### **Zebedees** deliciously nutritious nursery meals

#### LUNCH Menu Autumn/Winter 2023/24

Menu A		Main Course	Side Course	Second Course
Monday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta <mark>(G)</mark>	Winter Berry Yoghurt (D)
Tuesday	Keralan Tuna Curry (D) (F) (PU) (SD) (T)	Tuna, mackerel, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, red curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)
Wednesday	Charlotte's Veggie Lasagne (D) (G) (PU) (T)	Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, bechamel, tomato, lasagne pasta, stock, oregano, paprika, cheddar & mozzarella	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Lamb Chilli (PU) (SD) (T)	Minced lamb, kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Lemon & Cream Cheese Sponge Slice (D) (G) (S)
Friday	Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T)	Speldhurst pork & beef sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)
Menu B		Main Course	Side Course	Second Course
Monday Portuguese Chicken (D) (PU) (SD) (T)		Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Pork Stew (PU) (T)	Diced pork, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta <mark>(G)</mark>	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (D) (PU) (SD) (T)	aneer Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, White Rice		Fruit Salad
Thursday	Beef & Vegetable Potato Topped Pie (S) (SD) (T)	Beef, soya, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Beef, soya, carrot, swede, tomato, onion, garlic, leek, thyme, Cucumber Spon	
Friday	Tomato & Vegetable Mascarpone (D) (PU) (T)	Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta (G)	Blueberry Oaty Date Bar <mark>(G)</mark> (SD)
Menu C		Main Course	Side Course	Second Course
Monday	Lamb & Apricot Tagine (PU) (SD) (T)	Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	min, White Bice (C) (S)	
Tuesday	Italian Soya Bolognaise (S) (T)Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregand paprika, rice flour		Pasta <mark>(G)</mark>	Clementine Yoghurt (D)
Wednesday	Chicken Casserole (D) (PU) (T)	Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, cream & bechamel	ash, rosemary, garlic, haricot beans, tomato, thyme, Brown Rice Fresh Melor	
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Cream (D)
Friday		Zebedees Team Creations M	lenu	

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten PU = Contains Pulses/Beans S = Contains Soya SD = Contains Suphur Dioxide T = Contains Tomato Our kitchen does not handle peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs. Please refer to our Allergy Policy for further information about allergens.

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B Beef	C Celery	CA Citric Acid/Spice	D Dairy	EEgg	F Fish	G Gluten	HL Halal	P Pork	PU Pulse/Bean	S Soya	SD Suphites	T Tomato	V Vegetarian	VA Vegan

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Menu A	Dish						Diet	arie	es						
	SimplyChicken														
Monday	Pasta														
	Winter Berry Yoghurt														
	Keralan Tuna Curry														
Tuesday	White Rice														
recoucy	Vanilla Ice Cream												_		
	Charlotte's Veggie Lasagne			•						•			•	•	
Wednesday	Grated Courgette & Carrot														
	Fruit Salad	_		-			_	-							•
There also	Mild Lamb Chilli Brown Rice	_		•						•		•	•		
Inursday	Lemon & Cream Cheese Sponge Slice														
	Speldhurst Kent Sausage with Homemade Baked Beans							-			•			•	├
Friday	Potato, Butternut Squash & Sweet Potato Mash	-		-			-		•	•		•	-		
Friday	Blackcurrant Yoghurt														
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Menu B	Dish						Diet	arie	es						
	Portuguese Chicken						T								
Monday	Brown Rice														
	Diced Peaches														
	Mediterranean Pork Stew														
Tuesday	Pasta														
	Apple & Blackberry Yoghurt														
	Spinach & Paneer Makhani							•					•		
Wednesday	White Rice														
	Fruit Salad			•											
	Beef & Vegetable Potato Topped Pie	•		•							•	•	•		
Thursday	Cucumber Slices														
	Carrot & Cinnamon Sponge Slice Vanilla Sauce	_		-			-				•	•	_	-	-
	Tomato & Vegetable Mascarpone														<b> </b>
MondayPridayWednesdayPridayThursdayPridayFridayPridayMenu BPridayMondayPridayTuesdayPridayWednesdayPridayFridayPridayTuesdayPridayMondayPridayMondayPridayTuesdayPridayMenu CPridayMondayPridayMenu CPridayMondayPridayMenu CPridayMondayPridayMenu CPridayMondayPridayMenu CPridayMondayPridayMenu CPridayMenu CPridayMondayPridayMenu CPridayMenu CPriday <td>Pasta</td> <td></td> <td></td> <td>-</td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td>-</td> <td></td> <td></td> <td>-</td> <td>-</td> <td></td>	Pasta			-	-					-			-	-	
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Menu C	Dish						Diet	arie	es						
	Lamb & Apricot Tagine														
Monday	White Rice														
Monady	Beetroot Sponge Slice														
	Vanilla Sauce														
	Italian Soya Bolognaise														
Tuesday	Pasta														
	Clementine Yoghurt														
	Chicken Casserole	_												-	
Wednesday	Brown Rice														
	Fresh Melon		$\square$	•			_		<u> </u>						
	Roast Turkey in Gravy									•					
Thursday	with Baby New Potatoes														
	Carrots, Peas & Sweetcorn									•				•	•
	Strawberry Ice Cream			•											
Friday	Zebedees Team C	reati	ons	; M	eni	J									

