### LUNCH MENU Autumn/Winter 2023/24

Menu A		Main Course	Side Course	Second Course
Monday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta <mark>(G)</mark>	Winter Berry Yoghurt (D)
Tuesday	Keralan Tuna Curry (D) (F) (PU) (SD) <b>(T)</b>	Tuna, mackerel, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, red curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)
Wednesday	Charlotte's Veggie Lasagne (D) (G) (PU) (T)	Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, bechamel, tomato, lasagne pasta, stock, oregano, paprika, cheddar & mozzarella	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Lamb Chilli (PU) (SD) (T)	Minced lamb, kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Lemon & Cream Cheese Sponge Slice (D) (G) (S)
Friday	Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T)	Speldhurst pork & beef sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)
Menu B		Main Course	Side Course	Second Course
Monday	Portuguese Chicken (D) (PU) (SD) (T)	Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Pork Stew (PU) (T)	Diced pork, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta <mark>(G)</mark>	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (D) (PU) (SD) (T)	Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Fruit Salad
Thursday	Beef & Vegetable Potato Topped Pie (S) (SD) (T)	Beef, soya, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Carrot & Cinnamon Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Friday	Tomato & Vegetable Mascarpone (D) (PU) (T)	Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta (G)	Blueberry Oaty Date Bar (G) (SD)
Menu C		Main Course	Side Course	Second Course
Monday	Lamb & Apricot Tagine (PU) (SD) (T)	Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Beetroot Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Tuesday	Italian Soya Bolognaise (S) <mark>(T)</mark>	Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta <mark>(G)</mark>	Clementine Yoghurt (D)
Wednesday	Chicken Casserole (D) (PU) (T)	Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, cream & bechamel	Brown Rice	Fresh Melon
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Cream (D)
Friday		Zebedees Team Creations M		

#### LUNCH Menu Autumn/Winter 2023/24

B Beef	C Celery	CA Citric Acid/Spice	D Dairy	EEgg	F Fish	G Gluten	HL Halal	P Pork	PU Pulse/Bean	S Soya	SD Suphites	T Tomato	V Vegetarian	VA Vegan

Menu A       Dish       Dietaries         Monday       Simply Chicken Pasta       A       A       A       A         Warder Berry Voghurt       A       A       A       A       A         Weither Berry Voghurt       A       A       A       A       A         Weithe Rice       With Rice       A       A       A       A       A         Weithe Rice       Choriotte's Veggle Lasagne       Corrotte's Veggle Lasagne       A														-		<u> </u>				
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# **ZEBEDEES TEAM CREATIONS LUNCH MENU**

Autumn/Winter 2023/24

Day		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chicken Saag Aloo (D) (PU) (T)	Chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara (D) (G) (SD)	Chicken, chorizo, wholewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al's Winter Sausage Stew (G) (PU) (SD) (T)	Diced sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (D) (PU)	Sliced chicken breast, pancetta, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Beef Bourgignon <mark>(T)</mark>	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew (PU) (SD) (T)	Chicken, chorizo, red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce (G) (PU) (T)	Meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta <mark>(G)</mark>	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten PU = Contains Pulses/Beans S = Contains Soya SD = Contains Suphur Dioxide T = Contains Tomato

## ZEBEDEES TEAM CREATIONS LUNCH MENU

Autumn/Winter 2023/24

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C Celery
CA Citric Acid/Spice
D Dairy
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F Fish
G Gluten
HL Halal
P Pork
PU Pulse/Bean
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17 Nov 2023	25 Year Anniversary Celebration Meal 25 pence of every meal ordered to be donated to charity Details of the 25 Year Anniversary menu and charity coming soon!											
8 Dec 2023	Katie's Chicken Saag Aloo White Rice Fruit Salad		•			•		•			•	•
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara Cucumber Slices Courgette & Lime Sponge Slice		•			•	•		•	•		•
9 Feb 2024	Al's Winter Sausage Stew Brown Rice Banana & Butterscotch Sugar Free Yoghurt		•	•		•	•	•		•	•	•
1 Mar 2024	Nadia's Chicken & Pancetta Supreme White Rice Fruit Salad		•			•	•	•				•
22 Mar 2024	Ady's Beef Bourgignon Mashed Potato Vanilla Yoghurt		•	•		•					•	•
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew White Rice Mixed Berry Yoghurt Mousse		•			•						•
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce Pasta Natural Yoghurt with Stewed Apple & Cinnamon Compote	•	•	•	•	•					•	•

