

ZEBEDEE'S LUNCH BOX

School Spring Menu 2010

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Mild Beef Korma & Fluffy Rice	Sausage, Mashed Potato & Baked Beans	Roast Chicken Thigh & Roast Potatoes	Lamb or Tuna Bolognese & Pasta Spirals	Homemade Beef Burgers, Sauté Vegetables & Potatoes
Vegetarian Option	Mild Vegetable Korma & Fluffy Rice	Vegetarian Sausage, Mashed Potato & Baked Beans	Roast Quorn & Roast Potatoes	Organic Soya Pasta Bolognese	Vegetarian Burgers, Sauté Vegetables & Potatoes
Vegetables & Salads	Nan Bread & Salad Vegetables	Baton Carrots & Green Beans	Peas, Carrots & Sweetcorn	Garlic Bread & Grated Cheese	Baked Beans
Desserts	Dairy Vanilla Ice Cream with Mandarins & Orange Jelly	Pineapple Yoghurt with Pineapple Pieces & Mango	Apple, Prune, Apricot & Ginger Crumble with Custard	Apricot & Raisin Flapjack	Orange, Banana & Chocolate Sponge with Custard
	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 04 January, 18 January, 01 February, 22 February, 08 March, 22 March

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Gammon & Pineapple with Jacket Wedges	Hot & Kickin' Chicken Goujons & Penne Pasta	Beef Stew	Roast Turkey, Stuffing Balls, New Potatoes & Gravy	Sweet & Sour Chicken or Salmon & Fluffy Rice
Vegetarian Option	Sliced Quorn & Pineapple with Jacket Wedges	Hot & Kickin' Quorn & Penne Pasta	Vegetable Stew	Roast Quorn, Stuffing Balls, New Potatoes & Gravy	Sweet & Sour Vegetables & Fluffy Rice
Vegetables & Salads	Peas & Sweetcorn	Tomato & Pineapple Salad	Vegetable Cous Cous	Swede, Carrots, Peppers & Sliced Green Beans	Cucumber & Iceberg Lettuce
Desserts	Black Cherry Yoghurt & Pears	Lemon Sponge with Custard & Stewed Fruit	Chocolate Mousse & Fresh Bananas	Wild Cherry Frozen Yoghurt & Peaches	Winter Fruit Crumble & Custard
	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 11 January, 25 January, 08 February, 01 March, 15 March, 29 March