

# ZEBEDEE'S LUNCH BOX

## NURSERY MENU

ZL10/16

Menu A	Main Course	Contents	Side Dish	Dessert
Monday	Simply Chicken	Diced chicken breast, onion, butternut squash, red peppers, tomato, garlic & vinegar	Fluffy Brown Rice	Turners Dairy Farm Smooth Raspberry Yoghurt
Tuesday	Tuna & Mackerel Arrabiata with Cellentani Pasta	Dolphin friendly flaked tuna, mackerel, cellentani pasta twists, carrot, butternut squash, swede, red pepper, onion, avocado, red lentils, yellow split peas, prunes, tomato, provencal herbs & basil	Grated Cheddar Cheese	Shortbread Fruit Slice & Custard
Wednesday	Beefy Cottage Crumble	Locally reared minced beef, crushed new potato, onion, garlic, butternut squash, swede, peas, apricot, borlotti beans, chickpeas, butter beans, basil, mixed herbs, tomato, breadcrumbs, oats, redcurrant jelly & gravy	Sweetcorn, Carrots & White Cabbage	Very Cherry Pudding
Thursday	Organic Soya & Vegetable Spaghetti Bolognese	Minced organic soya, wholewheat spaghetti, onion, garlic, carrot, swede, butternut squash, courgette, red lentils, tomato, basil & mixed herbs	Cucumber Slices	Strawberry Jam Sponge with Custard
Friday	Cuban Shredded Beef	Locally reared tender shredded beef, tomato, carrot, mixed peppers, onion, red onion, garlic, celery, basil, butternut squash & mild spices	New Potatoes	Plas Farm Blackberry Frozen Yoghurt

Menu B	Main Course	Contents	Side Dish	Dessert
Monday	Roast Chicken, Baby New Potatoes & Gravy	Chicken breast, baby new potatoes & gravy	Peas, Carrots, Green Beans & Savoy Cabbage	Raspberry Surprise Dessert
Tuesday	Sweet & Sour Vegetables	Carrot, mixed peppers, sweetcorn, onion, peas, cabbage, bean sprouts, pak choi, broccoli, cauliflower, parsnip, pineapple, balsamic vinegar, ginger, fennel, basil, flageolet beans, haricot beans, tomato & red chilli	Fluffy Brown Rice	Turners Dairy Farm Smooth Mandarin Yoghurt
Wednesday	Zebedee's Beanie Shepherd's Pie	Locally reared minced lamb, mashed potato, mint sauce, cabbage, tomato, swede, onion, haricot beans, carrot, apricot, redcurrant jelly, garlic, white pepper & gravy	Cucumber Slices	Zebedee's Beetroot Cake with Custard
Thursday	Italian Al Forno & Mezze Penne Rigate Pasta	Sliced beef meatballs, mixed peppers, swede, red onion, white onion, garlic, tomato, oregano, basil & mezze penne pasta	Grated Cheddar Cheese	Peach, Pineapple, Apricot & Pear
Friday	Chicken Massaman Curry	Diced chicken, onion, garlic, potato, tomato, carrot, green pepper, cauliflower, pineapple, dried apricot, sultanas, mild curry powder, turmeric, coriander, ginger, béchamel sauce, coconut milk & Thai red curry paste	Fluffy White Rice	Homemade Fruity Granola Slice with Vanilla Custard

Menu C	Main Course	Contents	Side Dish	Dessert
Monday	Beef Bolognese & Mezze Penne Rigate Pasta	Locally reared minced beef, onion, garlic, butternut squash, carrot, peppers, tomato, basil & mezze penne pasta	Grated Cheddar Cheese	Red Grape Jelly
Tuesday	Winter Warming Root Vegetable Casserole	Butternut squash, swede, potato, cabbage, red pepper, peas, celery, carrot, onion, tomato, mung beans, red lentils, redcurrant jelly, garlic, apple, mandarin, apricot, thyme & herb dumplings	Wholemeal Bread & Spread	Apple & Berry Oaty Crumble with Custard
Wednesday	Chicken Kashmiri Meatballs	Chicken meatballs, garlic, carrot, butternut squash, onion, swede, cauliflower, béchamel sauce, mild curry paste, mango chutney, coriander & turmeric	Fluffy White Rice	Turners Dairy Farm Smooth Peach & Mango Fromage Frais
Thursday	Speldhurst Kent Sausage with Homemade Baked Beans	Speldhurst pork sausage, haricot beans, tomato, tomato puree, carrot, potato, swede, garlic & onion	Root Vegetable Mash	Peach Ripple Ice Cream
Friday	Around The World Theme Lunch	See Around The World Menu	Around The World Theme Side Dish	Around The World Theme Dessert