato, garlic, butternut squash, sweetcorn, onion, basil, rapeseed oil & bechamel (contains coconut)	Not Applicable	Melon Slices
Friday	<b>Cheesy Baked Beans (D) (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	<b>Tomato &amp; Mascarpone Cheese Pasta Bake (D) (G) (PU) (T)</b> Sweetcorn, peas, butternut squash, peppers, onion, mascarpone soft cheese, garlic, red lentils, bechamel (contains coconut), tomato & pasta	Not Applicable	Diced Apple & Apricot
Tuesday	<b>Cheesy Baked Beans (D) (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Orange Slices
Wednesday	<b>Lemon &amp; Garlic Chicken (PU) (SD)</b> Sliced chicken, peppers, butternut squash, red onion, peas, lemon juice, lemon zest, garlic, peach, bechamel (contains coconut) rosemary & vegetable stock	<b>Soft Flour Tortilla (G)</b>	<b>Raspberry Yoghurt (D)</b>
Thursday	<b>Fruity Vegetable Curry (D) (PU) (SD) (T)</b> Potato, tomato, peppers, carrots, kidney beans, onion, garam masala, mild curry powder, curry paste (contains tomato & mixed spices) ginger turmeric, apricot, peaches, béchamel (contains coconut), coconut milk, yoghurt	White Rice	<b>Carrot &amp; Cinnamon Flapjack (G)</b>
Friday	<b>Ham &amp; Pineapple Pizza (D) (G) (T)</b> Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Melon Slices

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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 HOT TEA MENU

## Spring Summer 2025

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	Turkey Stroganoff			●	●										
	White Rice														
	Apricot Protein Bar			●				●	●				●		●
Tuesday	Chicken & Vegetable Chow Mein			●				●						●	●
	Not Applicable														
	Pineapple Yoghurt			●	●				●					●	●
Wednesday	Beef Meatball Pasta Bake	●		●	●			●						●	●
	Not Applicable														
	Orange Slices			●										●	●
Thursday	Cheesy Baked Beans			●	●									●	●
	Jacket Potato													●	●
	Plain Flapjack (Gluten Free)			●										●	●
Friday	Vegetable Massaman Curry			●	●									●	●
	White Rice													●	●
	Diced Pears			●										●	●

Menu B	Dish	Dietaries													
Monday	Vegetable Chilli & Cheese			●	●									●	●
	White Rice													●	●
	Diced Peaches			●										●	●
Tuesday	Sausage & Potato Casserole	●		●				●					●	●	●
	Not Applicable														
	Strawberry Yoghurt			●	●				●					●	●
Wednesday	Chicken & Roasted Vegetable Pizza			●	●			●						●	●
	Not Applicable														
	Banana Flapjack			●				●						●	●
Thursday	Tuna & Sweetcorn Pasta Bake			●	●			●			●			●	●
	Not Applicable														
	Melon Slices			●										●	●
Friday	Cheesy Baked Beans			●	●									●	●
	Jacket Potato													●	●
	Orange Slices			●										●	●

Menu C	Dish	Dietaries													
Monday	Tomato & Mascarpone Cheese Pasta Bake			●	●			●						●	●
	Not Applicable														
	Diced Apple & Apricot			●										●	●
Tuesday	Cheesy Baked Beans			●	●									●	●
	Jacket Potato													●	●
	Orange Slices			●										●	●
Wednesday	Lemon & Garlic Chicken			●				●						●	●
	Soft Flour Tortilla														
	Raspberry Yoghurt			●	●									●	●
Thursday	Fruity Vegetable Curry			●	●									●	●
	White Rice													●	●
	Carrot & Cinnamon Flapjack			●				●						●	●
Friday	Ham & Pineapple Pizza			●	●			●						●	●
	Not Applicable														
	Melon Slices			●										●	●

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Menu A	Item 1	Item 2	Item 3
Monday	<b>Turkey Stroganoff (D)</b> Turkey, onion, leeks, carrot, mushroom, garlic, cream, paprika, gravy & stock	White Rice	Plain Flapjack (Gluten Free)
Tuesday	<b>Chicken &amp; Vegetable Chow Mein (G) (PU) (T)</b> Shredded chicken, onion, peppers, carrot, sweetcorn, bean sprouts, white cabbage, coriander, ginger, cumin, pineapple juice, vegetable stock, tomato, noodles & rapeseed oil	Not Applicable	<b>Pineapple Yoghurt (D)</b>
Wednesday	<b>Beef Meatball Pasta Bake (Sulphur Dioxide Free) (D) (G) (PU) (T)</b> Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, garlic, pasta & cheese	Not Applicable	Orange Slices
Thursday	<b>Cheesy Baked Beans (D) (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Plain Flapjack (Gluten Free)
Friday	<b>Vegetable Massaman Curry (D) (PU) (T)</b> Potato, onion, peppers, sweet potato, cauliflower, leeks, Thai green curry paste, garlic, cinnamon, coriander, curry powder, ginger, coconut milk, red lentils, pineapple, bechamel, vegetable stock, cream & tomato	White Rice	Diced Pears

