

# ZEBEDEE'S LUNCH BOX

## NURSERY VEGETARIAN MENU

ZLV 10/11

### MENU A

	Main Course	Contents	Side Dish	Dessert
Monday	Vegetable Cellentani Pasta	Meat free style chicken pieces, cellentani pasta twists, carrot, tomato, tomato puree, onion, swede & basil	Homemade Baked Beans	Raspberry Cheesecake Mousse
Tuesday	Meatballs & Vegetable Gravy	Quorn meatballs, tomato, tomato puree, carrots, peas, sweetcorn & gravy	Baby New Potatoes	Plas Farm Vanilla Ice Cream & Fruit Puree
Wednesday	Pumpkin Pasta Bake	Grated pumpkin, carrot, sweetcorn, peas, onion, garlic, cream, cottage cheese, bechamel sauce & mezze penne pasta	Cucumber Smiles	Chocolate & Orange Sponge with Chocolate Custard
Thursday	Vegetable Chilli	Minced organic soya, onion, tomato, carrot, sweet potato, kidney beans, peaches & tomato puree	Fluffy Rice	Turners Farm Dairy Blackcurrant Yoghurt
Friday	Zebedee's Beanie Shepherds Pie	Minced organic soya, mashed potato, mint, cabbage, tomato, swede, onion, provencal herbs, haricot beans, carrots, apricot, redcurrant jelly & garlic	Wholemeal Bread & Spread	Apple & Rhubarb Oaty Crumble with Custard

### MENU B

	Main Course	Contents	Side Dish	Dessert
Monday	Tomato & Basil Casarecce Pasta	Tofu, casarecce pasta, red lentils, onion, tomo, butternut squash, swede, sweet potato, basil, courgette & sweetcorn	Cucumber Smiles	Melon, Apricot, Pineapple, Peaches & Pear
Tuesday	Vegetable Stew	Potato, red pepper, oregano, celery, carrot, dried figs, pearl barley, onion, tomato, tomato puree, swede, mint & apricot	Wholemeal Bread & Spread	Sultana & Raisin Pudding with Custard
Wednesday	Sausage with Parsnip & Apple Mash	Quorn sausage, parsnip, apple & mashed potato	Homemade Baked Beans	Turners Farm Dairy Strawberry Yoghurt
Thursday	Organic Soya & Vegetable Bolognese	Minced organic soya, spaghetti, carrots, swede, butternut squash, onion, courgette, tomato, red lentils, tomato puree & mixed herbs	Grated Cheese	Banana & Apricot Flapjack with Custard
Friday	Roast Meat Free Turkey Style Slices, Baby New Potatoes & Gravy	Roast meat free turkey style slices, baby new potatoes & gravy	Peas, Carrots, White Cabbage & Sweetcorn	Plas Farm Wild Cherry Frozen Yoghurt

### MENU C

	Main Course	Contents	Side Dish	Dessert
Monday	Fruity Curry	Meat free chicken style pieces, carrot, pepper, tomato, tomato puree, onion, peas, sultanas, apricot, pineapple, cauliflower, garam masala, ginger, tumeric & mild curry powder	Fluffy Rice	Turners Farm Dairy Peach & Pear Yoghurt
Tuesday	Cheesy Macaroni	Macaroni pasta, spinach, onion, basil, sliced carrot, red pepper, butter beans, peas, sweetcorn, parmesan, cream, bechamel sauce & cottage cheese	Cucumber Smiles	Apple, Lemon & Apricot Oaty Crumble with Custard
Wednesday	Vegetable Casserole with Dumpling	Potato, pepper, peas, butternut squash, onion, tomato, swede, apple, apricot, haricot beans, flagelot beans, black eye beans, wholegrain mustard, thyme, basil & dumpling	Crinkle Carrots	Chocolate Mousse & Peaches
Thursday	Roast Meat Free Ham Style Slices & Mashed Potato	Roast meat free ham style slices, mashed potato & gravy	Peas, Carrots, Savoy Cabbage & Green Beans	Mandarin Segments
Friday	Around The World Theme Vegetarian Lunch	See attached Around The World menu	Around The World Theme Vegetarian Side Dish	Around The World Theme Vegetarian Dessert

ALL MENU ITEMS ARE SUBJECT TO AVAILABILITY