

ZEBEDEE'S LUNCH BOX

ZLATW10/16

AROUND THE WORLD MENU INFORMATION AUTUMN/WINTER 2016

Date	Country	Main Course & Side Dish	Contents	Dessert
18th November	Africa	Chicken, Lentil & Potato Stew Mixed Vegetables	Diced chicken, lentils, potato, black eye beans, sweet potato, butternut squash, tomato, carrots, onion, broad beans, peas & green beans	Mango, Peaches & Pineapple
9th December	Mexico	Beef Chilli Fluffy White Rice	Minced Sussex beef, carrot, onion, potato, chopped tomato, tomato puree, kidney beans, peaches, Chinese five spice & long grain rice	Tropical Fruit Salad
20th January	France	Coq au Vin Fluffy White Rice	Diced chicken, carrot, onion, celery, garlic, thyme, mushroom, béchamel sauce, diced bacon & long grain rice	Stewed Apples and Apricots
10th February	Korea	Bulgogi Fluffy White Rice	Diced Sussex beef, onion, garlic, potato, butternut squash, swede, pear, basil, tomato, carrot, mushroom, ginger, soy sauce, chives & long grain rice	Peach Ripple Yoghurt
3rd March	Thailand	Fragrant Thai Red Curry Fluffy White Rice	Diced chicken, onion, green pepper, red pepper, chilli, aubergine, basil, ginger, coriander, béchamel sauce, peas, kaffir lime leaves, green beans, cream & long grain rice	Pineapple & Peaches
24th March	China	Chicken Chop Suey Fluffy White Rice	Diced chicken breast, green cabbage, peppers, tomato, tomato puree, peas, bean sprouts, basil, onion, ginger, garlic, mixed spice, bamboo shoots, broad beans, soy sauce & long grain rice	Pineapple & Mandarin Pieces
5th May	Morocco	Spiced Lamb Tagine New Potatoes	Diced lamb, onion, peppers, grated carrot, courgette, butternut squash, tomato, garbanzo beans, celery, saffron, garlic, potato, apricots & new potatoes	Banana Cheesecake Mousse

ALL MENU ITEMS ARE SUBJECT TO AVAILABILITY