



zebedees

LUNCH menu

Autumn/Winter 2022

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

MENU A

MONDAY

Roast Chicken in Gravy with Baby New Potatoes
Carrots & Sweetcorn
Strawberry Ice Cream

TUESDAY

Tuna & Mascarpone
Wholewheat Pasta
Sweet Potato, Butternut & Oat Bar

WEDNESDAY

Vegetable Massaman Curry
White Rice
Pineapple

THURSDAY

Italian Soya Bolognese
Pasta
Apple & Mango
Fromage Frais

FRIDAY

Speldhurst Kent Sausage with Homemade Baked Beans
Potato, Butternut Squash & Sweet Potato Mash
Coconut & Cream Cheese
Sponge Slice

MENU B

MONDAY

Simply Chicken
Pasta
Diced Peaches with Vanilla Yoghurt

TUESDAY

Soya Bean Pie with Cheesy Mash Topping
Grated Courgette & Carrot
Diced Pears

WEDNESDAY

Mild Turkey Chilli
White Rice
Black Cherry Yoghurt

THURSDAY

Beef, Potato & Vegetable Stew
Cucumber Slices
Banana Sponge Slice with Vanilla Sauce

FRIDAY

Creamy Spinach, Butterbean & Pesto Chicken
Wholewheat Pasta
Fruit Salad

MENU C

MONDAY

Pork & Apricot Tagine
White Rice
Raspberry Frozen Yoghurt

TUESDAY

Mediterranean Meatballs
Wholewheat Pasta

Carrot & Cinnamon
Sponge Slice with
Vanilla Sauce

WEDNESDAY

Chicken Tikka Masala
Brown Rice
Fresh Melon

THURSDAY

Vegetarian Lasagne
Cucumber Slices
Apricot Flapjack

FRIDAY

Cultural Classic Dishes 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