

ZEBEDEE'S LUNCH BOX

NURSERY ALLERGY ADVICE

ZLA 07/10

MENU A

DAY	MAIN COURSE & SIDE DISH	CONTENTS	SWEET	CONTENTS
Monday	Sussex Beef & Vegetable Dansak Lightly Curried Vegetables	Citric Acid, Tomato	Turners Farm Dairy Strawberry Yoghurt	Citric Acid, Dairy, Lactose
Tuesday	Tuna, Mackerel & Tomato Basil Casarecce Pasta Julienne Vegetable Salad	Citric Acid, Gluten, Tomato	Fresh Bananas & Custard	Custard = Dairy, Lactose
Wednesday	Turkey Meatballs, Baby New Potatoes & Tomato Veg Gravy Wholemeal Bread & Spread	Citric Acid, Dairy, Gluten, Tomato Wholemeal Bread & Spread = Gluten	Chocolate Mousse & Pineapple	Mousse = Dairy, Lactose
Thursday	Organic Soya & Vegetable Spagehetti Bolognese Grated Cheddar Cheese	Citric Acid, Gluten, Soya, Tomato Cheese = Dairy, Lactose	Apple Berry Crumble & Custard	Crumble = Citric Acid, Gluten Custard = Dairy, Lactose
Friday	Speldhurst Kent Sausage & Butter Bean Mash Homemade Baked Beans	Sausage = Gluten Baked Beans = Citric Acid, Tomato	Plas Farm Wild Cherry Frozen Yoghurt	Citric Acid, Dairy, Lactose

MENU B

DAY	MAIN COURSE & SIDE DISH	CONTENTS	SWEET	CONTENTS
Monday	Sussex Beef Chilli & Rice Cucumber Smiles	Citric Acid, Tomato	Raspberry & Blackcurrant Milk Pudding	Dairy, Lactose
Tuesday	Sussex Lamb & Apricot Stew Minted New Potatoes	Citric Acid, Gluten, Tomato	Pineapple, Apricot, Kiwi & Pear	
Wednesday	Fishermans Pie Wholemeal Bread & Spread	Dairy, Lactose Wholemeal Bread & Spread = Gluten	Chocolate & Orange Sponge with Chocolate Custard	Sponge = Dairy, Egg, Gluten, Lactose, Citric Acid Custard = Dairy, Lactose
Thursday	Roast Chicken Breast & Cellentani Pasta Homemade Mediterranean Baked Beans	Citric Acid, Gluten, Tomato Mediterranean Baked Beans = Citric Acid, Tomato	Plas Farm Vanilla Ice Cream & Fruit Puree	Citric Acid, Dairy, Lactose
Friday	Roast Pork & Baby New Potatoes Seasonal Vegetables	Gluten	Turners Farm Dairy Peach Melba Yoghurt	Citric Acid, Dairy, Lactose

MENU C

DAY	MAIN COURSE & SIDE DISH	CONTENTS	SWEET	CONTENTS
Monday	Sussex Beef Dauphinoise Homemade Baked Beans	Gluten, Citric Acid, Dairy, Lactose, Tomato Baked Beans = Citric Acid, Tomato	Mandarin Milk Pudding	Citric Acid, Dairy, Lactose
Tuesday	Poached Salmon Macaroni Bake Grated Cheddar Cheese	Dairy, Gluten, Lactose	Banana & Apricot Pudding with Custard	Sponge = Dairy, Egg, Gluten, Lactose Custard - Dairy, Lactose
Wednesday	Zebedee's Beanie Shepherds Pie Cucumber Smiles	Citric Acid, Tomato	Peaches & Pears with Mandarin Yoghurt	Yoghurt = Citric Acid, Dairy, Lactose
Thursday	Roast Turkey, Baby New Potatoes & Gravy Seasonal Vegetables	Gluten	Summer Fruit Salad	Citric Acid
Friday	Around The World Theme Lunch & Side Dish	Check Around The World menu	Around The World Theme Dessert	Check Around The World menu

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