

ZEBEDEE'S LUNCH BOX

NURSERY MENU

HALAL LUNCH MENU

ZL04/16

Menu A	Main Course	Contents	Side Dish	Dessert
Monday	Vegetable Korma Curry	Meat free chicken pieces, mixed peppers, sliced green beans, haricot beans, carrots, onion, peas, sultanas, apricot, cauliflower, peaches, yellow split peas, plain yoghurt, garam masala, ginger, turmeric, mild curry powder, potato & béchamel sauce	Fluffy White Rice	Strawberry Cheesecake Mousse
Tuesday	Halal Simply Chicken & Mezze Penne Pasta	Diced halal chicken breast, tomato, tomato passata, carrot, butternut squash, roasted red peppers & mezze penne pasta	Grated Cheddar Cheese	Blueberry Slice with Custard
Wednesday	Halal Chicken Sausage with Homemade Baked Beans	Halal chicken sausage, haricot beans, tomato, tomato puree, carrot, basil, potato, swede, garlic & onion	Root Vegetable Mash	Turners Farm Smooth Blackcurrant Yoghurt
Thursday	Mild & Creamy Halal Lamb Tikka Masala	Halal minced lamb, ginger, garlic, chilli, onion, paprika, garam masala, peppers, cinnamon, coriander, turmeric, béchamel sauce, cream, yoghurt, tomato, tomato puree & mango chutney	Fluffy Brown Rice	Melon, Apricot, Pineapple, Peaches & Pear
Friday	Halal Roast Chicken, Baby New Potatoes & Gravy	Halal roast chicken, baby new potatoes & gravy	Peas, Carrots, Broccoli & Cauliflower	Vanilla Ice Cream & Diced Peaches

Menu B	Main Course	Contents	Side Dish	Dessert
Monday	Mexican Halal Chicken	Diced halal chicken breast, tomato, tomato puree, carrots, mixed peppers, red onion, garlic, celery, basil, butternut squash & mild spices	Fluffy White Rice	Turners Dairy Farm Smooth Apricot Yoghurt
Tuesday	Organic Soya & Vegetable Spaghetti Bolognaise	Minced organic soya, wholewheat spaghetti, carrots, swede, butternut squash, onion, courgette, tomato, red lentils, tomato puree & mixed herbs	Grated Cheddar Cheese	Bramley Apple & Peach Oaty Crumble with Custard
Wednesday	Mediterranean Halal Chicken Meatballs	Halal chicken meatballs, peppers, garlic, onion, red lentils, grated swede, tomato, oregano, basil & tomato puree	Baby New Potatoes	Plas Farm Summer Berry Frozen Yoghurt
Thursday	Zebedee's Halal Beanie Shepherd's Pie	Halal minced lamb, mashed potato, mint sauce, cabbage, tomato, swede, onion, provencal herbs, gravy, haricot beans, carrot, apricot, redcurrant jelly & garlic	Cucumber Slices	Lemon & Orange Polenta Cake with Vanilla Custard
Friday	Salmon, Broccoli & Sweetcorn Carbonara	Flaked fresh salmon, onion, garlic, cauliflower, broccoli, sweetcorn, basil, cream, cheese & béchamel sauce	Mezze Penne Pasta	Mandarins, Peaches & Pineapple

Menu C	Main Course	Contents	Side Dish	Dessert
Monday	Halal Roast Chicken, Baby New Potatoes & Gravy	Halal chicken breast, baby new potatoes & gravy	Peas, Carrots, Green Beans & Savoy Cabbage	Turners Dairy Farm Smooth Strawberry Fromage Frais
Tuesday	Halal Lamb Lasagne	Halal minced lamb, lasagne, red onion, garlic, butternut squash, carrots, mixed peppers, courgette, red lentils, tomato, tomato puree, chilli, oregano, basil, béchamel sauce & grated cheese	Cucumber Slices	Apricot Flapjack with Custard
Wednesday	Vegetarian Chilli & Rice	Organic soya, onion, pepper, tomato, carrot, butternut squash, kidney beans, peaches & tomato puree	Grated Cheddar Cheese	Pears, Peaches, Pineapple & Mango
Thursday	Halal Chicken, Lentil & Potato Stew	Diced halal chicken, lentils, potato, black eye beans, sweet potato, butternut squash, tomato, carrots, onion, yoghurt & broad beans	Wholemeal Bread & Spread	Chocolate & Banana Sponge with Chocolate Custard
Friday	Around The World Theme Lunch	See Around The World Menu	Around The World Theme Side Dish	Around The World Theme Dessert