

ZEBEDEE'S LUNCH BOX

NURSERY MENU

Menu A	Main Course	Contents	Side Dish	Dessert
Monday	Roast Chicken, Baby New Potatoes & Gravy	Chicken breast, baby new potatoes & gravy	Peas, Carrots, Green Beans & Savoy Cabbage	Turners Farm Smooth Strawberry Yoghurt
Tuesday	Salmon Fricassee	Salmon flakes, onion, garlic, pumpkin, swede, butternut squash, sweetcorn, peppers, green beans, turnip, cauliflower, Provencal herbs, red lentils, haricot beans, basil & bechamel sauce	Fluffy White Rice	Pears, Peaches, Pineapple & Mango
Wednesday	Zebedee's Beanie Shepherd's Pie	Locally reared minced lamb, mashed potato, onion, garlic, cabbage, swede, carrot, apricot, tomato, gravy, Provencal herbs, redcurrant jelly, mint sauce & haricot beans	Cucumber Slices	Zebedee's Chocolate & Orange Sponge with Chocolate Custard
Thursday	Fruity Vegetable Curry	Potato, sweet potato, butternut squash, onion, garlic, carrot, pepper, cauliflower, broad beans, peas, peaches, sultanas, apricot, pineapple, haricot beans, red lentils, tomato, tomato puree, garam masala, ginger, turmeric & mild curry powder	Fluffy Brown Rice	Plas Farm Winter Berry Frozen Yoghurt
Friday	Italian Beef Bolognese & Mezze Penne Rigate Pasta	Locally reared minced beef, onion, garlic, butternut squash, carrot, peppers, tomato, tomato puree, basil & mezze penne rigate pasta	Grated Cheddar Cheese	Berry Slice with Custard

Menu B	Main Course	Contents	Side Dish	Dessert
Monday	Simply Chicken & Wholewheat Penne Rigate Pasta	Diced chicken breast, onion, butternut squash, carrot, red peppers, tomato, tomato puree, basil, vinegar & wholewheat penne rigate pasta	Grated Cheddar Cheese	Fruit Jelly
Tuesday	Speldhurst Kent Sausage with Homemade Baked Beans	Speldhurst pork sausage, onion, garlic, carrot, parsnip, swede, haricot beans, tomato & tomato puree	Winter Root Vegetable Mash	Granola Slice with Custard
Wednesday	Fragrant Green Thai Vegetable Curry	Tofu, onion, red pepper, green pepper, aubergine, peas, carrot, butternut squash, green beans, white cabbage, savoy cabbage, basil, ginger, kaffir leaves, mung beans, cream, red lentils, Thai green curry paste & béchamel sauce	Fluffy White Rice	Fruit Salad (Peaches & Mandarins)
Thursday	Beef Lasagne	Locally reared minced beef, lasagne, red onion, garlic, butternut squash, carrots, mixed peppers, courgette, red lentils, tomato, tomato puree, chilli, oregano, basil, béchamel sauce & grated cheese	Cucumber Slices	Fruity Chocolate Rice Pudding
Friday	Baked Chicken Breast in Avocado & Tomato	Chicken breast, onion, garlic, avocado, parsnip, cauliflower, sweetcorn, haricot beans, chopped tomato, tomato puree, parsley & redcurrant jelly	Roasted Baby New Potatoes	Turners Farm Smooth Mandarin Fromage Frais

Menu C	Main Course	Contents	Side Dish	Dessert
Monday	Mediterranean Beef Meatballs	Beef meatballs, garlic, carrots, onion, peppers, grated swede, red lentils, oregano, paprika, basil, tomato & tomato puree	Cavatappi Pasta Tubes	Plas Farm Chocolate Ice Cream & Diced Peaches
Tuesday	Turkey & Chicken Casserole with Herb Dumplings	Diced chicken & turkey, onion, garlic, butternut squash, swede, celery, red pepper, peas, carrot, apricot, flageolet beans, tomato, tomato puree, redcurrant jelly, mixed herbs & potato	Herb Dumplings	Zebedee's Beetroot Surprise Cake with Custard
Wednesday	Beefy Cottage Crumble	Locally reared minced beef, crushed new potato, onion, garlic, butternut squash, swede, peas, apricot, borlotti beans, chickpeas, butter beans, basil, mixed herbs, parsley, tomato, breadcrumbs, oats & redcurrant jelly	Sweetcorn, Carrots & White Cabbage	Turners Farm Smooth Blackcurrant Yoghurt
Thursday	Organic Soya & Vegetable Bolognese	Minced organic soya, wholewheat spaghetti, onion, garlic, carrots, swede, butternut squash, courgette, red lentils, tomato, tomato puree & mixed herbs	Grated Cheddar Cheese	Bramley Apple & Sultana Crumble with Custard
Friday	Around The World Theme Lunch	See Around the World Menu	Around The World Theme Side Dish	Around The World Theme Dessert

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AROUND THE WORLD MENU INFORMATION



Menu checked
2015/16

Date	Country	Main Course & Side Dish	Contents	Dessert
6 th November	Jamaica	Jerk Chicken Stew Rice	Diced chicken, rice, carrots, peppers, courgette, tomato, tomato puree aubergine, onion, ginger, pineapple, mild spices	Banana Mousse
27 th November	Japan	Sweet & Sour Chicken Rice	Diced chicken, pineapple, onion, carrots, peppers, sweetcorn, balsamic vinegar, chopped tomatoes, tomato puree, peas, ginger, cabbage, basil & green beans	Jelly with Pear & Lychees
18 th December	Spain	Chicken & Chick Pea Stew Rice	Diced chicken, chick peas, onion, carrot, swede, pepper, mixed herbs, saffron, tomato passata & tomato puree	Vanilla Ice Cream
8 th January	India	Chicken Tikka Masala Brown Rice	Diced chicken, ginger, garlic, chilli, onion, carrot, butternut squash, potato, yoghurt, cream, paprika, garam masala, peppers, cinnamon, coriander, turmeric, tomato puree & tomato passata	Fruit Salad
29 th January	America	Smoked Bacon & Chicken Macaroni Cucumber Smiles	Diced chicken, smoked bacon, béchamel sauce, carrot, onion, courgette, basil, cheese, haricot beans & macaroni pasta	Chocolate Cheese Cake
19 th February	China	Chicken Chop Suey White Rice	Diced chicken breast, green cabbage, peppers, tomato, tomato puree, peas, bean sprouts, basil, onion, ginger, garlic, mixed spice, bamboo shoots, broad beans, soy sauce	Exotic Fruit Salad
11 th March	Morocco	Spiced Lamb Tagine New Potatoes	Diced lamb, onion, peppers, grated carrot, courgette, butternut squash, tomato, garbanzo beans, celery, saffron, garlic, potato, apricots, new potatoes	Exotic Fruit Cocktail
1 st April	Mexico	Beef Chilli Rice	Minced Sussex beef, carrot, onion, potato, chopped tomato, tomato puree, kidney beans, peaches, Chinese five spice & rice	Banana Mousse
22 nd April	Germany	Hunters Stew Wholemeal Bread & Spread	Diced ham, bacon, sauerkraut, mushroom, tomato, cabbage, potato, carrots, onion, peas, wholemeal bread & spread	Stewed Apple & Crème Fraiche

ALL MENU ITEMS ARE SUBJECT TO AVAILABILITY