# HL HALAL LUNCH MENU

Autumn/Winter 2023/24

Menu A		Main Course	Side Course	Second Course
Monday	Simply Halal Chicken <mark>(T)</mark>	Diced halal chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta <mark>(G)</mark>	Winter Berry Yoghurt (D)
Tuesday	Keralan Tuna Curry (D) (F) (PU) (SD) (T)	Tuna, mackerel, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, red curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)
Wednesday	Charlotte's Veggie Lasagne (D) (G) (PU) (T)	Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, bechamel, tomato, lasagne pasta, stock, oregano, paprika, cheddar & mozzarella	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Halal Lamb Chilli (PU) (SD) (T)	Minced halal lamb, kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Lemon & Cream Cheese Sponge Slice (D) (G) (S)
Friday	Halal Sausage with Homemade Baked Beans (G) (PU) (SD) (T)	Halal chicken & beef sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)
Menu B		Main Course	Side Course	Second Course
Monday	Portuguese Halal Chicken (D) (PU) (SD) (T)	Sliced halal chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Halal Chicken Stew (PU) (T)	Halal chicken, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta (G)	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (D) (PU) (SD) (T)	Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Fruit Salad
Thursday	Halal Lamb & Vegetable Potato Topped Pie (S) (SD) (T)	Minced halal lamb, soya, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Carrot & Cinnamon Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Friday	Tomato & Vegetable Mascarpone (D) (PU) (T)	Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta <mark>(G)</mark>	Blueberry Oaty Date Bar (G) (SD)
Menu C		Main Course	Side Course	Second Course
Monday	Halal Lamb & Apricot Tagine (PU) (SD) (T)	Halal lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Beetroot Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Tuesday	Italian Soya Bolognaise (S) <mark>(T)</mark>	Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta (G)	Clementine Yoghurt (D)
Wednesday	Halal Chicken Casserole (D) (PU) (T)	Sliced halal chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, cream & bechamel	Brown Rice	Fresh Melon
Thursday	Roast Halal Turkey in Gravy (PU) with Baby New	Roast halal turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Cream (D)
	Potatoes		(PO)	

