

ZEBEDEE'S LUNCH BOX

NURSERY MENU

ZL 07/10

MENU A

Menu A	Main Course	Contents	Side Dish	Dessert
Monday	Sussex Beef & Vegetable Dansak	Locally reared diced beef, potato, tomato, onion, tomato puree, red lentils, yellow split peas, broad beans, mild spices, swede, fig, mango, cabbage & peas	Lightly Curried Vegetables	Turners Farm Dairy Strawberry Yoghurt
Tuesday	Tuna, Mackerel & Tomato Basil Casarecce Pasta	Dolphin friendly tuna, mackerel, casarecce pasta, red lentils, onion, tomato, butternut squash, swede, sweet potato, basil, courgette & sweetcorn	Julienne Vegetable Salad	Fresh Bananas & Custard
Wednesday	Turkey Meatballs, Baby New Potatoes & Tomato Vegetable Gravy	Turkey meatballs, baby new potatoes, tomato, tomato puree, carrots, peas, sweetcorn & gravy	Wholemeal Bread & Spread	Chocolate Mousse & Pineapple
Thursday	Organic Soya & Vegetable Spaghetti Bolognese	Minced organic soya, spaghetti, carrots, swede, butternut squash, onion, courgette, tomato, red lentils, tomato puree & mixed herbs	Grated Cheddar Cheese	Apple Berry Crumble & Custard
Friday	Speldhurst Kent Sausage & Butter Bean Mash	Pork sausage, butter beans & mashed potato	Homemade Baked Beans	Plas Farm Wild Cherry Frozen Yoghurt

MENU B

Menu B	Main Course	Contents	Side Dish	Dessert
Monday	Sussex Beef Chilli & Rice	Locally reared minced beef, onion, tomato, carrot, sweet potato, kidney beans, peaches, rice & tomato puree	Cucumber Smiles	Raspberry & Blackcurrant Milk Pudding
Tuesday	Sussex Lamb & Apricot Stew	Locally reared diced lamb, red pepper, oregano, mixed herbs, celery, carrots, dried figs, pearl barley, onion, tomato, tomato puree, swede, mint & apricot	Minted New Potatoes	Pineapple, Apricot, Kiwi & Pear
Wednesday	Fishermans Pie	Fresh flakes of poached fish, potato, spinach, bechamel sauce, peas, sweetcorn, celery & dill	Wholemeal Bread & Spread	Chocolate & Orange Sponge with Chocolate Custard
Thursday	Roast Chicken Breast & Cellentani Pasta	Roast diced chicken, cellentani pasta twists, carrot, tomato, tomato puree, onion, swede & basil	Homemade Mediterranean Baked Beans	Plas Farm Vanilla Ice Cream & Fruit Puree
Friday	Roast Pork & Baby New Potatoes	Sliced roast pork, baby new potatoes & gravy	Seasonal Vegetables	Turners Farm Dairy Peach Melba Yoghurt

MENU C

Menu C	Main Course	Contents	Side Dish	Dessert
Monday	Sussex Beef Dauphinoise	Locally reared minced beef, sliced potato, butternut squash, basil, sage, tomato puree, apricot, bechamel sauce & cheddar	Homemade Baked Beans	Mandarin Milk Pudding
Tuesday	Poached Salmon Macaroni Bake	Flakes of fresh salmon, macaroni pasta, spinach, onion, basil, sliced carrot, red pepper, butter beans, peas, sweetcorn, bechamel sauce & cottage cheese	Grated Cheddar Cheese	Banana & Apricot Pudding with Custard
Wednesday	Zebedee's Beanie Shepherds Pie	Locally reared minced lamb, mint, cabbage, tomato, swede, onions, provencal herbs, haricot beans, carrots & mashed potato	Cucumber Smiles	Peaches & Pears with Mandarin Yoghurt
Thursday	Roast Turkey, Baby New Potatoes & Gravy	Sliced turkey, baby new potatoes & gravy	Seasonal Vegetables	Summer Fruit Salad
Friday	Around The World Theme Lunch	see attached menu	Around The World Theme Side Dish	Around The World Theme Dessert

ALL MENU ITEMS ARE SUBJECT TO AVAILABILITY