

ZEBEDEE'S LUNCH BOX

TEA MENU

ZT10/16

MENU A	ITEM 1	ITEM 2	ITEM 3	ITEM 4
DAY				
Monday	Roasted Butternut & Carrot Pasta	Roast Chicken Slices	Cherry Tomato & Cucumber Batons	Chocolate & Raspberry Flapjack
Tuesday	Honey Roast Ham Sub Roll	Mexican Chicken Rice Salad	Sweetcorn & Diced Pepper	Orange Smiles
Wednesday	Homemade BBQ Chicken Wholemeal Pizza Fingers	Dried Apricots	Cheese Cubes	Pear & Mandarin Jelly Pot
Thursday	Free Range Egg & Cress White Roll	Speldhurst Sliced Sausage	Carrot Batons	Homemade Cereal Slice
Friday	Savoury Danish Pastry	Hard Boiled Free Range Egg Wedges	Cucumber Batons	Peach Fromage Frais Pot

MENU B	ITEM 1	ITEM 2	ITEM 3	ITEM 4
DAY				
Monday	Sliced Chicken Sub Roll	Golden Sultanas	Cheese Cubes	Peach & Pear Pot
Tuesday	Homemade Roasted Vegetable Wholemeal Pizza Fingers	Hard Boiled Free Range Egg Wedges	Pepper & Carrot Batons	Honeydew Melon Wedges
Wednesday	Laughing Cow Soft Cheese with Crackers	Rainbow Rice Salad	Cucumber Batons	Blackcurrant Yoghurt Pot
Thursday	Dolphin Friendly Tuna Mayonnaise English Muffin	Cheese Straws with Cheese Dip	Mixed Sultanas & Raisins	Cranberry & Orange Shortbread
Friday	Grated Cheese Finger Roll	Chicken & Potato Salad with Mango Mayonnaise	Sweetcorn & Diced Pepper	Orange Smiles

MENU C	ITEM 1	ITEM 2	ITEM 3	ITEM 4
DAY				
Monday	Pesto Pasta Salad	Cheese Cubes	Cherry Tomato & Cucumber Batons	Oaty Fruit Crunch Slice
Tuesday	Sliced Chicken Sub Roll	Cheesy Popcorn	Pepper & Carrot Batons	Apricot Fruit Smoothie Yoghurt Drink
Wednesday	Tomato & Basil Bread Fingers with Cheese Dip	Roast Chicken Slices	Sweetcorn & Diced Cucumber	Honeydew Melon Wedges
Thursday	Free Range Egg & Cheese Wholemeal Roll	BBQ Chicken Rice & Quinoa Salad	Mixed Sultanas & Raisins	Blueberry & Oatmeal Cookie
Friday	Oven Baked Cheese & Roasted Red Onion Scone with Flora Portion	Hard Boiled Free Range Egg Wedges	Cherry Tomato & Cucumber Batons	Raspberry Chocolate Pot