# HL HALAL LUNCH MENU

Autumn/Winter 2023/24

8 Beef	C Celery	CA Citric Acid/Spice	D Dairy	EEgg	F Fish	G Gluten	HL Halal	P Pork	PU Pulse/Bean	S Soya	SD Suphites	T Tomato	V Vegetarian	VA Vegan
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Monday Tuesday /ednesday Thursday	Dish Simply Halal Chicken Pasta Winter Berry Yoghurt Keralan Tuna Curry White Rice Vanilla Ice Cream Charlotte's Veggie Lasagne Grated Courgette & Carrot Fruit Salad Mild Halal Lamb Chilli			•	•		Dieto	aries • •	5					Ţ
Monday Tuesday /ednesday Thursday	Pasta Winter Berry Yoghurt Keralan Tuna Curry White Rice Vanilla Ice Cream Charlotte's Veggie Lasagne Grated Courgette & Carrot Fruit Salad Mild Halal Lamb Chilli			•	•			-						Т
Tuesday /ednesday Thursday	Winter Berry Yoghurt Keralan Tuna Curry White Rice Vanilla Ice Cream Charlotte's Veggie Lasagne Grated Courgette & Carrot Fruit Salad Mild Halal Lamb Chilli			•	•			-						
Tuesday /ednesday Thursday	Keralan Tuna Curry White Rice Vanilla Ice Cream Charlotte's Veggie Lasagne Grated Courgette & Carrot Fruit Salad Mild Halal Lamb Chilli			•	•									(
Tuesday /ednesday Thursday	White Rice Vanilla Ice Cream Charlotte's Veggie Lasagne Grated Courgette & Carrot Fruit Salad Mild Halal Lamb Chilli			•				-						(
/ednesday Thursday	Vanilla Ice Cream Charlotte's Veggie Lasagne Grated Courgette & Carrot Fruit Salad Mild Halal Lamb Chilli													Т
/ednesday Thursday	Charlotte's Veggie Lasagne Grated Courgette & Carrot Fruit Salad Mild Halal Lamb Chilli		_											6
/ednesday Thursday	Grated Courgette & Carrot Fruit Salad Mild Halal Lamb Chilli													r.
/ednesday Thursday	Grated Courgette & Carrot Fruit Salad Mild Halal Lamb Chilli													,
Thursday	Mild Halal Lamb Chilli													6
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	Brown Rice									_				,
	Lemon & Cream Cheese Sponge Slice													,
	Halal Sausage with Homemade Baked Beans			Ť			Ŏ				-			1
Friday	Potato, Butternut Squash & Sweet Potato Mash		- -					ŏ						,
	Blackcurrant Yoghurt							ŏ						,
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	Dish					l I	Dieto	aries	5					
	Portuguese Halal Chicken												e	Ī
	Brown Rice													í.
	Diced Peaches													
	Mediterranean Halal Chicken Stew												1	٦
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	Apple & Blackberry Yoghurt													,
	Spinach & Paneer Makhani								-					7
	White Rice			-	-					- -				
	Fruit Salad							ŏ					i i	,
	Halal Lamb & Vegetable Potato Topped Pie								-				<u> </u>	-
	Cucumber Slices			-				ŏ						
	Carrot & Cinnamon Sponge Slice													
	Vanilla Sauce			-			-		_					
	Tomato & Vegetable Mascarpone													_
Entelsor	Pasta			-	•				_			-		
	Blueberry Oaty Date Bar													
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Menu C	Dish						Dieto	aries	S					
	Halal Lamb & Apricot Tagine													٦
	White Rice													i.
	Beetroot Sponge Slice									•				í.
	Vanilla Sauce													ł.
	Italian Soya Bolognaise													,
	Pasta													,
	Clementine Yoghurt													,
	Halal Chicken Casserole												1	-
/ednesday	Brown Rice			_	_									)
	Fresh Melon							ŏ					Ĩ	,
	Roast Halal Turkey in Gravy			╉							+		┿	
	with Baby New Potatoes									-				
	Carrots, Peas & Sweetcorn													
	Strawberry Ice Cream													
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Friday	Zebedees Te	am Crea	Itio	ns M	lenu									



### HL HALAL ZEBEDEES TEAM CREATIONS LUNCH Menu

#### Autumn/Winter 2023/24

Day		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Halal Chicken Saag Aloo (D) (PU) (T)	Halal chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Halal Chicken Carbonara (D) (G)	Halal chicken, wholewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al's Winter Halal Sausage Stew (G) (PU) (SD) (T)	Diced halal chicken & beef sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia's Halal Chicken Supreme (D) (PU)	Sliced halal chicken breast, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Halal Lamb Bourgignon <mark>(T)</mark>	Halal lamb, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Halal Chicken & Lentil Stew (PU) (T)	Halal chicken, red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Halal Chicken Meatballs in Rich Tomato Sauce (PU) (T)	Halal chicken meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta (G)	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten PU = Contains Pulses/Beans S = Contains Soya SD = Contains Suphur Dioxide T = Contains Tomato Our kitchen does not handle peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs. Please refer to our

Allergy Policy for further information about allergens.

Day	Dish				[	Diet	aries				
17 Nov 2023	25 Year Anniversary Celebration Meal 25 pence of every meal ordered to be donated to charity Details of the 25 Year Anniversary menu and charity coming soon!										••••
8 Dec 2023	Katie's Halal Chicken Saag Aloo White Rice Fruit Salad		•	•							•
19 Jan 2024	Lewis's Halal Chicken Carbonara Cucumber Slices Courgette & Lime Sponge Slice		•			•			•		•
9 Feb 2024	Al's Winter Halal Sausage Stew Brown Rice Banana & Butterscotch Sugar Free Yoghurt		•	•						•	•
1 Mar 2024	Nadia's Halal Chicken Supreme White Rice Fruit Salad		•	•				•			•
22 Mar 2024	Ady's Halal Lamb Bourgignon Mashed Potato Vanilla Yoghurt		•	•							•
12 Apr 2024	Sarah's Catalan Halal Chicken & Lentil Stew White Rice Mixed Berry Yoghurt Mousse		•								•
3 May 2024	Nursery Favourite Halal Chicken Meatballs in Rich Tomato Sauce Pasta Natural Yoghurt with Stewed Apple & Cinnamon Compote			•		•		•			•

