

# ZEBEDEES

## HOT TEA MENU

Spring /Summer 2019

MENU A	ITEM 1	ITEM 2	ITEM 3
DAY			
Monday	Butternut & Bean Soup (D)(T)	Bread Roll (G) & Flora (D)	Honeydew Melon Wedge
Tuesday	Jacket Potato & Tuna Mayonnaise (F)(E)	Grated Cheese (D)	Apricot Yoghurt Pot (D)
Wednesday	Macaroni Butterbean & Cheese Bake (G)(D)	Cucumber Slices	Lemon Shortbread Biscuit (G)
Thursday	Chicken, Broccoli & Sweet Potato Gratin (D)	Cheese Cubes (D)	Homemade Banana Flapjack (G)(SD)
Friday	Cheese & Tomato Panini (G)(D)(T)	Carrot Batons	Orange Smiles

MENU B	ITEM 1	ITEM 2	ITEM 3
DAY			
Monday	Jacket Potato, Cheese (D) & Beans (T)	Cherry Tomatoes (T)	Homemade Cereal Slice (G)(SD)
Tuesday	Speldhurst Sausage (G)(SD) in Vegetable Gravy (S)(T)	Mashed Potato	Mandarin Yoghurt Pot (D)
Wednesday	Creamy Cheddar, Spinach & Basil (D)	Penne Pasta (G)	Orange Smiles
Thursday	Chicken Tikka Masala (D)(T)	Brown Rice	Peaches
Friday	Smokey Tomato (T) & Red Lentil Soup	Wholemeal Bread Roll (G) & Flora (D)	Mango & Peach Yoghurt Pot (D)

MENU C	ITEM 1	ITEM 2	ITEM 3
DAY			
Monday	Spicy Three Bean Fajita (T)	Flour Tortilla (G)	Strawberry & Melon Jelly
Tuesday	Beef Meatballs (S) in Tomato Sauce (T)	Brown Rice	Raspberry Fromage Frais Pot (D)
Wednesday	Tuna & Sweetcorn Pasta Bake (F)(G)(D)	Cucumber Slices	Fruity Granola Slice (G)(SD)
Thursday	Jacket Potato With Lamb Chilli (T)	Grated Cheese (D)	Honeydew Melon Wedge
Friday	Macaroni Cheese with Haricot Beans (G)(D)	Cucumber Batons	Homemade Apricot & Orange Cookie (G)(D)(E)(SD)

G = Contains Gluten, D = Contains Dairy, E = Contains Egg, S = Contains Soya,  
SD = Contains Sulphur Dioxide, F = Contains Fish, T = Contains Tomato, C = Contains Celery

ALL OF THESE DISHES ARE FREE FROM PEANUTS, TREE NUTS, SESAME SEEDS, MUSTARD, LUPIN, CRUSTACEA AND MOLLUSCS