

ZEBEDEE'S LUNCH BOX

NURSERY VEGETARIAN MENU

ZLV 07/10

MENU A

	Main Course	Contents	Side Dish	Dessert
Monday	Vegetable Dansak	Potato, tomato, onion, tomato puree, red lentils, yellow split peas, broad beans, mild spices, swede, mango, fig, cabbage & peas	Lightly Curried Vegetables	Turners Farm Dairy Strawberry Yoghurt
Tuesday	Tomato Basil Casarecce Pasta	Diced tofu, casarecce pasta, red lentils, onion, tomato, butternut squash, swede, sweet potato, basil, courgette & sweetcorn	Julienne Vegetable Salad	Fresh Bananas & Custard
Wednesday	Meatballs, Baby New Potatoes & Tomato Vegetable Gravy	Quorn 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	Sausage & Butter Bean Mash	Quorn sausage, butter beans & mashed potato	Homemade Baked Beans	Plas Farm Wild Cherry Frozen Yoghurt

MENU B

	Main Course	Contents	Side Dish	Dessert
Monday	Chilli & Rice	Minced organic soya, onion, tomato, carrot, sweet potato, kidney beans, peaches, rice & tomato puree	Cucumber Smiles	Stewed Apple, Raspberry & Blackcurrant
Tuesday	Vegetable Stew	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	Vegetable Pie	Diced quorn, potato, spinach, bechamel sauce, peas, sweetcorn, celery & dill	Wholemeal Bread & Spread	Chocolate & Orange Sponge with Chocolate Custard
Thursday	Tofu & Cellentani Pasta	Tofu, cellentani pasta twists, carrot, tomato, tomato puree, onion, swede & basil	Homemade Mediterranean Baked Beans	Plas Farm Vanilla Ice Cream & Fruit Puree
Friday	Roast Quorn & Baby New Potatoes	Sliced roast quorn, baby new potatoes & gravy	Seasonal Vegetables	Turners Farm Dairy Peach Melba Yoghurt

MENU C

	Main Course	Contents	Side Dish	Dessert
Monday	Organic Soya Dauphinoise	Minced organic soya, sliced potato, butternut squash, basil, sage, tomato puree, apricot, bechamel sauce & cheddar	Homemade Baked Beans	Mandarins
Tuesday	Macaroni Bake	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	Minced organic soya, mint, cabbage, tomato, swede, onions, provencal herbs, haricot beans, carrots & mashed potato	Cucumber Smiles	Peaches & Pears with Mandarin Yoghurt
Thursday	Roast Quorn, Baby New Potatoes & Gravy	Sliced roast quorn, 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