

ZEBEDEE'S LUNCH BOX

NURSERY 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 Jelly
Tuesday	Simply Chicken & Mezze Penne Pasta	Diced chicken breast, tomato, tomato passata, carrot, butternut squash, roasted red peppers & mezze penne pasta	Grated Cheddar Cheese	Blueberry Slice with Custard
Wednesday	Speldhurst Kent Sausage with Homemade Baked Beans	Speldhurst pork sausage, haricot beans, tomato, tomato puree, carrot, basil, potato, swede, garlic & onion	Root Vegetable Mash	Turners Farm Smooth Blackcurrant Yoghurt
Thursday	Mild & Creamy Beef Tikka Masala	Braised diced beef, 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	Roast Turkey, Baby New Potatoes & Gravy	Sliced turkey, baby new potatoes & gravy	Peas, Carrots, Broccoli & Cauliflower	Vanilla Ice Cream & Diced Peaches

Menu B	Main Course	Contents	Side Dish	Dessert
Monday	Mexican Chicken	Diced 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 Bolognese	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 Beef Meatballs	Beef 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 Beanie Shepherd's Pie	Locally reared 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	Roast Chicken, Baby New Potatoes & Gravy	Chicken breast, baby new potatoes & gravy	Peas, Carrots, Green Beans & Savoy Cabbage	Turners Dairy Farm Smooth Strawberry Fromage Frais
Tuesday	Beef Lasagne	Locally reared minced beef, 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	Chicken, Lentil & Potato Stew	Diced 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