Menu B	Item 1	Item 2	Item 3
Monday	<b>Vegetable Chilli &amp; Cheese (Sulphur Dioxide Free) (D) (PU) (T)</b> Kidney beans, haricot beans, butternut squash, peppers, sweet potato, red onion, coriander, garlic puree, oregano, ground coriander, cumin, vegetable stock, smoked paprika, stock, tomato & cheese	White Rice	Diced Peaches
Tuesday	<b>Sausage &amp; Potato Casserole (Sulphur Dioxide Free) (PU) (T)</b> Diced chicken, potato, swede, onion, carrot, butternut squash, peas, garlic, haricot beans, smoked paprika, mixed herbs, gravy, basil & tomato	Not Applicable	<b>Strawberry Yoghurt (D)</b>
Wednesday	<b>Chicken &amp; Roasted Vegetable Pizza (D) (G) (T)</b> Wholemeal pizza base, tomato sauce, herbs, roasted vegetables, diced chicken, cheese	Not Applicable	<b>Banana Flapjack (G)</b>
Thursday	<b>Tuna &amp; Sweetcorn Pasta Bake (D) (F) (G) (PU) (T)</b> Tuna, macaroni, cheese, tomato, garlic, butternut squash, sweetcorn, onion, basil, rapeseed oil & bechamel (contains coconut)	Not Applicable	Melon Slices
Friday	<b>Cheesy Baked Beans (D) (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	<b>Tomato &amp; Mascarpone Cheese Pasta Bake (D) (G) (PU) (T)</b> Sweetcorn, peas, butternut squash, peppers, onion, mascarpone soft cheese, garlic, red lentils, bechamel (contains coconut), tomato & pasta	Not Applicable	Diced Apple & Apricot
Tuesday	<b>Cheesy Baked Beans (D) (PU) (T)</b> Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Orange Slices
Wednesday	<b>Lemon &amp; Garlic Chicken (Sulphur Dioxide Free) (PU)</b> Sliced chicken, peppers, butternut squash, red onion, peas, garlic, peach, bechamel (contains coconut) rosemary & vegetable stock	<b>Soft Flour Tortilla (G)</b>	<b>Raspberry Yoghurt (D)</b>
Thursday	<b>Fruity Vegetable Curry (Sulphur Dioxide Free) (D) (PU) (T)</b> Potato, tomato, peppers, carrots, kidney beans, onion, garam masala, mild curry powder, curry paste (contains tomato & mixed spices) ginger turmeric, peaches, béchamel (contains coconut), coconut milk, yoghurt	White Rice	<b>Carrot &amp; Cinnamon Flapjack (G)</b>
Friday	<b>Ham &amp; Pineapple Pizza (D) (G) (T)</b> Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Melon Slices

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# SD SULPHUR DIOXIDE FREE NURSERY HOT TEA MENU

Spring Summer 2025

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	Turkey Stroganoff			●	●														●	●
	White Rice																		●	●
	Plain Flapjack (Gluten Free)																		●	●
Tuesday	Chicken & Vegetable Chow Mein			●				●											●	●
	Not Applicable																		●	●
	Pineapple Yoghurt			●	●														●	●
Wednesday	Beef Meatball Pasta Bake (Sulphur Dioxide Free)	●		●	●			●											●	●
	Not Applicable																		●	●
	Orange Slices			●															●	●
Thursday	Cheesy Baked Beans			●	●														●	●
	Jacket Potato																		●	●
	Plain Flapjack (Gluten Free)																		●	●
Friday	Vegetable Massaman Curry			●	●														●	●
	White Rice																		●	●
	Diced Pears			●															●	●

Menu B	Dish	Dietaries																		
Monday	Vegetable Chilli & Cheese (Sulphur Dioxide Free)			●	●														●	●
	White Rice																		●	●
	Diced Peaches			●															●	●
Tuesday	Sausage & Potato Casserole (Sulphur Dioxide Free)			●															●	●
	Not Applicable																		●	●
	Strawberry Yoghurt			●	●														●	●
Wednesday	Chicken & Roasted Vegetable Pizza			●	●			●											●	●
	Not Applicable																		●	●
	Banana Flapjack			●				●											●	●
Thursday	Tuna & Sweetcorn Pasta Bake			●	●			●											●	●
	Not Applicable																		●	●
	Melon Slices			●															●	●
Friday	Cheesy Baked Beans			●	●														●	●
	Jacket Potato																		●	●
	Orange Slices			●															●	●