# v vegetarian Lunch Menu

#### Autumn/Winter 2023/24

Menu A		Main Course	Side Course	Second Course
Monday	Simply Quorn & Lentils (G) (PU) (T)	Quorn vegan pieces, lentils, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta <mark>(G)</mark>	Winter Berry Yoghurt (D)
Tuesday	Keralan Chickpea Curry (D) (PU) (SD) (T)	Chickpeas, lentils, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, coconut milk, pineapple, garlic, bechamel, red curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)
Wednesday	Charlotte's Veggie Lasagne (D) (G) (PU) (T)	Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, bechamel, tomato, lasagne pasta, stock, oregano, paprika, cheddar & mozzarella	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Vegetable Chilli (PU) (SD) (T)	Kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Lemon & Cream Cheese Sponge Slice (D) (G) (S)
Friday	Quorn Vegan Sausage with Homemade Baked Beans (G) (PU) (T)	Quorn vegan sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)
Menu B		Main Course	Side Course	Second Course
Monday	Portuguese Vegetables (D) (PU) (SD) (T)	Haricot beans, red Lentils, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Bean Stew (PU) <b>(T)</b>	Mixed beans, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta <mark>(G)</mark>	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (D) (PU) (SD) (T)	Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Fruit Salad
Thursday	Soya & Vegetable Potato Topped Pie (S) (SD) (T)	Soya mince, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Carrot & Cinnamon Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Friday	Tomato & Vegetable Mascarpone (D) (PU) (T)	Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta (G)	Blueberry Oaty Date Bar (G) (SD)
Menu C		Main Course	Side Course	Second Course
Monday	Chickpea & Apricot Tagine (PU) (SD) (T)	Chickpeas, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, stock & rice flour	White Rice	Beetroot Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Tuesday	Italian Soya Bolognaise (S) <mark>(T)</mark>	Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta <mark>(G)</mark>	Clementine Yoghurt (D)
Wednesday	Vegetable Casserole (D) (PU) (T)	Kidney beans, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, cream & bechamel	Brown Rice	Fresh Melon
Thursday	Roast Chicken- Style Slices in Gravy (G) (S) with Baby New Potatoes	Chicken style slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Cream (D)
Friday		Zebedees Team Creations M	lenu	

# v vegetarian Lunch menu

Autumn/Winter 2023/24

	C Celery B Beef	D Dairy CA Citric Acid/Spice	EEgg	G Gluten	HL Halal	P Pork	PU Pulse/Bean	S Soya	SD Suphites	T Tomato	V Vegetarian	va vegun
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Menu A Monday Tuesday	Dish Simply Quorn & Lentils Pasta				Die	tarie	S				
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Tuesday	Keralan Chickpea Curry										
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	Vanilla Ice Cream					ŏ					Õ
	Charlotte's Veggie Lasagne										
/ednesday	Grated Courgette & Carrot							-			Õ
	Fruit Salad					ŏ					ŏ
	Mild Vegetable Chilli		Ĭ			Ť					
Thursday	Brown Rice					ŏ			- T		ŏ
incroacy	Lemon & Cream Cheese Sponge Slice										ŏ
	Quorn Vegan Sausage with Homemade Baked Beans										ŏ
Friday	Potato, Butternut Squash & Sweet Potato Mash							- I			
Thaty	Blackcurrant Yoghurt										
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Menu B	Dish				Die	tarie	s				
	Portuguese Vegetables							•			
Monday	Brown Rice										
	Diced Peaches										
	Mediterranean Bean Stew										
Tuesday	Pasta										
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/ednesday	White Rice		_			- i		-	-	-	
reallesday	Fruit Salad					- ē					ŏ
	Soya & Vegetable Potato Topped Pie			1 1							
	Cucumber Slices					- i					
Thursday	Carrot & Cinnamon Sponge Slice										ŏ
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	Tomato & Vegetable Mascarpone										
Friday	Pasta			-				- -		-	
Thaty	Blueberry Oaty Date Bar										
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Menu C	Dish				Die	tarie	s				
	Chickpea & Apricot Tagine										
Monday	White Rice										
Monuay	Beetroot Sponge Slice										
	Vanilla Sauce										
	Italian Soya Bolognaise										
Tuesday	Pasta										
	Clementine Yoghurt										
	Vegetable Casserole										
/ednesday	Brown Rice										
	Fresh Melon										
	Roast Chicken-Style Slices in Gravy										
T la como al acom	with Baby New Potatoes										
Thursday	Carrots, Peas & Sweetcorn										
	Strawberry Ice Cream										
Friday	Zebedees Tea	m Croati	ons	lonu							



