

ZEBEDEE'S LUNCH BOX

TEA MENU

ZLTA 10/11

ALLERGY INFORMATION

MENU A	ITEM 1	ITEM 2	ITEM 3	ITEM 4
Monday	Cheese & Tomato Pizza Fingers = C, D, G, T, V	Speldhurst Sliced Cooked Sausage = G, P	Cherry Tomato & Cucumber Batons = C, T, V	Orange Smiles = C, V
Tuesday	Grated Cheese Sandwich on Brown Bread = D, G, S, V	Hard Boiled Free Range Egg Wedges = E, V	Sweetcorn & Diced Cucumber = V	Banana = V
Wednesday	Honey Roast Ham Sub Roll = G, P, S	Carrot Spaghetti = V	Roast Chicken Slices	Zebedee's Fruit Jelly = C, P
Thursday	Chicken & Sweetcorn Panini = D, G	Homemade Cranberry Flapjack = C, G, V	Pepper & Carrot Batons = V	Red Apple = V
Friday	Pesto Pasta Salad = D, G, V (does not contain nuts)	Roast Chicken Slices	Carrot Batons = V	Fruit Yoghurt Pot = C, D, V

MENU B	ITEM 1	ITEM 2	ITEM 3	ITEM 4
Monday	Cheese & Tomato Pizza Fingers = C, D, G, T, V	Roast Chicken Slices	Sweetcorn & Diced Pepper = V	Pear = V
Tuesday	Dolphin Friendly Tuna Mayonnaise Panini = D, E, G	Mange Tout & Carrot Batons = V	Raisins = C, V	Zebedee's Fruit Jelly = C, P
Wednesday	Fruity Pasta Salad = C, G, V	Roast Chicken Slices	Cucumber Batons = V	Pineapple Wedge = V
Thursday	Free Range Egg & Cress Finger Roll = E, G, S, V	Speldhurst Sliced Cooked Sausage = G, P	Dried Apricots = C, V	Fruit Yoghurt Pot = C, D, V
Friday	Grated Cheese Wholemeal Roll = D, G, V	Hard Boiled Free Range Egg Wedges = E, V	Cherry Tomato & Cucumber Batons = C, T, V	Homemade Fruit Flapjack = C, G, V

MENU C	ITEM 1	ITEM 2	ITEM 3	ITEM 4
Monday	Savoury Pasta Salad = G, V	Speldhurst Sliced Cooked Sausage = G, P	Cucumber Batons = V	Green Apple = V
Tuesday	Honey Roast Ham Sandwich on White Bread = G, P, S	Hard Boiled Free Range Egg Wedges = E, V	Homemade Apricot Flapjack = C, G, V	Zebedee's Fruit Jelly = C, P
Wednesday	Wafer Thin Turkey Brown Roll = G	Yoghurt Raisins = C, D, V	Carrot Batons & Cherry Tomato = C, T, V	Homemade Fruit Scone = C, D, G, V
Thursday	Free Range Egg & Cress Sub Roll = E, G, S, V	Roast Chicken Slices	Carrot Batons & Pepper = V	Fruit Yoghurt Pot = C, D, V
Friday	Chicken & Pepper Fajita Wrap = G	Dried Apricots = C, V	Cucumber Batons & Cherry Tomato = C, T, V	Honeydew Melon Wedge = V

C = Citric Acid

D = Dairy/Lactose

E = Egg

G = Gluten

T = Tomato

S = Soya

V = Suitable for

Vegetarians

P = Pork

ALL ITEMS SUBJECT TO AVAILABILITY