

ZEBEDEES


LUNCH menu

Spring / Summer 2018

04/18

Menu A	Main Course	Contents	Side Dish	Dessert
Monday	Beef Bolognaise with Wholemeal Penne Pasta	Minced beef, carrot, butternut squash, onion, red pepper, basil, tomato, garlic, mixed herbs, rice flour & wholemeal pasta	Grated Cheddar Cheese	Lemon, Orange & Rosemary Flapjack with Custard
Tuesday	Vegetable Korma Curry	Potato, peppers, carrot, onion, cauliflower, green beans, peas, garam masala, mild curry powder, ginger, turmeric, black pepper, dried apricot, peaches, yellow split peas, sultanas, béchamel, coconut, rice flour & plain yoghurt	Fluffy White Rice	Red & Green Apple, Mango, Apricot, Melon & Pear
Wednesday	Zebedees Beanie Shepherd's Pie	Minced lamb, potato, mint sauce, cabbage, tomato, swede, onion, haricot beans, carrot, apricot, gravy, white pepper, redcurrant jelly & garlic	Cucumber Slices	Raspberry, Apple & Mint Crumble with Custard
Thursday	Tuna & Mackerel Arrabiata with Cavatappi Pasta	Dolphin friendly flaked tuna, mackerel, carrot, swede, peppers, onion, butternut squash, tomato, avocado, red lentils, rapeseed oil, Provençal herbs, yellow split peas, potato flour, basil & cavatappi pasta	Grated Cheddar Cheese	Strawberry Frozen Yoghurt
Friday	Roast Chicken Breast, Baby New Potatoes & Gravy	Chicken breast, baby new potatoes & gravy	Green Beans, Peas, Carrots & Shredded Kale	Turners Dairy Peach & Mango Yoghurt

Menu B	Main Course	Contents	Side Dish	Dessert
Monday	Italian Chicken Al Forno & Brown Rice	Chicken, onion, peppers, swede, butternut squash, oregano, basil, flageolet beans, yellow split peas, tomato, potato flour, onion, olive oil, garlic & brown rice	Grated Cheddar Cheese	Seeded Granola & Spelt Bar
Tuesday	Beef Lasagne	Minced beef, cheddar, peppers, onion, carrot, butternut squash, courgette, garlic, red lentils, chilli, beef stock, béchamel, tomato, oregano, rice flour, basil & lasagne pasta	Sweetcorn, Mange Tout & Diced Cucumber	Coconut & Cocoa Cake with Chocolate Custard
Wednesday	Speldhurst Sausage with Homemade Baked Beans	Speldhurst pork sausage, haricot beans, tomato, spices, carrot, basil, potato, sweet potato, garlic & onion	Sweet Potato Mash	Turners Dairy Strawberry Fromage Frais
Thursday	Neapolitan Mascarpone & Penne Pasta	Tomato, onion, peppers, basil, butternut squash, mascarpone cheese, haricot beans, cornflour & mezze penne pasta	Dough Balls	Mandarin, Peaches, Pineapple & Blueberries
Friday	Baked Chicken Breast in an Avocado, Mango & Tomato Sauce	Chicken, peppers, onion, garlic, mango, coriander, chilli, spices, redcurrant jelly, avocado, lime & mango chutney	Roasted Baby New Potatoes	Forest Fruit Fool

Menu C	Main Course	Contents	Side Dish	Dessert
Monday	Roast Ham, Baby New Potatoes & Gravy	Sliced roast ham, baby new potatoes & gravy	Carrots, Sweetcorn, Peas, Savoy Cabbage & Sugar Snap Peas	Mint Ice Cream
Tuesday	Mediterranean Beef Meatballs	Beef meatballs, garlic, onion, peppers, swede, red lentils, oregano, basil, tomato & spices	Fluffy Brown Rice	Turners Dairy Black Cherry Yoghurt
Wednesday	Soya & Vegetable Spaghetti Bolognaise	Soya mince, carrot, swede, butternut squash, onion, peppers, garlic, tomato, mixed herbs, peach puree, potato flour, red lentils, basil, miso paste, rapeseed oil & wholemeal spaghetti	Cucumber Slices	St. Clement's Polenta Cake with Custard
Thursday	Simply Chicken & Tomato with Rainbow Rice	Diced chicken breast, onion, garlic, peppers, butternut squash, tomato, spices, onion, red pepper, peas, sweetcorn, green beans & rice	Grated Cheddar Cheese	Strawberry Jelly
Friday	 20 Year Anniversary Classic Dishes			