

ZEBEDEE'S LUNCH BOX

SCHOOL MENU

SCH 04/10

MENU 1				
DAY	MAIN COURSE	CONTENTS	SIDE DISH	SWEET
Monday	Chicken or Salmon Pesto & Rice	Diced chicken or salmon, basil, parmesan, bechamel sauce, celery, garlic & rice	Roasted Thyme & Rosemary Carrots, Onion & Tomato	Strawberry Ice Cream & Peaches
Tuesday	Braised Beef & Diced Roast Potatoes	Diced beef, potato, onion, carrots, thyme, flour, garlic, flageolet beans, mustard & tomato base sauce	Medley of Vegetables Peas, Babycorn & Cauliflower	Summer Fruit Salad
Wednesday	Lamb Chilli & Rice	Minced lamb, tomato base sauce, peppers, chilli, kidney beans, onion, bayleaf & rice	Sour Cream, Tomato & Iceberg Lettuce	Orange, Banana & Chocolate Sponge with Custard
Thursday	Roast Ham & New Potatoes	Sliced roast ham, new potatoes & gravy	Peas & Carrots	Strawberry Yoghurt
Friday	Chicken, Leek & Broccoli Bake	Diced chicken, leeks, cream, bechamel sauce, broccoli, parsley & red pepper	Penne Pasta & Garlic Bread	Raspberry Jelly & Frozen Yoghurt

MENU 2				
DAY	MAIN COURSE	CONTENTS	SIDE DISH	SWEET
Monday	Turkey Tikka Masala & Rice	Diced turkey, chilli, ginger, paprika, garam masala, peppers, cinnamon, coriander, turmeric, tomato base sauce, yoghurt & rice	Naan Bread & Mixed Salad	Peach Melba Yoghurt & Pears
Tuesday	Lamb or Tuna Bolognese & Pasta	Minced lamb or tuna, onion, tomato base sauce, tomato puree, basil, garlic & penne pasta	Grated Cheese, Iceberg Lettuce & Grated Carrot	Bramley Apple & Berry Crumble with Custard
Wednesday	Sausage, Mashed Potato & Baked Beans	Pork/beef sausage, mashed potato, butter, gravy & baked beans	Carrots & Green Beans	Mini Muffin & Sliced Melon
Thursday	Roast Chicken Thigh & Roast Potatoes	Chicken thigh, roast potatoes & gravy	Mixed Vegetables Carrots, Sugar Snap Peas & Sweetcorn	Chocolate Mousse & Bananas
Friday	Homemade Meatballs, Pasta & Neapolitan Sauce	Minced pork & beef, 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