

ZEBEDEE'S LUNCH BOX

NURSERY MENU

ZL 04/14

MENU A				
Menu A	Main Course	Contents	Side Dish	Dessert
Monday	Simply Chicken & Tomato Penne Pasta	Sliced chicken breast, tomato, tomato puree, carrot, butternut squash, roasted red peppers, vinegar & penne pasta	Grated Cheddar Cheese	Fruit Granola Slice with Custard
Tuesday	Speldhurst Sausage with Homemade Baked Beans	Speldhurst pork sausage, haricot beans, butternut squash, carrot, garlic & onion	Sweet Potato Mash	Plas Farm Strawberry Frozen Yoghurt with Diced Fruit
Wednesday	Three Cheese Macaroni Bake	Macaroni pasta, bechamel sauce, basil, parmesan, ricotta cheese, cheddar cheese, garlic, courgette, cauliflower, onion, haricot beans & yellow split peas	Cucumber Slices	Chocolate & Orange Sponge with Custard
Thursday	Mild & Creamy Beef Tikka Masala	Locally reared diced beef, ginger, garlic, chilli, onion, paprika, garam masala, peppers, cinnamon, coriander, turmeric, bechamel sauce, cream, yoghurt, tomato, tomato puree & mango chutney	Fluffy Brown Rice	Melon, Apricot, Mandarin, Red Grapes, Apple, Peach & Pear
Friday	Roast Turkey, Roasted Baby New Potatoes & Gravy	Sliced roast turkey, baby new potatoes & gravy	Peas, Sweetcorn, Green Beans & Carrots	Turners Dairy Farm Mango & Peach Fromage Frais

MENU B				
Menu B	Main Course	Contents	Side Dish	Dessert
Monday	Tuna & Sweetcorn Carbonara	Dolphin friendly tuna, onion, swede, butternut squash, garlic, bechamel sauce, cream, parmesan & sweetcorn	Wholewheat Spaghetti Pasta	Pear, Peach, White Grapes, Pineapple & Mango
Tuesday	Sussex Beef & Vegetable Stew	Diced sussex beef, potato, tomato, tomato puree, onion, peas, carrot, swede, cabbage, apple, apricot, redcurrant jelly, pearl barley, sage, basil, garlic & gravy	Wholemeal Bread & Spread	Apple & Sultana Oaty Crumble with Custard
Wednesday	Sweet & Sour Chicken	Diced chicken breast, carrot, peppers, tomato, tomato puree, onion, savoy cabbage, parsnip, sweetcorn, peas, green beans, pineapple, basil, ginger, fennel seeds & balsamic vinegar	Fluffy White Rice	Raspberry & Chocolate Cheesecake Mousse
Thursday	Organic Soya & Vegetable Spaghetti Bolognese	Minced organic soya, spaghetti pasta, carrot, swede, butternut squash, onion, courgette, tomato, tomato puree, red lentils, garlic & mixed herbs	Grated Cheddar Cheese	Shortbread Fruit Biscuit with Custard
Friday	Roast Chicken Breast, Baby New Potatoes & Gravy	Roast chicken breast, baby new potatoes & gravy	Peas, Carrots, Green Beans, Savoy Cabbage & White Cabbage	Turners Dairy Farm Smooth Blackcurrant Yoghurt

MENU C				
Menu C	Main Course	Contents	Side Dish	Dessert
Monday	Chicken Korma	Diced chicken breast, bechamel sauce, carrot, onion, peas, sultanas, apricot, cauliflower, peaches, yellow split peas, plain yoghurt, garam masala, ginger, turmeric & mild curry powder	Fluffy White Rice	Mandarin Jelly
Tuesday	Pad Thai Noodles	Rice noodles, pak choi, savoy cabbage, red onion, red pepper, garlic, ginger, coriander, green beans, vegetable stock, carrot, basil, baby sweetcorn, tomato, vinegar & mange tout	Cucumber Slices	Lemon Sponge Cake with Custard
Wednesday	Zebedee's Beanie Shepherd's Pie	Locally reared minced lamb, mashed potato, mint, cabbage, tomato puree, swede, onion, provençal herbs, haricot beans, carrot, apricot, redcurrant jelly & garlic	Wholemeal Bread & Spread	Turners Dairy Farm Smooth Raspberry Yoghurt
Thursday	Italian Spaghetti with Meatballs	Minced chicken, onion, tomato, tomato puree, grated swede, garlic, peppers, oregano, basil & spaghetti pasta	Grated Cheddar Cheese	Plas Farm Double Chocolate Ice Cream with Diced Pears
Friday	Around The World Theme Main Course	see Around The World menu	Around The World Theme Side Dish	Around The World Theme Dessert

ALL MENU ITEMS ARE SUBJECT TO AVAILABILITY