

# ZEBEDEE'S LUNCH BOX

## SCHOOL VEGETARIAN MENU

SCHV 04/10

### VEGETARIAN MENU 1

DAY	MAIN COURSE	CONTENTS	SIDE DISH	SWEET
Monday	Tofu Pesto & Rice	Tofu, basil, parmesan, bechamel sauce, celery, garlic & rice	Roasted Thyme & Rosemary Carrots, Onion & Tomato	Strawberry Ice Cream & Peaches
Tuesday	Sliced Roast Quorn & Diced Roast Potatoes	Sliced roast quorn, potato, onion, carrots, thyme, flour, garlic, flageolet beans, mustard & tomato base sauce	Medley of Vegetables Peas, Babycorn & Cauliflower	Summer Fruit Salad
Wednesday	Minced Soya Chilli & Rice	Minced soya, tomato base sauce, peppers, chilli, kidney beans, onion, bayleaf & rice	Sour Cream, Tomato & Iceberg Lettuce	Orange, Banana & Chocolate Sponge with Custard
Thursday	Sliced Roast Quorn & New Potatoes	Sliced roast quorn, new potatoes & gravy	Peas & Carrots	Strawberry Yoghurt
Friday	Leek & Broccoli Bake	Leeks, cream, bechamel sauce, broccoli, parsley & red pepper	Penne Pasta & Garlic Bread	Fruit & Frozen Yoghurt

### VEGETARIAN MENU 2

DAY	MAIN COURSE	CONTENTS	SIDE DISH	SWEET
Monday	Vegetable Tikka Masala & Rice	Root vegetables, chilli, ginger, paprika, garam masala, peppers, cinnamon, coriander, turmeric, tomato base sauce, yoghurt & rice	Naan Bread & Mixed Salad	Peach Melba Yoghurt & Pears
Tuesday	Organic Soya Bolognese & Pasta	Organic soya, onion, tomato base sauce, tomato puree, basil, garlic & penne pasta	Grated Cheese, Iceberg Lettuce & Grated Carrot	Bramley Apple & Berry Crumble with Custard
Wednesday	Vegetarian Sausage, Mashed Potato & Baked Beans	Vegetarian sausage, mashed potato, butter, gravy & baked beans	Carrots & Green Beans	Mini Muffin & Sliced Melon
Thursday	Roast Quorn & Roast Potatoes	Sliced roast quorn, roast potatoes & gravy	Mixed Vegetables Carrots, Sugar Snap Peas & Sweetcorn	Chocolate Mousse & Bananas
Friday	Vegetarian Meatballs, Pasta & Neapolitan Sauce	Vegetarian meatballs, onion, tomato base sauce, tomato puree, basil, garlic & penne pasta	Tomato, Cucumber & Peppers	Wild Cherry Frozen Yoghurt & Pineapple

ALL MENU ITEMS ARE SUBJECT TO AVAILABILITY

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

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