

ZEBEDEE'S LUNCH BOX

SCHOOL VEGETARIAN MENU

SCHV 09/11

VEGETARIAN MENU 1

| 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 | Peaches |

VEGETARIAN MENU 2

| 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 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, fresh fruit & water available each day

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