

ZEBEDEE'S LUNCH BOX NURSERY MENU

MENU A MONDAY

Sussex Beef & Vegetable Dansak
Lightly Curried Vegetables
Turners Farm Dairy Strawberry Yoghurt

TUESDAY

Tuna, Mackerel & Tomato Basil Casarecce Pasta
Julienne Vegetable Salad
Fresh Bananas & Custard

WEDNESDAY

Turkey Meatballs, Baby New Potatoes
& Tomato Vegetable Gravy
Wholemeal Bread & Flora
Chocolate Mousse & Pineapple

THURSDAY

Organic Soya & Vegetable Spaghetti Bolognaise
Grated Cheddar Cheese
Apple Berry Crumble & Custard

FRIDAY

Speldhurst Kent Sausage & Butter Bean Mash
Homemade Baked Beans
Plas Farm Wild Cherry Frozen Yoghurt

MENU B MONDAY

Sussex Beef Chilli & Rice
Cucumber Smiles
Raspberry & Blackcurrant Milk Pudding

TUESDAY

Sussex Lamb & Apricot Stew
Minted New Potatoes
Pineapple, Apricot, Kiwi & Pear

WEDNESDAY

Fishermans Pie
Wholemeal Bread & Flora
Chocolate & Orange Sponge
with Chocolate Custard

THURSDAY

Roast Chicken Breast & Cellentani Pasta
Homemade Mediterranean Baked Beans
Plas Farm Vanilla Ice Cream & Fruit Puree

FRIDAY

Roast Pork & Baby New Potatoes
Seasonal Vegetables
Turners Farm Dairy Peach Melba Yoghurt

MENU C

MONDAY

Sussex Beef Dauphinoise
Homemade Baked Beans
Mandarin Milk Pudding

TUESDAY

Poached Salmon Macaroni Bake
Grated Cheddar Cheese
Banana & Apricot Pudding with Custard

WEDNESDAY

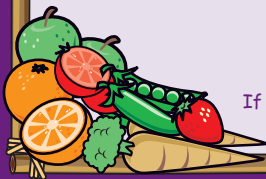
Zebedee's Beanie Shepherds Pie
Cucumber Smiles
Peaches & Pears with Mandarin Yoghurt

THURSDAY

Roast Turkey, Baby New Potatoes & Gravy
Seasonal Vegetables
Summer Fruit Salad

FRIDAY

Around The World Theme Lunch



If you have any comments or suggestions or require more information
contact us via our website at: www.zebedees.co.uk

ZEBEDEE'S LUNCH BOX

TEA MENU

DAY	ITEM 1	ITEM 2	ITEM 3	ITEM 4
MONDAY	Cheese & Tomato Pizza Fingers	Homemade Cherry Flapjack	Sugar Snap Peas & Cucumber Baton	Banana
TUESDAY	Chicken & Basil Panini	Dried Apricot	Pepper & Carrot Baton	Zebedee's Fruit Jelly
WEDNESDAY	Cheese & Sour Cream Bagel	Roast Chicken Slices	Sweetcorn & Diced Cucumber	Pineapple
THURSDAY	Dolphin Friendly Tuna Mayonnaise Sub Roll	Speldhurst Sliced Cooked Sausage	Mange Tout & Carrot Baton	Fruit Yoghurt Pot
FRIDAY	Zebedee's Cheese Scone & Flora	Hard Boiled Free Range Egg Wedges	Cucumber Baton & Cherry Tomato	Melon

DAY	ITEM 1	ITEM 2	ITEM 3	ITEM 4
MONDAY	Turkey Roll	Speldhurst Sliced Cooked Sausage	Sweetcorn & Diced Mixed Pepper	Fruit Yoghurt Pot
TUESDAY	Mackerel & Grated Cheese Bagel	Raisins	Cucumber Baton & Babycorn	Kiwi/Strawberry
WEDNESDAY	Free Range Egg & Cress Sub Roll	Dried Apricot	Mange Tout & Carrot Baton	Zebedee's Fruit Jelly
THURSDAY	Cheesy Houmous & Vegetable Crudit�	Homemade Mango Flapjack	Cherry Tomatoes	Pineapple
FRIDAY	Chicken & Cucumber Roll	Hard Boiled Free Range Egg Wedges	Speldhurst Sliced Cooked Sausage	Grapes

DAY	ITEM 1	ITEM 2	ITEM 3	ITEM 4
MONDAY	Cheese & Tomato Pizza Fingers	Homemade Butter Flapjack	Crimson Raisins	Carrot Baton & Babycorn
TUESDAY	Chicken Finger Roll	Yoghurt Raisins	Cucumber Baton & Cherry Tomato	Fruit Yoghurt Pot
WEDNESDAY	Turkey & Apricot Bagel	Carrot Spaghetti	Speldhurst Sliced Cooked Sausage	Orange Smiles
THURSDAY	Mango Tzaziki & Crudit�	Hard Boiled Free Range Egg Wedges	Roast Chicken Slices	Melon
FRIDAY	Free Range Egg Cress & Cucumber Roll	Dried Apricots	Cucumber Baton & Cherry Tomato	Zebedee's Fruit Jelly

Above is our new optional cold tea menu, now available to all of our nurseries

We are proud to announce that our lunch and tea menus now meet the Caroline Walker Trust nutrient based standards, ensuring a healthy diet for all of our children.

Further information on the Caroline Walker Trust can be found at www.cwt.org.uk