## V VEGETARIAN ZEBEDEES TEAM CREATIONS LUNCH Menu

#### Autumn/Winter 2023/24

Day		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chickpea Saag Aloo (D) (PU) (T)	Chickpeas, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Quorn & Lentil Carbonara (D) (G) (PU)	Quorn Vegan Pieces, lentils, whiolewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al's Winter Quorn Vegan Stew (G) (PU) (T)	Quorn Vegan Pieces, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia's Quorn & Lentil Supreme (D) (G) (PU)	Quorn Vegan Pieces, lentils, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Bean Bourgignon (PU) (T)	Kidney Beans, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Lentil Stew (PU) (T)	Red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Vegan Meatballs in Rich Tomato Sauce (G) (PU) (S) (T)	Vegan soya & chickpea meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta <mark>(G)</mark>	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten PU = Contains Pulses/Beans S = Contains Soya SD = Contains Suphur Dioxide T = Contains Tomato

# v vegetarian zebedees team creations Lunch Menu

Autumn/Winter 2023/24

BBeef		F Fish E Egg D Dairv	HL Halal G Gluten	PU Pulse/Bean P Pork	SD Suphites S Soya	V Vegetarian T Tomato	VH VEYUN
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Day	Dish				[	Diet	aries				
17 Nov 2023	25 Year Anniversary Celebration Meal 25 pence of every meal ordered to be donated to charity Details of the 25 Year Anniversary menu and charity coming soon!										•
8 Dec 2023	Katie's Chickpea Saag Aloo White Rice Fruit Salad		•							•	•
19 Jan 2024	Lewis's Quorn & Lentil Carbonara Cucumber Slices Courgette & Lime Sponge Slice		•			•			•		•
9 Feb 2024	Al's Winter Quorn Vegan Stew Brown Rice Banana & Butterscotch Sugar Free Yoghurt		•	•						•	•
1 Mar 2024	Nadia's Quorn & Lentil Supreme White Rice Fruit Salad		•								0
22 Mar 2024	Ady's Bean Bourgignon Mashed Potato Vanilla Yoghurt		•	•						•	•
12 Apr 2024	Sarah's Catalan Lentil Stew White Rice Mixed Berry Yoghurt Mousse		•	•						•	0
3 May 2024	Nursery Favourite Vegan Meatballs in Rich Tomato Sauce Pasta Natural Yoghurt with Stewed Apple & Cinnamon Compote		•	•		•		•	•	•	•



#### VA VeGan LUnch Menu Autumn/Winter 2023/24

deliciously nut	ritious nursery meals		Autom	n/winter 2023/24
Menu A		Main Course	Side Course	Second Course
Monday	Simply Quorn & Lentils (G) (PU) (T)	Quorn vegan pieces, lentils, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta <mark>(G)</mark>	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Tuesday	Keralan Chickpea Curry (Dairy Free) (PU) (SD) (T)	Chickpeas, lentils, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, coconut milk, dairy free bechamel, pineapple, garlic, red curry paste, coriander & rice flour	White Rice	Plain Flapjack (Gluten Free)
Wednesday	Charlotte's Veggie Lasagne (Dairy Free) (G) (PU) (T)	Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, tomato, lasagne pasta, dairy free bechamel, stock, oregano, paprika	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Vegetable Chilli (PU) (SD) <b>(T)</b>	Kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Lemon Sponge Slice (Dairy Free) (G) (S)
Friday	Quorn Vegan Sausage with Homemade Baked Beans (G) (PU) (T)	Vegan Quorn sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Menu B		Main Course	Side Course	Second Course
Monday	Portuguese Vegetables (Dairy Free) (PU) (SD) (T)	Haricot beans, red Lentils, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour	Brown Rice	Diced Peaches
Tuesday	Mediterranean Bean Stew (PU) (T)	Mixed beans, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta <mark>(G)</mark>	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Wednesday	Spinach Makhani (Dairy Free) (PU) (SD) (T)	Spinach, onion, sweet potato, peppers, chickpeas, mango chutney, coconut milk, carrot, garlic, tomato, curry powder, korma paste & cornflour	White Rice	Fruit Salad
Thursday	Soya & Vegetable Potato Topped Pie (S) (SD) (T)	Soya mince, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Carrot & Cinnamon Slice (G) (S) (SD) Dairy Free Custard (S)
Friday	Tomato & Vegetable Sauce (Dairy Free) (PU) (T)	Swede, garlic, onion, peppers, butternut, tomato, sweetcorn, dairy free bechamel & lentils	Pasta <mark>(G)</mark>	Blueberry Oaty Date Bar (G) (SD)
Menu C		Main Course	Side Course	Second Course
Monday	Chickpea & Apricot Tagine (PU) (SD) (T)	Chickpeas, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, stock & rice flour	White Rice	Beetroot Sponge Slice (G) (S) (SD) Dairy Free Custard (S)
Tuesday	Italian Soya Bolognaise (S) <mark>(T)</mark>	Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta <mark>(G)</mark>	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Wednesday	Vegetable Casserole (Dairy Free) (PU) (T)	Kidney beans, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, dairy free bechamel	Brown Rice	Fresh Melon
Thursday	Roast Chicken- Style Slices in Gravy (G) (S) with Baby New Potatoes	Chicken style slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Plain Flapjack (Gluten Free)
Friday		Zebedees Team Creations M	lenu	

