

# ZEBEDEE'S LUNCH BOX

## NURSERY MENU

ZL 10/09

### MENU A

DAY	MAIN COURSE	CONTENTS	SWEET	CONTENTS
Monday	Organic Soya & Vegetable Spaghetti Bolognese with Grated Cheese	Minced organic soya, organic spaghetti, carrots, swede, butternut squash, onion, courgette, tomato, tomato puree, mixed herbs & cheese	Orange Jelly & Peaches	Orange jelly with diced peaches in natural juice
Tuesday	Lamb & Lentil Vegetable Stew	Diced lamb, onion, swede, 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	Pork & beef sausage, mashed potato, cabbage, parsnip & baked beans	Chocolate Mousse	Light chocolate mousse
Thursday	Salmon Macaroni Bake	Salmon, 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 Ham, New Potatoes & Mixed Vegetables	Sliced ham, new potatoes, carrots, sweetcorn, peas & gravy	Peach Melba Yoghurt	Peach melba yoghurt

### MENU B

DAY	MAIN COURSE	CONTENTS	SWEET	CONTENTS
Monday	Beefy Cottage Pie	Minced beef, 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	Tuna, Mackerel & Tomato Basil Pasta	Tuna, mackerel, 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	Lamb Lasagne	Minced lamb, lasagne pasta, tomato, courgette, tomato puree, parsnip, carrot, swede, green beans, onion, provencale herbs, cheese & bechamel sauce	Banana Mousse	Light banana mousse
Thursday	Chicken & Vegetable Stew	Diced chicken, 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	Turkey 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	Cod & Vegetable Potato Bake	Minced cod, coley, 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	Beef Chilli Pasta	Minced beef, onion, tomato, carrot, sweet potato, kidney beans, peaches, penne pasta & tomato puree	Bananas & Custard	Sliced bananas & custard
Wednesday	Roast Turkey, New Potatoes, Mixed Vegetables & Gravy	Sliced turkey, new potatoes, carrots, sweetcorn, peas & gravy	Vanilla Ice Cream	Vanilla ice cream
Thursday	Beanie Shepherds Pie	Minced lamb, mint, cabbage, swede, onions, baked beans, carrots & mashed potato	Strawberry Yoghurt	Strawberry yoghurt
Friday	Sausage Pasta	Sliced pork sausage, tricolour pasta twists, carrot, tomato, tomato puree, swede & basil	Lemon & Ginger Sponge with Custard	Light lemon & ginger victoria sponge with custard