

# ZEBEDEE'S LUNCH BOX

## NURSERY VEGETARIAN MENU

ZLV 11/07

### VEGETARIAN MENU A

DAY	MAIN COURSE	CONTENTS	SWEET	CONTENTS
Monday	Organic Soya & Vegetable Spaghetti Bolognese with Grated Cheese	Minced organic soya, organic wholewheat spaghetti, carrots, swede, butternut squash, onion, courgette, tomato, tomato puree, mixed herbs & cheese	Peaches	Diced peaches in natural juice
Tuesday	Quorn Hot Pot	Quorn pieces, carrots, onion, swede, parsnip, potato, tomato, pearl barley & peas	Banana & Date Pudding with Custard	Banana, date & raisin sponge with custard
Wednesday	Beanie Shepherds Pie	Minced organic soya, mint, cabbage, swede, onions, baked beans, carrots & mashed potato	Mandarin Yoghurt	Mandarin yoghurt
Thursday	Cheesy Pasta with Tofu & Dill	Tofu, penne pasta, leeks, onion, green beans, haricot beans, swede, courgette, dill, béchamel sauce, cream, cheese & cottage cheese	Chocolate & Orange Sponge with Chocolate Custard	Light chocolate & orange victoria sponge with chocolate custard
Friday	Roast Quorn, New Potatoes, Mixed Vegetables & Gravy	Sliced quorn, new potatoes, carrots, sweetcorn, peas & gravy	Pineapple & Peach Melba Yoghurt	Chilled pineapple pieces in natural juice with peach melba yoghurt

### VEGETARIAN MENU B

DAY	MAIN COURSE	CONTENTS	SWEET	CONTENTS
Monday	Tofu Pasta Provencal	Diced tofu, tri colour pasta spirals, carrots, onion, tomato, tomato puree, butternut squash, peppers, courgettes & Provencal herbs	Strawberry Yoghurt	Strawberry Yoghurt
Tuesday	Root Vegetable Stew & Dumplings	Mushroom, swede, carrots, onion, peas, parsnips, cabbage, tomato, puy lentils, dumplings & potato	Apple & Rhubarb Crumble with Custard	Stewed apple & rhubarb with a crumble topping with custard
Wednesday	Quorn Pie	Quorn pieces, carrots, swede, onion, béchamel sauce, cheese, mashed potato, cream & sage	Fruit Salad	Pineapple, peaches, mandarins & pears in natural juice
Thursday	Chilli Pasta	Minced organic soya, onion, tomato, carrot, sweet potato, kidney beans, peaches, penne pasta, mild spices & tomato puree	Sultana & Raisin Sponge with Custard	Sultana & raisin victoria sponge & custard
Friday	Sausage, Mashed Potato & Baked Beans	Quorn sausage, mashed potato, cabbage, parsnip & baked beans	Black Currant Yoghurt	Black currant yoghurt

### VEGETARIAN MENU C

DAY	MAIN COURSE	CONTENTS	SWEET	CONTENTS
Monday	Vegetable Dansak	Tomato, potato, onion, tomato puree, puy lentils, yellow split peas, broad beans, carrots, mild spices, swede, cabbage & mango	Pineapple Yoghurt	Pineapple yoghurt
Tuesday	Meatballs, New Potatoes & Tomato Vegetable Gravy	Diced quorn, new potatoes, tomato, tomato puree, carrots, peas, sweetcorn & gravy	Apricot & Raisin Flapjack with Custard	Apricot & raisin, flapjack with custard
Wednesday	Tofu & Vegetable Gratin	Tofu, broccoli, cauliflower, béchamel sauce, cheese, parmesan, mozzarella, haricot beans, macaroni pasta, parsnip, sweet potato & cream	Banana Mousse	Light banana mousse
Thursday	Vegetable Lasagne	Minced organic soya, spinach lasagne pasta, tomato, tomato puree, carrots, green beans, onion, basil, courgette, peas, cheese & béchamel sauce	Vanilla Ice Cream	Vanilla ice cream
Friday	Sausage Casserole	Quorn sausage, tomato, carrots, onion, swede, parsnips, red lentils, peas & potato	Cherry Sponge & Custard	Cherry victoria sponge with custard