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# **ZEBEDEES TEAM CREATIONS LUNCH MENU**

Autumn/Winter 2023/24

Dαy		Main Course	Side Course	Second Course
17 Nov 202325 Year Anniversary Celebration Meal (C)Zebedees are providing a special menu on this day in honur of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!25 pence or every med ordered to I donated tr charity (C)8 Dec 2023Katie's Chicken Saag Aloo (D) (PU) (T)Chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.White Rice19 Jan 2024Lewis's Chicken & Chorizo Carbonara (D) (G) (SD)Chicken, chorizo, wholewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.Cucumber Slices9 Feb 2024Al's Winter Sausage Stew (G) (PU) (SD) (T)Diced sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations ManagerBrown Rice1 Mar 2024Nadia's Chicken & Pancetta Supreme (D) (PU)Sliced chicken breast, pancetta, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley, & vegetable stock. Recipe by Nadia, our Client Services Manager.White Rice22 Mar 2024Ady's Beef Bourgignon (T)Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.Mashed Pota12 Apr 2024Sarah's Catalan Chorizo, Chicken & <b< th=""><th>25 pence of every meal ordered to be donated to charity (C)</th><th>Details of the 25 Year Anniversary menu and charity coming soon! (C)</th></b<>		25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)	
	Saag Aloo (D) (PU)	turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe	White Rice	Fruit Salad
	Chorizo Carbonara	butternut squash, smoked paprika, bechamel & cheese.	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
	Sausage Stew (G)	garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
	Pancetta Supreme	sweetcorn, carrot, bechamel, cream, parsley & vegetable	White Rice	Fruit Salad
		cabbage, thyme, garlic, smoked paprika, tomato, gravy &	Mashed Potato	Vanilla Yoghurt (D)
	Chorizo, Chicken &	squash, carrot, sweetcorn, tomato, parsley, oregano,	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce (G) (PU) (T)	Meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta <mark>(G)</mark>	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

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Autumn/Winter 2023/24

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G Gluten
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VA Vegan

Day	Dish				Diet	arie	es				
17 Nov 2023	25 Year Anniversary Celebration Meal 25 pence of every meal ordered to be donated to charity Details of the 25 Year Anniversary menu and charity coming soon!										•
8 Dec 2023	Katie's Chicken Saag Aloo White Rice Fruit Salad		•			•		•		•	•
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara Cucumber Slices Courgette & Lime Sponge Slice		•			•			•		•
9 Feb 2024	Al's Winter Sausage Stew Brown Rice Banana & Butterscotch Sugar Free Yoghurt		•	•		•	•	•		•	•
1 Mar 2024	Nadia's Chicken & Pancetta Supreme White Rice Fruit Salad		•			•	•	•			•
22 Mar 2024	Ady's Beef Bourgignon Mashed Potato Vanilla Yoghurt		•	•		•				•	•
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew White Rice Mixed Berry Yoghurt Mousse					•					•
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce Pasta Natural Yoghurt with Stewed Apple & Cinnamon Compote		•	•	•	•		•		•	•

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