

Menu A	Main Course	Side Course	Second Course
Monday	Simply Chicken (T) Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	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 (G)	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (D) (PU) (SD) (T) Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	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	Cucumber Slices	Carrot & Cinnamon Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
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 (G) (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	White Rice	Beetroot Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Tuesday	Italian Soya Bolognese (S) (T) Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta (G)	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	Brown Rice	Fresh Melon
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 Menu		

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 Sulphur 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.

Day	Main Course	Side Course	Second Course	
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour 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 of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie'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 Rice	Fruit Salad
19 Jan 2024	Lewis'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 Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al'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 Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia'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 Rice	Fruit Salad
22 Mar 2024	Ady'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 Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew (PU) (SD) (T)	Chicken, chorizo, red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	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 (G)	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

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