

ZEBEDEE'S LUNCH BOX

NURSERY VEGETARIAN MENU

ZLV 10/09

MENU A

DAY	MAIN COURSE	CONTENTS	SWEET	CONTENTS
Monday	Organic Soya and Vegetable Spaghetti Bolognese with Grated Cheese	Minced organic soya, organic spaghetti, carrots, swede, butternut squash, onion, courgette, tomato, tomato puree, mixed herbs & cheese	Peaches	Diced peaches in natural juice
Tuesday	Vegetable & Lentil Stew	Swede, onion, tomato, tomato puree, potato, red lentils, puy lentils, baked beans, butternut squash, peas, mint, redcurrant jelly & green cabbage	Banana & Date Pudding with Custard	Banana & date sponge with custard
Wednesday	Sausage, Mashed Potato & Baked Beans	Quorn sausage, mashed potato, cabbage, parsnip & baked beans	Chocolate Mousse	Light chocolate mousse
Thursday	Macaroni Bake	Diced tofu, macaroni pasta, onion, basil, sliced carrot, red pepper, butter beans, peas, sweetcorn, bechamel sauce, cheese, cream & parmesan	Fruit Salad	Grape, pineapple, pear, peach & melon pieces in natural juice
Friday	Roast Quorn, New Potatoes & Mixed Vegetables	Sliced quorn, new potatoes, carrots, sweetcorn, peas & gravy	Peach Melba Yoghurt	Peach melba yoghurt

MENU B

DAY	MAIN COURSE	CONTENTS	SWEET	CONTENTS
Monday	Cottage Pie	Minced organic soya, carrots, swede, onion, tomato puree, baked beans, mashed potato, redcurrant jelly, peas & sage	Peaches & Pears with Mandarin Yoghurt	Chilled peach & pear pieces in natural juice with mandarin yoghurt
Tuesday	Tomato Basil Pasta	Diced tofu, penne pasta, onion, tomato, butternut squash, swede, sweet potato, basil, courgette & sweetcorn	Apple Rhubarb Crumble with Custard	Stewed apple & rhubarb topped with crumble & custard
Wednesday	Vegetable Lasagne	Lasagne pasta, tomato, courgette, tomato puree, parsnip, carrot, swede, green beans, onion, provencale herbs, cheese & bechamel sauce	Banana Mousse	Light banana mousse
Thursday	Vegetable Stew	Diced quorn, tomato, mushroom, carrots, onion, peas, parsnip, cabbage, tomato puree, pearl barley & potato	Chocolate & Orange Sponge with Chocolate Custard	Light chocolate & orange victoria sponge with chocolate custard
Friday	Meatballs, New Potatoes & Tomato Vegetable Gravy	Quorn meatballs, new potatoes, tomato, tomato puree, carrots, peas, sweetcorn & gravy	Wild Cherry Frozen Yoghurt	Frozen cherry yoghurt

MENU C

DAY	MAIN COURSE	CONTENTS	SWEET	CONTENTS
Monday	Vegetable & Potato Bake	Potato, peas, green beans, haricot beans, broccoli, cauliflower, butternut squash, basil, sage, bechamel sauce & cheese	Pineapple, Apricot & Pear	Pineapple, apricot & pear in natural juice
Tuesday	Chilli Pasta	Minced organic soya, onion, tomato, carrot, sweet potato, kidney beans, peaches, penne pasta & tomato puree	Bananas & Custard	Sliced bananas & custard
Wednesday	Roast Quorn, New Potatoes, Mixed Vegetables & Gravy	Sliced quorn, new potatoes, carrots, sweetcorn, peas & gravy	Vanilla Ice Cream	Vanilla ice cream
Thursday	Beanie Shepherds Pie	Minced organic soya, mint, cabbage, swede, onions, baked beans, carrots & mashed potato	Strawberry Yoghurt	Strawberry yoghurt
Friday	Sausage Pasta	Sliced quorn sausage, tricolour pasta twists, carrot, tomato, tomato puree, swede & basil	Lemon & Ginger Sponge with Custard	Light lemon & ginger victoria sponge with custard