

ZEBEDEE'S LUNCH BOX

NURSERY ALLERGY ADVICE

ZLA 10/11

THIS IS A GUIDE ONLY. FOR SERIOUS ALLERGIES PLEASE CONTACT ZEBEDEE'S

Caution: As fresh fish & meat are used in our meals there may be a small risk of bones, every care is taken to eliminate these.

MENU A

	MAINCOURSE	SIDE DISH	DESSERT
Monday	Roast Chicken Breast & Cellentani Pasta = C, G, T	Homemade Baked Beans = C, T, V	Raspberry Cheesecake Mousse = C, D, V
Tuesday	Turkey Meatballs & Vegetable Gravy = C, D, G, T	Baby New Potatoes = V	Ice Cream = D, V Fruit Puree = C, V
Wednesday	Tuna & Pumpkin Pasta Bake = D, G	Cucumber Smiles = V	Sponge = C, D, E, G, V Custard = D, V
Thursday	Sussex Beef Chilli = C, T	Fluffy Rice = V	Blackcurrant Yoghurt = C, D, V
Friday	Zebedee's Beanie Shepherds Pie = C, G, T	Wholemeal Bread & Spread = G, V	Crumble = C, G, V Custard = D, V

MENU B

	MAINCOURSE	SIDE DISH	DESSERT
Monday	Tuna, Mackerel & Tomato Basil Casarecce Pasta = C, G, T	Cucumber Smiles = V	Melon, Apricot, Pineapple, Peaches & Pear = C, V
Tuesday	Sussex Beef & Apricot Stew = C, G, T	Wholemeal Bread & Spread = G, V	Pudding = D, E, G, V Custard = D, V
Wednesday	Speldhurst Kent Sausage with Parsnip & Apple Mash = C, G, P, T	Homemade Baked Beans = C, T, V	Strawberry Yoghurt = C, D, V
Thursday	Organic Soya & Vegetable Bolognese = C, G, S, T, V	Grated Cheese = D, V	Flapjack = G, V Custard = D, V
Friday	Roast Turkey, Baby New Potatoes & Gravy = G	Peas, Carrots, White Cabbage & Sweetcorn = V	Wild Cherry Frozen Yoghurt = C, D, V

MENU C

	MAINCOURSE	SIDE DISH	DESSERT
Monday	Fruity Chicken Curry = C, T	Fluffy Rice = V	Peach & Pear Yoghurt = C, D, V
Tuesday	Poached Salmon & Sweetcorn Cheesy Macaroni = D, G,	Cucumber Smiles = V	Crumble = C, G, V Custard = D, V
Wednesday	Sussex Beef & Bean Casserole with Dumpling = C, G, T,	Crinkle Carrots = V	Mousse = D, V Peaches = C, V
Thursday	Roast Ham & Mashed Potato = G, P	Peas, Carrot, Savoy Cabbage & Green Beans = V	Mandarin Jelly = C, P
Friday	Around The World Theme Lunch See Menu	Around The World Theme Side Dish See Menu	Around The World Theme Dessert See Menu

C = Citric Acid

D = Dairy/Lactose

E = Egg

G = Gluten

T = Tomato

S = Soya

V = Suitable for Vegetarians

P = Pork

M = Mustard