Menu C	Dish	Dietaries																		
Monday	Tomato & Mascarpone Cheese Pasta Bake			●	●			●											●	●
	Not Applicable																		●	●
	Diced Apple & Apricot			●															●	●
Tuesday	Cheesy Baked Beans			●	●														●	●
	Jacket Potato																		●	●
	Orange Slices			●															●	●
Wednesday	Lemon & Garlic Chicken (Sulphur Dioxide Free)			●				●											●	●
	Soft Flour Tortilla																		●	●
	Raspberry Yoghurt			●	●														●	●
Thursday	Fruity Vegetable Curry (Sulphur Dioxide Free)			●	●														●	●
	White Rice																		●	●
	Carrot & Cinnamon Flapjack			●				●											●	●
Friday	Ham & Pineapple Pizza			●	●			●											●	●
	Not Applicable																		●	●
	Melon Slices			●															●	●

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Menu A	Item 1	Item 2	Item 3
Monday	<b>Turkey Stroganoff (D)</b> Turkey, onion, leeks, carrot, mushroom, garlic, cream, paprika, gravy & stock	White Rice	<b>Apricot Protein Bar (G) (PU) (SD)</b>
Tuesday	<b>Chicken &amp; Vegetable Chow Mein (Tomato Free) (G) (PU)</b> Shredded chicken, onion, peppers, carrot, sweetcorn, bean sprouts, white cabbage, coriander, ginger, cumin, pineapple juice, vegetable stock, noodles & rapeseed oil	Not Applicable	<b>Pineapple Yoghurt (D)</b>
Wednesday	<b>Beef Meatball Pasta Bake (Tomato Free) (D) (G) (PU) (SD)</b> Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, gravy, cornflour, garlic, pasta & cheese	Not Applicable	Orange Slices
Thursday	<b>Cheddar Cheese (D)</b> Cheese	Jacket Potato	<b>Fruit Loaf (G) (S) (SD)</b>
Friday	<b>Vegetable Massaman Curry (Tomato Free) (D) (PU) (SD)</b> Potato, onion, peppers, sweet potato, cauliflower, leeks, Thai green curry paste, apricots, garlic, cinnamon, coriander, curry powder, ginger, coconut milk, red lentils, pineapple, bechamel, vegetable stock & cream	White Rice	Diced Pears

Menu B	Item 1	Item 2	Item 3
Monday	<b>Vegetable Chilli &amp; Cheese (Tomato Free) (D) (PU) (SD)</b> Kidney beans, haricot beans, butternut squash, peppers, sweet potato, red onion, coriander, garlic puree, apricots, oregano, ground coriander, cumin, vegetable stock, smoked paprika, cornflour, stock, gravy & cheese	White Rice	Diced Peaches
Tuesday	<b>Sausage &amp; Potato Casserole (Tomato Free) (G) (PU) (SD)</b> Speldhurst pork & beef sausage, potato, swede, onion, carrot, butternut squash, peas, garlic, haricot beans, smoked paprika, mixed herbs, gravy, basil	Not Applicable	<b>Strawberry Yoghurt (D)</b>
Wednesday	<b>Chicken &amp; Roasted Vegetable Pizza (Tomato Free) (D) (G)</b> Wholemeal pizza base, roasted vegetables, diced chicken, cheese	Not Applicable	<b>Banana Flapjack (G)</b>
Thursday	<b>Tuna &amp; Sweetcorn Pasta Bake (Tomato Free) (D) (F) (G) (PU)</b> Tuna, macaroni, cheese, bechamel (contains coconut), garlic, butternut, sweetcorn, onion, basil, rapeseed oil	Not Applicable	Melon Slices
Friday	<b>Cheddar Cheese (D)</b> Cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	<b>Mascarpone Cheese Pasta Bake (Tomato Free) (D) (G) (PU)</b> Sweetcorn, peas, butternut squash, peppers, onion, mascarpone soft cheese, garlic, red lentils, bechamel (contains coconut), gravy & pasta	Not Applicable	Diced Apple & Apricot
Tuesday	<b>Cheddar Cheese (D)</b> Cheese	Jacket Potato	Orange Slices
Wednesday	<b>Lemon &amp; Garlic Chicken (PU) (SD)</b> Sliced chicken, peppers, butternut squash, red onion, peas, lemon juice, lemon zest, garlic, peach, bechamel (contains coconut) rosemary & vegetable stock	<b>Soft Flour Tortilla (G)</b>	<b>Raspberry Yoghurt (D)</b>
Thursday	<b>Fruity Vegetable Curry (Tomato Free) (D) (PU) (SD)</b> Potato, peppers, carrots, kidney beans, onion, garam masala, mild curry powder, ginger, turmeric, apricot, peaches, béchamel (contains coconut), coconut milk, yoghurt	White Rice	<b>Carrot &amp; Cinnamon Flapjack (G)</b>
Friday	<b>Ham &amp; Pineapple Tomato Free Pizza (D) (G)</b> Pizza base, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Melon Slices

