

ZEBEDEE'S LUNCH BOX

SCHOOL VEGETARIAN MENU

SCH 04/08

VEGETARIAN MENU 1

DAY	MAIN COURSE	CONTENTS	SIDE DISH	SWEET
Monday	Chilli & Rice	Minced organic soya, tomato base sauce, peppers, chilli, kidney beans, onion, bayleaf, rice, cornflour, vegetable oil, salt & pepper	Grated Cheese & Cucumber Ratia	Peach Melba Yoghurt & Peach Slices
Tuesday	Tofu Tomato Pasta	Tofu, tri colour fusilli pasta, tomato base sauce, butternut squash, carrots, basil, salt & pepper	Garlic Bread & Grated Cheese	Dairy Vanilla Ice Cream with Mandarin Jelly
Wednesday	Roast Quorn, Stuffing Ball, Potatoes & Gravy	Sliced quorn, stuffing ball, roast potato, new potatoes, vegetable oil, gravy, salt & pepper	Carrots, Courgette & Sweetcorn	Apple & Pear Chocolate Brownie & Custard
Thursday	Sausage, Mashed Potato & Baked Beans	Quorn sausage, mashed potato, butter, salt, pepper and baked beans	Baton Carrots & Green Beans	Black Currant Yoghurt served with Pineapple Pieces
Friday	Vegetarian Meatballs in a Neapolitan Sauce	Quorn meatballs, onion, tomato base sauce, tomato puree, basil, garlic, penne pasta, salt & pepper	Grated Carrot & Iceburg Lettuce	Chocolate Mousse & Fresh Bananas

VEGETARIAN MENU 2

DAY	MAIN COURSE	CONTENTS	SIDE DISH	SWEET
Monday	Hot & Kick'in Quorn & Potato Wedges	Quorn pieces, onion, tomato base sauce, tomato puree, basil, garlic, penne pasta, salt & pepper	Apple Coleslaw Salad & Iceburg Lettuce	Fruit & Strawberry Yoghurt
Tuesday	Tofu Pesto Pasta	Tofu, basil, parmesan, bechamel sauce, celery, garlic, olive oil, penne pasta, cream, cheese, salt & pepper	Garlic Bread & Grated Cheese & Tomato Wedges	Doughnut with Fruit
Wednesday	Tikka Masala & Fluffy White Rice	Quorn pieces, chilli, ginger, vegetable oil, paprika, garam masala, peppers, cinnamon, coriander, turmeric, tomato base sauce, yoghurt, cream & rice	Nan Bread, Mango Yoghurt Chutney, & Iceburg Lettuce	Orange & Chocolate Sponge & Custard & Apple Slices
Thursday	Roast Quorn, New Potatoes, Apple Sauce & Gravy	Sliced quorn, new potatoes, bramley apples, gravy, salt & pepper	Baton Carrots & Peas	Dairy Strawberry Ice Cream with Fruit
Friday	Minced Soya, Onion & Mashed Potato	Minced organic soya, onion, carrot, tomato, tomato puree, gravy, potato, butter, salt & pepper	Green Beans, Sugar Snap Peas & Mange Tout	Lemon Sponge & Custard & Stewed Fruit

Wholemeal & white bread, fresh fruit & water available each day

Tomato base sauce contains tomato, carrot, onion, swede, leeks, tomato puree, herbs and celery