

Welcome to our Spring/Summer Menu for 2017

We are really excited to introduce several delicious new recipes alongside some of our old favourites in this new menu. We have also featured three fun Theme Day menus, including a special tribute to Roald Dahl just ahead of World Book Day in March.

As always, our menu has been checked by our in-house nutritionist and approved by the Children's Food Trust, giving schools and parents the assurance that their children are receiving a nutritious and well balanced lunch every day.

Our Food

All of our meals contain only high quality, fresh ingredients, sourced directly from growers and producers. At Zebedees we use only healthy cooking methods and our menus contain plenty of fruit, vegetables, meat, fish and organic pulses.

We work closely with local suppliers from Sussex & Kent thus ensuring we keep our food miles to a minimum. We have complete traceability of our food from the field to your child's plate. All of our meals are freshly prepared each day by our team of experienced chefs, ensuring that your child receives a fresh, home cooked nutritious meal.



About us

Zebedees have been specialising in the supply of nutritious, healthy and well balanced meals to schools across the South East for over 10 years. At Zebedees we are passionate about food and the importance of healthy eating at an early age. Our Client Services Team work closely with both schools and pupils to increase awareness and produce menus that are both popular and nutritious.

Our menus

At Zebedees we analyse all of our menus using specialist software to ensure a balanced, nutritious and varied menu is achieved. Our school menus meet the standards set out by the Children's Food Trust and the Department for Education & Skills. We also comply with the Allergen Information Regulations set out by the Food Standards Agency. We do not add any salt, food colouring, preservatives or additives to our dishes. We provide a three week rotating menu, offering a choice of dishes and plenty of fresh fruit and vegetables.

How to order

If you would like your child to have school meals please contact the school office who will advise you of the ordering process.

Free School Meals

All children in reception, year 1 and year 2 are entitled to a free school meal. The government is funding 'free school lunches' in state schools, with the aim of enhancing academic attainment and saving families money.

Don't miss out!

Get in touch

For further information please visit our website
www.zebedees.co.uk

To contact our Client Services Team call **01323 811307**
or email schools@zebedees.co.uk

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SCHOOL MENU SPRING/SUMMER 2017

Weeks Commencing: 20th February • 13th March • 3rd April • 24th April • 15th May • 5th June • 26th June • 17th July

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish of the Day	Homemade Beef Burger or Quorn Burger in a Bun with Jacket Wedges & Ketchup	Chicken, Tomato & Mozzarella Lasagne with Garlic Bread	Cuban Shredded Beef with Soft Flour Tortilla & White Rice	Roast Chicken or Quorn Fillet with Roasted New Potatoes, Stuffing Ball & Gravy	Smoked Bacon Neapolitan Pasta with Grated Cheddar & Mozzarella
Alternative Choice	Sweet & Sour Meat Free Chicken with White Rice	Quorn Hot Dog with Jacket Wedges & Tomato Ketchup	Tomato Pomodoro Whole Wheat Penne Pasta with Grated Cheese	Traditional Vegetarian Shepherd's Pie	Jacket Potato with Baked Beans & Grated Cheese
Vegetables & Salads	Cherry Tomatoes & Cucumber Batons	Shredded Iceberg & Grated Carrot	Sweetcorn & Red Peppers	Seasonal Mixed Vegetables	Tomato Wedges & Cucumber Batons
Desserts	Smooth Raspberry Yoghurt with Peach Slices	Fruit Salad with Peach Ripple Ice Cream	Sticky Toffee Pudding with Vanilla Custard	Banana Mousse	Golden Apricot Cookie

All served with a Selection of Fresh Fruit, Freshly Baked Bread & Chilled Water

Weeks Commencing: 27th February • 20th March • 10th April • 1st May • 22nd May • 12th June • 3rd July

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish of the Day	Chicken Meatballs in a Sweet Red Pepper & Lentil Sauce with White Rice	Chargrilled Bacon Chop with Gravy & Jacket Wedges	Tomato, Mascarpone & Bean Pasta with Grated Cheese	Roast Turkey or Quorn Fillet with Stuffing Ball, Roast Potatoes & Gravy	Lamb Bolognaise with Whole Wheat Spaghetti, Grated Cheese & Garlic Bread
Alternative Choice	Three Cheese Macaroni	Mild Meat Free Chicken & Vegetable Korma with White Rice	Quorn Sausage with Mashed Potato & Baked Beans	Jacket Potato with Beanite Vegetable Chilli & Grated Mozzarella	Italian Vegetable Risotto with Garlic Bread
Vegetables & Salads	Sweetcorn & Red Peppers	Carrots, Peas & Cauliflower	Garden Peas & Carrots	Seasonal Mixed Vegetables	Shredded Iceberg & Grated Carrot
Desserts	Lime Jelly with Mandarins	Frozen Mango Yoghurt	Chocolate Pear Pudding with Chocolate Custard	Strawberry Cheesecake Mousse with Peach Slices	Granola Slice

All served with a Selection of Fresh Fruit, Freshly Baked Bread & Chilled Water

Weeks Commencing: 6th March • 27th March • 17th April • 8th May • 29th May • 19th June • 10th July

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish of the Day	Simply Chicken with Brown Rice & Grated Cheese	Speldhurst Sausage with Baked Beans & Mashed Potato	Chicken or Salmon Makhani Curry with White Rice & Naan Bread	Roast Beef or Quorn Fillet with Yorkshire Pudding, Roast Potatoes & Gravy	Creamy Bacon & Pesto Alfredo Pasta
Alternative Choice	Mexican Beanite Burger with Wedges & Ketchup	Quorn Meatballs in a Tomato & Basil Sauce with Grated Mozzarella & White Rice	Creamy Pesto & Mascarpone Pasta with Grated Cheese	Mild Vegetable Tikka Masala with White Rice	Jacket Potato with Baked Beans & Grated Cheese
Vegetables & Salads	Shredded Iceberg & Grated Carrot	Broccoli, Carrots & Peas	Sweetcorn & Red Peppers	Seasonal Mixed Vegetables	Tomato Wedges & Cucumber Batons
Desserts	Smooth Black Cherry Yoghurt with Pineapple Pieces	Hob Nob Cookie with Mandarins	Blueberry Muffin	Brownie with Strawberry Ice Cream	Juicy Lucy Fruit Crumble with Vanilla Custard

All served with a Selection of Fresh Fruit, Freshly Baked Bread & Chilled Water

SCHOOL THEME DAYS SPRING/SUMMER 2017

DATE	Dish of the Day	Alternative Choice	Vegetables & Salads	Desserts
Roald Dahl Day Wednesday 1st March	The BFG Chicken Burger or Quorn Burger in a Bun with Snoozcumber Relish, Jacket Wedges & Ketchup	George's Marvellous Pesto Pasta with Garlic Bread	Cucumber Batons & Grated Carrot	Willy Wonka Doughnut with Sprinkles
Mexican Day Wednesday 17th May	Smoky Pork Tacos with Grated Cheese	Veggie Quorn Chilli with White Rice, Grated Cheese & Tacos	Garden Peas & Sweetcorn	Mexican Chocolate Brownie with Vanilla Ice Cream
Wimbledon Day Tuesday 20th June	Hot Dog or Quorn Dog in a Roll with Jacket Wedges & Ketchup	Jacket Potato with Barbeque Beans & Grated Cheese	Shredded Iceberg & Tomato Wedges	Strawberry Shortbread Rounds

All served with a Selection of Fresh Fruit, Freshly Baked Bread & Chilled Water