

ZEBEDEE'S LUNCH BOX

SCHOOL MENU

SCH 09/11

MENU 1 - DISH OF THE DAY

DAY	MAIN COURSE	CONTENTS	SIDE DISH	DESSERT
Monday	Chicken Tikka Masala with Fluffy Rice	Diced chicken, chilli, ginger, garlic, onion, paprika, garam masala, peppers, cinnamon, coriander, turmeric, yoghurt, cream, tomato puree, tomato base sauce & rice	Shredded Iceberg Lettuce & Carrot	Low Fat Mandarin Yoghurt & Pears
Tuesday	Traditional Shepherds Pie	Minced lamb, mashed potato, carrot, swede, onion, mint, tomato, tomato puree & redcurrant jelly	Sliced Carrots & Peas	Chocolate, Banana & Orange Sponge with Chocolate Custard
Wednesday	Mexican Beef Chilli with Jacket Potato Wedges	Minced beef, tomato base sauce, tomato puree, peppers, chilli powder, kidney beans, onion, cinnamon, pepper, cumin, bayleaf & jacket potato wedges	Shredded Iceberg Lettuce & Cucumber	Frozen Strawberry Yoghurt
Thursday	Chicken or Salmon Pesto Pasta	Roast chicken or salmon, basil, parmesan, garlic & penne pasta	Tomato & Cucumber	Oaty Apple & Apricot Crumble with Custard
Friday	Roast Turkey, Roast Potatoes & Stuffing	Sliced roast turkey, roast potatoes, stuffing balls & gravy	Seasonal Mixed Vegetables	Orange Jelly & Peaches

MENU 1 - ALTERNATIVE CHOICE

DAY	MAIN COURSE	CONTENTS	SIDE DISH	DESSERT
Monday	Jacket Potato with Beans & Cheese	Jacket potato, homemade baked beans & grated cheddar cheese	Shredded Iceberg Lettuce & Carrot	Low Fat Mandarin Yoghurt & Pears
Tuesday	Vegetable Ratatouille with Pasta	Basil, tomato base sauce, aubergine, courgette, red onion, garlic, peppers, potato, haricot beans & pasta	Sliced Carrots & Peas	Chocolate, Banana & Orange Sponge with Chocolate Custard
Wednesday	Pasta Macaroni Bake	Macaroni pasta, bechamel sauce, parmesan & garlic	Shredded Iceberg Lettuce & Cucumber	Frozen Strawberry Yoghurt
Thursday	Vegetable & Potato Korma with Fluffy Rice	Diced potato, carrot, swede, butternut squash, korma sauce, tomato base sauce, coriander & rice	Tomato & Cucumber	Oaty Apple & Apricot Crumble with Custard
Friday	Roast Meat Free Turkey Style Slices, Roast Potatoes & Stuffing	Roast meat free turkey style slices, roast potatoes, stuffing balls & gravy	Seasonal Mixed Vegetables	Orange Jelly & Peaches

ALL MENU ITEMS ARE SUBJECT TO AVAILABILITY

Wholemeal & white bread, a selection of fresh fruit & water available each day

Tomato base sauce contains tomato, carrot, onion, swede, leeks, tomato puree, herbs and celery

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SCHOOL MENU

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MENU 2 - DISH OF THE DAY

DAY	MAIN COURSE	CONTENTS	SIDE DISH	DESSERT
Monday	Homemade Swedish Meatballs in a Tomato Sauce with Pasta	Minced pork & beef, onion, tomato base sauce, tomato puree, basil, garlic & penne pasta	Seasonal Mixed Vegetables	Golden Fruity Flapjack
Tuesday	Gammon, Pineapple & Jacket Potato Wedges	Sliced gammon, pineapple ring, gravy & jacket potato wedges	Green Beans & Sweetcorn	Jam Sponge Pudding & Custard
Wednesday	Roast Beef, Yorkshire Pudding & Roast Potatoes	Sliced roast beef, yorkshire pudding, roast potatoes & gravy	Carrot Batons & Peas	Low Fat Blackcurrant Yoghurt
Thursday	Sweet & Sour Chicken or Salmon with Fluffy Rice	Diced chicken or salmon, onion, peppers, fresh chillies, ginger, fennel seeds, pineapple, balsamic vinegar, tomato base sauce & rice	Tomato Wedges & Cucumber	Chocolate Brownie & Vanilla Ice Cream
Friday	Speldhurst Pork Sausages & Cheesy Mash	Speldhurst pork sausage, mashed potato, cheese, gravy & homemade baked beans	Homemade Baked Beans & Sweetcorn	Apple & Cherry Oaty Crumble with Custard

MENU 2 - ALTERNATIVE CHOICE

DAY	MAIN COURSE	CONTENTS	SIDE DISH	DESSERT
Monday	Mexican Vegetable Chilli & Fluffy Rice	Carrot, swede, butternut squash, tomato base sauce, tomato puree, peppers, chilli powder, kidney beans, onion, cinnamon, cumin, bayleaf & rice	Seasonal Mixed Vegetables	Golden Fruity Flapjack
Tuesday	Pasta Spirals with Tomato Sauce	Pasta spirals & tomato base sauce	Green Beans & Sweetcorn	Jam Sponge Pudding & Custard
Wednesday	Roast Meat Free Beef Style Slices, Yorkshire Pudding & Roast Potatoes	Roast meat free beef style slices, yorkshire pudding, roast potatoes & gravy	Carrot Batons & Peas	Low Fat Blackcurrant Yoghurt
Thursday	Vegetarian Shepherds Pie	Carrot, swede, butternut squash, onion, mint, potato, tomato, tomato puree & redcurrant jelly	Tomato Wedges & Cucumber	Chocolate Brownie & Vanilla Ice Cream
Friday	Jacket Potato with Cheese & Grated Carrot	Jacket potato, grated cheddar cheese & grated carrot	Homemade Baked Beans & Sweetcorn	Apple & Cherry Oaty Crumble with Custard

ALL MENU ITEMS ARE SUBJECT TO AVAILABILITY

Wholemeal & white bread, a selection of fresh fruit & water available each day

Tomato base sauce contains tomato, carrot, onion, swede, leeks, tomato puree, herbs and celery