

ZEBEDEE'S LUNCH BOX

NURSERY MENU

ZL 10/06

MENU A

DAY	MAIN COURSE	CONTENTS	SWEET	CONTENTS
Monday	Macaroni Pasta	Macaroni pasta, béchamel sauce, cheese, courgette, sweetcorn, parsnip, onion, green beans, haricot beans & butterbeans	Fruit Salad	Fruit salad in natural juice
Tuesday	Beanie Shepherds Pie	Minced lamb, mint, cabbage, swede, onions, baked beans, carrots & mashed potato	Strawberry Ice Cream	Strawberry ice cream
Wednesday	Barbeque Turkey Meatballs with Noodles	Turkey meatballs, egg noodles, tomato, tomato puree, barbeque sauce, pineapple, carrots, onion, swede & peas	Lemon Sponge & Custard	Lemon sponge & custard
Thursday	Sausage Bubble & Squeak & Baked Beans	Pork sausage, potato, green cabbage, sprouts, thyme & baked beans	Mandarin Yoghurt	Mandarin yoghurt
Friday	Seafood Moussaka	Salmon, tuna, coley, potato, aubergine, tomato, tomato puree, parsnip, carrot, swede, green beans, onion, broccoli, dill, cheese & béchamel sauce	Banana Mousse	Light banana mousse

MENU B

DAY	MAIN COURSE	CONTENTS	SWEET	CONTENTS
Monday	Ham & Vegetable Stew	Diced ham, sliced pork sausage, bacon, mushroom, carrots, onion, peas, parsnips, cabbage, tomato, pearl barley & potato	Winter Fruit Compote with Custard	Stewed apple, blackberry, raisin, apricot & custard
Tuesday	Organic Soya & Vegetable Spaghetti Bolognese with Grated Cheese	Minced organic soya, organic wholewheat spaghetti, carrots, swede, butternut squash, onion, courgette, tomato, tomato puree, mixed herbs & cheese	Pineapple, Pear & Mandarins	Chilled pineapple, pear & mandarins in natural juice
Wednesday	Salmon Leek & Celery Pie with Carrots & Green Beans	Salmon, leek, celery, cream, parsley, béchamel sauce, cheese, potato, swede, carrots & green beans	Peaches	Chilled peach slices in grape juice
Thursday	Chicken Balti	Diced chicken, carrot, pineapple, green cabbage, onion, swede, tomato, mixed spices, cauliflower, okra, tomato puree, lentils, split peas & potato	Chocolate & Orange Sponge & Chocolate Custard	Light chocolate & orange victoria sponge & chocolate custard
Friday	Roast Turkey, New Potatoes, Mixed Vegetables & Gravy	Sliced turkey, new potatoes, carrots, sweetcorn, peas & gravy	Blackcurrant Yoghurt	Blackcurrant yoghurt

MENU C

DAY	MAIN COURSE	CONTENTS	SWEET	CONTENTS
Monday	Lamb Stew with Minted New Potatoes	Diced lamb, red pepper, oregano, mixed herbs, celery, carrot, onion, tomato, tomato puree, swede, mint, apricot & new potatoes	Tropical Fruit Salad with Honey Crème Fraiche	Peaches, pineapple, apricot, pear & grapes, honey & crème fraiche
Tuesday	Tuna & Mackerel Pasta	Flaked tuna & mackerel, pasta shells, tomato, carrots, pepper, onion, celery & cottage cheese	Banana, Date & Raisin Pudding & Custard	Banana, date & raisin sponge & custard
Wednesday	Cottage Pie with Carrots & Sprouts	Minced beef, cabbage, swede, onions, peas, carrots, sprouts & mashed potato	Peach Melba Yoghurt	Peach yoghurt
Thursday	Chicken Tomato & Basil Pasta	Diced chicken, penne pasta, basil, garlic, tomato, tomato puree, carrot, courgette, butternut squash, haricot beans & onion	Apple & Rhubarb Crumble & Custard	Stewed apple & rhubarb, crumble topping & custard
Friday	Turkey & Root Vegetable Casserole with Dumplings	Diced turkey, carrots, celeriac, swede, parsnip, onion, turnip, potato, tomato, pearl barley, red lentils, apple & dumpling	Pineapple Yoghurt	Pineapple yoghurt