

ZEBEDEE'S LUNCH BOX

School Summer Menu 2010

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chicken or Salmon Pesto & Rice	Braised Beef & Diced Roast Potatoes	Lamb Chilli & Rice	Roast Ham & New Potatoes	Chicken, Leek & Broccoli Bake
Vegetarian Option	Tofu Pesto & Rice	Sliced Roast Quorn & Diced Roast Potatoes	Minced Soya Chilli & Rice	Sliced Roast Quorn & New Potatoes	Leek & Broccoli Bake
Vegetables & Salads	Roasted Thyme & Rosemary Carrots, Onion & Tomato	Medley of Vegetables Peas, Babycorn & Cauliflower	Sour Cream, Tomato & Iceberg Lettuce	Peas & Carrots	Penne Pasta & Garlic Bread
Desserts	Strawberry Ice Cream & Peaches	Summer Fruit Salad	Orange, Banana & Chocolate Sponge with Custard	Strawberry Yoghurt	Raspberry Jelly & Frozen Yoghurt
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Accompaniments	Freshly Baked Wholemeal & White Bread	Freshly Baked Wholemeal & White Bread	Freshly Baked Wholemeal & White Bread	Freshly Baked Wholemeal & White Bread	Freshly Baked Wholemeal & White Bread
Drinks	Chilled Water	Chilled Water	Chilled Water	Chilled Water	Chilled Water

Weeks Commencing 19 April, 3 May, 17 May, 7 June, 21 June, 5 July, 19 July

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Turkey Tikka Masala & Rice	Lamb or Tuna Bolognaise & Pasta	Sausage, Mashed Potato & Baked Beans	Roast Chicken Thigh & Roast Potatoes	Homemade Meatballs, Pasta & Neapolitan Sauce
Vegetarian Option	Vegetable Tikka Masala & Rice	Organic Soya Bolognaise & Pasta	Vegetarian Sausage, Mashed Potato & Baked Beans	Roast Quorn & Roast Potatoes	Vegetarian Meatballs, Pasta & Neapolitan Sauce
Vegetables & Salads	Naan Bread & Mixed Salad	Grated Cheese, Iceberg Lettuce & Grated Carrot	Carrots & Green Beans	Mixed Vegetables Carrots, Sugar Snap Peas & Sweetcorn	Tomato, Cucumber & Peppers
Desserts	Peach Melba Yoghurt & Pears	Bramley Apple & Berry Crumble with Custard	Mini Muffin & Sliced Melon	Chocolate Mousse & Bananas	Wild Cherry Frozen Yoghurt & Pineapple
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Accompaniments	Freshly Baked Wholemeal & White Bread	Freshly Baked Wholemeal & White Bread	Freshly Baked Wholemeal & White Bread	Freshly Baked Wholemeal & White Bread	Freshly Baked Wholemeal & White Bread
Drinks	Chilled Water	Chilled Water	Chilled Water	Chilled Water	Chilled Water

Weeks Commencing 26 April, 10 May, 24 May, 14 June, 28 June, 12 July