

# ZEBEDEE'S LUNCH BOX

## SCHOOL VEGETARIAN MENU

SCH/N 01/07

### VEGETARIAN MENU A

DAY	MAIN COURSE	CONTENTS	SIDE DISH	SWEET
Monday	Coq au Vin & Rice	Quorn pieces, mushrooms, onion, tomato base sauce, thyme, rice, salt & pepper	Mixed Vegetables	Honey & Raisin Flapjack with Custard
Tuesday	Sausage, Mashed Potato & Vegetable Gravy	Quorn sausage, mashed potato, butter, salt, pepper, carrots, peas, sweetcorn & gravy	Barbeque Beans	Strawberry Jelly with Fruit & Strawberry Yoghurt
Wednesday	Lasagne	Minced organic soya, spinach lasagne, tomato base sauce, red onion, mushroom, garlic, courgette, peppers, béchamel sauce, basil, cheese, salt & pepper	Broccoli	Sticky Toffee Pudding & Custard
Thursday	Pasta Arrabiatta	Penne pasta, tofu, tomato base sauce, chilli, butternut squash, carrots, parsley, salt & pepper	Garlic Bread & Grated Cheese	Fruit Salad & Doughnut
Friday	Roast Quorn, Yorkshire Pudding, Roast Potatoes & Gravy	Sliced quorn, Yorkshire pudding, roast potato, vegetable oil, gravy, salt & pepper	Mixed Vegetables	Pineapple Yoghurt served with Pineapple Pieces

### VEGETARIAN MENU B

DAY	MAIN COURSE	CONTENTS	SIDE DISH	SWEET
Monday	Vegetable Stew & Dumplings	Parsnips, turnips, swede, onion, garlic, carrots, pearl barley, haricot beans, thyme, green cabbage, apples, tomato base sauce, salt, pepper & dumplings	Minted Peas	Dairy Vanilla Ice Cream with Fruit Puree
Tuesday	Baked Macaroni	Macaroni pasta, onion, sweetcorn, courgette, béchamel sauce, basil, mozzarella, parmesan, cheese, salt & pepper	Tomato & Peach Bean Salad	Chocolate Sponge & Chocolate Custard with Pears
Wednesday	Chilli served with Rice	Minced organic soya, tomato base sauce, peppers, chilli, kidney beans, onion, bayleaf, rice, vegetable oil, salt & pepper	Corn Chips & Sour Cream	Peaches Melba Yoghurt & Peach Slices
Thursday	Roast Quorn, Apple Sauce, Broccoli & New Potatoes	Roast quorn, new potatoes, broccoli, bramley apple sauce, gravy, salt & pepper	Carrots	Pear & Apple Crumble & Custard
Friday	Tofu Pie with Scalloped Potatoes	Tofu, béchamel sauce, carrots, swede, mashed potato, butter, potato, dill, onion, salt & pepper	Mixed Vegetables	Fruit Salad & Shortcake Biscuit

### VEGETARIAN MENU C

DAY	MAIN COURSE	CONTENTS	SIDE DISH	SWEET
Monday	Sweet & Sour Quorn & Rice	Quorn pieces, red onion, peppers, vegetable oil, fresh chillies, ginger, fennel seeds, pineapple, balsamic vinegar, cornflour, tomato base sauce & rice	Mixed Leaf Salad	Pear & Chocolate Brownie with Honey Yoghurt
Tuesday	Tofu & Leek Pesto Pasta	Tofu, leek, basil, parmesan, béchamel sauce, carrot, celery, garlic, olive oil, penne pasta, cream, cheese, salt & pepper	Garlic Bread & Grated Cheese	Banana Mousse & Fresh Bananas
Wednesday	Vegetable Patties, Potato Wedges, Mini Wholemeal Roll & Beans	Vegetable pattie, potato, vegetable oil, baked beans, gravy, salt & pepper & a wholemeal roll	Mixed Vegetables & Home Made Tomato Sauce	Sultana, Ginger & Treacle Sponge with Custard
Thursday	Sausage Mash & Beans	Quorn sausage, mashed potato, butter, salt, pepper, baked beans & onion gravy	Carrots & Green beans	Blackcurrant Yoghurt with Pears
Friday	Shepherds Pie	Minced organic soya, mashed potato, carrots, swede, onion, mint, gravy, butter, salt & pepper	Peas & Sweetcorn	Apple, Date & Raisin Crumble & Custard