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Menu A	Item 1	Item 2	Item 3
Monday	<b>Turkey Stroganoff Alternative (D)</b> Turkey, onion, leeks, carrot, mushroom, cream, gravy & stock	White Rice	<b>Sponge Slice (G) (S)</b>
Tuesday	<b>Chicken &amp; Vegetable Chow Mein Alternative (G) (PU)</b> Shredded chicken, onion, peppers, carrot, sweetcorn, bean sprouts, white cabbage, fresh coriander, vegetable stock, gravy, pasta & rapeseed oil	Not Applicable	<b>Natural Yoghurt (D)</b>
Wednesday	<b>Meatball Pasta Bake Alternative (D) (G) (PU) (SD)</b> Diced chicken, onion, red lentils, peppers, swede, oregano, basil, gravy, corn flour, pasta & cheese	Not Applicable	<b>Sponge Slice (G) (S)</b>
Thursday	<b>Cheddar Cheese (D)</b> Cheese	Jacket Potato	Plain Flapjack (Gluten Free)
Friday	<b>Vegetable Massaman Curry Alternative (D) (PU)</b> Potato, onion, peppers, sweet potato, cauliflower, leeks, fresh coriander, red lentils, gravy, vegetable stock & cream	White Rice	<b>Natural Yoghurt (D)</b>

Menu B	Item 1	Item 2	Item 3
Monday	<b>Vegetable Chilli &amp; Cheese Alternative (D) (PU) (SD)</b> Kidney beans, haricot beans, butternut squash, peppers, sweet potato, red onion, fresh coriander, oregano, vegetable stock, cornflour, stock, gravy & cheese	White Rice	Plain Flapjack (Gluten Free)
Tuesday	<b>Sausage &amp; Potato Casserole Alternative (PU)</b> Diced chicken, potato, swede, onion, carrot, butternut squash, peas, haricot beans, mixed herbs, gravy, basil	Not Applicable	<b>Natural Yoghurt (D)</b>
Wednesday	<b>Chicken &amp; Roasted Vegetable Pizza (Tomato Free) (D) (G)</b> Wholemeal pizza base, roasted vegetables, diced chicken, cheese	Not Applicable	Plain Flapjack (Gluten Free)
Thursday	<b>Tuna &amp; Sweetcorn Pasta Bake Alternative (D) (F) (G)</b> Tuna, macaroni, cheese, butternut squash, sweetcorn, onion, basil, rapeseed oil & gravy	Not Applicable	<b>Sponge Slice (G) (S)</b>
Friday	<b>Cheddar Cheese (D)</b> Cheese	Jacket Potato	<b>Natural Yoghurt (D)</b>

Menu C	Item 1	Item 2	Item 3
Monday	<b>Tomato &amp; Mascarpone Cheese Pasta Bake Alternative (D) (G) (PU)</b> Sweetcorn, peas, butternut squash, peppers, onion, mascarpone soft cheese, red lentils, gravy & pasta	Not Applicable	<b>Sponge Slice (G) (S)</b>
Tuesday	<b>Cheddar Cheese (D)</b> Cheese	Jacket Potato	<b>Natural Yoghurt (D)</b>
Wednesday	<b>Lemon &amp; Garlic Chicken Alternative (PU)</b> Sliced chicken, peppers, butternut squash, red onion, peas, gravy, rosemary & vegetable stock	<b>Soft Flour Tortilla (G)</b>	Plain Flapjack (Gluten Free)
Thursday	<b>Fruity Vegetable Curry Alternative (D) (PU)</b> Potato, tomato, peppers, carrots, kidney beans, onion, gravy & yoghurt	White Rice	<b>Natural Yoghurt (D)</b>
Friday	<b>Ham Pizza (Tomato Free) (D) (G)</b> Pizza base, herbs, cheddar, mozzarella & ham	Not Applicable	<b>Sponge Slice (G) (S)</b>

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