



zebedees LUNCH menu

Menus developed in collaboration with Charlotte Stirling-Reed, the Baby & Child Nutritionist.

SAMPLE

MENU A

MONDAY

Simply Chicken
Pasta
Winter Berry Yoghurt

TUESDAY

Keralan Tuna Curry
White Rice
Vanilla Ice Cream

WEDNESDAY

Charlotte's Veggie Lasagne
Grated Courgette & Carrot
Fruit Salad

THURSDAY

Mild Lamb Chilli
Brown Rice
Lemon & Cream Cheese
Sponge Slice

FRIDAY

Speldhurst Kent Sausage
with Homemade
Baked Beans
Potato, Butternut Squash &
Sweet Potato Mash
Blackcurrant Yoghurt

MENU B

MONDAY

Portuguese Chicken
Brown Rice
Diced Peaches

TUESDAY

Mediterranean Pork Stew
Pasta
Apple & Blackberry Yoghurt

WEDNESDAY

Spinach & Paneer Makhani
White Rice
Fruit Salad

THURSDAY

Beef & Vegetable
Potato Topped Pie
Cucumber Slices
Carrot & Cinnamon Sponge
Slice with Vanilla Sauce

FRIDAY

Tomato, Vegetable
& Mascarpone
Pasta
Blueberry Oaty
Date Bar

MENU C

MONDAY

Lamb & Apricot Tagine
White Rice
Beetroot Sponge Slice
with Vanilla Sauce

TUESDAY

Italian Soya Bolognaise
Pasta
Clementine Yoghurt

WEDNESDAY

Chicken Casserole
Brown Rice
Fresh Melon

THURSDAY

Roast Turkey in Gravy with
Baby New Potatoes
Carrots, Peas & Sweetcorn
Strawberry Ice Cream

FRIDAY

Zebedees Team
Creations Menu

We follow the Government Guidance for Menus for Early Years Settings.

Due to current market conditions it may occasionally be necessary to make changes to the published menu.

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feeding our future every day



Sample Tea Menu



Menu A	Monday	Tuesday	Wednesday	Thursday	Friday
	Cheese Sandwiches with Cucumber Batons and Cherry Tomatoes	Mediterranean sausage casserole	Spiced Butternut Squash Soup with Wholemeal Bread	Homemade Baked Beans with Wholemeal Bread	Creamy Broccoli Pasta
	Allergy Advice				
	Gluten, Soya, Dairy	Pulses	Celery, Gluten, Soya	Gluten, Soya, Dairy, Pulses	Gluten, Dairy, Pulses

Menu B	Monday	Tuesday	Wednesday	Thursday	Friday
	Cauliflower and Spinach Mild Coconut Curry served with Roti	Roasted Vegetable Couscous	Creamy Mushroom and Pea Pasta	Tuna and Sweetcorn Mayo Wraps with sliced tomatoes and cucumber batons	Homemade Tzatziki, with Wholemeal Pitta, Pepper and Carrot Batons
	Allergy Advice				
	Gluten	Gluten	Dairy, Celery, Pulses, Gluten	Fish, Gluten, Egg	Dairy, Gluten

Menu C	Monday	Tuesday	Wednesday	Thursday	Friday
	Mixed Bean Bolognaise served with Wholemeal Pitta Bread	Fruit Bread with Cheese Cubes and Veggies	Super Vegetable Tomato Pasta	Mexican Rice and Bean Casserole	Pea and Mint Soup with Wholemeal Bread
	Allergy Advice				
	Pulses, Celery, Gluten	Gluten, Soya, Dairy, Egg	Celery, Pulses	Dairy	Pulses, Gluten, Soya