


# ZEBEDEES

## LUNCH menu

Spring / Summer 2019

| Menu A    | Main Course                                       | Contents   | Side Dish  | Dessert  |
|-----------|---|--|--|--|
| Monday    | Vegetable Korma Curry                             | Potato, peppers, carrots, onion, cauliflower, green beans, peas, coriander, haricot beans, <b>apricot (SD)</b> , peaches, cardamom, cumin, turmeric, cloves, black pepper, chilli, yellow split peas, <b>béchamel (D)</b> , coconut & <b>plain yoghurt (D)</b> | White Rice   | Orange Jelly with Mandarins                            |
| Tuesday   | Simply Chicken & Mezze Penne Pasta                | Diced chicken breast, onion, garlic, peppers, butternut squash, <b>tomato (T)</b> , cinnamon, coriander, pimento, cloves, ginger, nutmeg, rapeseed oil, rice flour & <b>mezze penne pasta (G)</b>  | <b>Grated Cheddar Cheese (D)</b>   | <b>Blueberry Slice (G)(SD)</b> with <b>Custard (D)</b> |
| Wednesday | Speldhurst Kent Sausage with Homemade Baked Beans | <b>Speldhurst pork &amp; beef sausage (G)(SD)</b> , haricot beans, garlic, onion, carrot, <b>tomato (T)</b> , cinnamon, coriander, pimento, cloves, ginger, nutmeg, rice flour & rapeseed oil  | Butternut Squash & Potato Mash [Potato, dairy free spread, pepper, butternut squash] | <b>Smooth Strawberry Fromage Frais (D)</b>             |
| Thursday  | Mild & Creamy Beef Tikka Masala                   | Braised diced beef, chilli, ginger, garlic, coriander, paprika, garam masala, cinnamon, turmeric, peppers, <b>mango chutney (SD)</b> , <b>cream (D)</b> , <b>yoghurt (D)</b> , <b>tomato (T)</b> , onion & <b>béchamel sauce (D)</b>                           | Brown Rice   | Pears, Peaches, Pineapple & Mango                      |
| Friday    | Roast Turkey, Baby New Potatoes & Gravy           | Sliced turkey, baby new potatoes & <b>gravy (S)(T)</b>   | Peas, Carrots, Broccoli & Cauliflower  | <b>Peach Ripple Ice Cream (D)</b>                      |

| Menu B    | Main Course                                   | Contents   | Side Dish                        | Dessert   |
|-----------|---|--|----------------------------------|---|
| Monday    | Italian Chicken Al Forno                      | Chicken, onion, peppers, swede, butternut squash, oregano, basil, flageolet beans, yellow split peas, <b>tomato (T)</b> , potato flour, olive oil & garlic   | Brown Rice                       | <b>Smooth Apricot Yoghurt (D)</b>   |
| Tuesday   | Organic Soya & Vegetable Spaghetti Bolognaise | <b>Minced soya (S)</b> , carrots, swede, butternut squash, onion, peppers, garlic, tomato <b>(T)</b> , marjoram, thyme, parsley, peach puree, <b>wholewheat spaghetti (G)</b> , potato flour, red lentils, basil, <b>miso paste (S)</b> & rapeseed oil | <b>Grated Cheddar Cheese (D)</b> | <b>Bramley Apple &amp; Peach Oaty Crumble (G)</b> with <b>Custard (D)</b>   |
| Wednesday | Mediterranean Beef Meatballs                  | <b>Beef meatballs (S)</b> , onion, red lentils, peppers, swede, oregano, basil, <b>tomato (T)</b> , cinnamon, coriander, pimento, cloves, ginger, nutmeg, potato flour & garlic  | White Rice                       | <b>Blackberry Frozen Yoghurt (D)</b>  |
| Thursday  | Zebedee's Beanie Shepherd's Pie               | Minced lamb, carrot, swede, cabbage, onion, potato, dairy free spread, pepper, garlic, haricot beans, mint sauce, redcurrant jelly, <b>gravy (G)(S)(T)(C)</b> , <b>apricot (SD)</b> & <b>tomato (T)</b>  | Cucumber Slices                  | <b>Lemon &amp; Orange Polenta Cake (G)(D)(S)(E)</b> with <b>Custard (D)</b> |
| Friday    | Tuna & Mackerel Neapolitan                    | <b>Dolphin friendly flaked tuna (F)</b> , <b>mackerel (F)</b> , carrot, swede, peppers, onion, butternut squash, <b>tomato (T)</b> , avocado, red lentils, rapeseed oil, Provençal herbs, yellow split peas, potato flour & basil                      | <b>Cavatappi Pasta (G)</b>       | <b>Strawberry &amp; Vanilla Cheesecake Mousse (D)</b>                       |

| Menu C    | Main Course   | Contents   | Side Dish                                  | Dessert  |
|-----------|---|--|--|--|
| Monday    | Roast Chicken, Baby New Potatoes & Gravy  | Chicken breast, baby new potatoes & <b>gravy (S)(T)</b>  | Peas, Carrots, Green Beans & Savoy Cabbage | <b>Smooth Blackcurrant Yoghurt (D)</b>   |
| Tuesday   | Vegetarian Lasagne  | <b>Minced soya (S)</b> , aubergine, mushroom, red onion, carrot, butternut squash, courgette, garlic, chilli, red lentils, <b>béchamel (D)</b> , <b>cheddar (D)</b> , <b>lasagne (G)</b> , <b>tomato (T)</b> , cinnamon, coriander, pimento, cloves, ginger, nutmeg, oregano, rice flour & basil | Cucumber Slices                            | <b>Apricot Flapjack (G)(SD)</b> with <b>Custard (D)</b>                        |
| Wednesday | Beef Chilli & Brown Rice  | Minced beef, carrots, butternut squash, peppers, onion, peaches, <b>tomato (T)</b> , kidney beans, rice flour, cumin, chilli, coriander, cinnamon & brown rice   | <b>Grated Cheddar Cheese (D)</b>           | Melon, Apricot, Pineapple, Peaches & Pear                                      |
| Thursday  | Portuguese Chicken  | Chicken, peppers, sweet potato, garlic, onion, <b>tomato (T)</b> , rice flour, coriander, cayenne pepper, cumin, saffron, cinnamon & paprika   | <b>Mezze Penne Pasta (G)</b>               | <b>Cocoa &amp; Banana Slice (G)(D)(S)(E)</b> with <b>Chocolate Custard (D)</b> |
| Friday    |  <b>Zebedees Classic Dishes Menu</b> |  |  |  |

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