# va vegan Lunch menu

Autumn/Winter 2023/24

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Menu A							
	Dish		Dietaries				
	Simply Quorn & Lentils						
Monday	Pasta						
	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)						
	Keralan Chickpea Curry (Dairy Free)						
Tuesday	White Rice						
	Plain Flapjack (Gluten Free)						
	Charlotte's Veggie Lasagne (Dairy Free)						
Vednesday	Grated Courgette & Carrot						
	Fruit Salad						
	Mild Vegetable Chilli			•			
Thursday	Brown Rice						
	Lemon Sponge Slice (Dairy Free)				2		-
	Quorn Vegan Sausage with Homemade Baked Beans			•		•	
Friday	Potato, Butternut Squash & Sweet Potato Mash						
	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)						
Menu B	Dish		Dietaries				
	Portuguese Vegetables (Dairy Free)						
Monday	Brown Rice						
	Diced Peaches						• (
	Mediterranean Bean Stew						
Tuesday	Pasta						
	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)						•
	Spinach Makhani (Dairy Free)						•
Vednesday	White Rice						
	Fruit Salad						
	Soya & Vegetable Potato Topped Pie						•
Thursday	Cucumber Slices						•
· · · · · · · · · · · · · · · · · · ·	Carrot & Cinnamon Slice						•
	Dairy Free Custard			•	)		•
	Tomato & Vegetable Sauce (Dairy Free)			•	_	•	
Friday	Pasta Bluebarry Onty Date Bar						
	Blueberry Oaty Date Bar						•
Menu C	Dish		Dietaries				
	Chickpea & Apricot Tagine						
Monday	White Rice						
Monday	Beetroot Sponge Slice						• (
	Dairy Free Custard						
	Italian Soya Bolognaise						
Tuesday	Pasta						
	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)						
	Vegetable Casserole (Dairy Free)						
Vednesday	Brown Rice						
	Fresh Melon						
	Roast Chicken-Style Slices in Gravy						
Thursday	with Baby New Potatoes						
Thorsday	Carrots, Peas & Sweetcorn						
	Plain Flapjack (Gluten Free)						
		Creations Menu					



## VA VEGAN ZEBEDEES TEAM CREATIONS LUNCH Menu

#### Autumn/Winter 2023/24

Dαy		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chickpea Saag Aloo (Dairy Free) (PU) (T)	Chickpeas, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Quorn & Lentil Carbonara (Dairy Free) (G) (PU)	Quorn Vegan Pieces, wholewheat spaghetti, lentils, onion, garlic, basil, butternut squash, smoked paprika, dairy free bechamel & dairy free cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Courgette & Lime Sponge Slice ( <mark>G)</mark> (S)
9 Feb 2024	Al's Winter Quorn Vegan Stew (G) (PU) (T)	Quorn Vegan Pieces, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
1 Mar 2024	Nadia's Quorn & Lentil Supreme (Dairy Free) (G) (PU)	Quorn Vegan Pieces, lentils, onion, garlic, peppers, sweetcorn, carrot, dairy free bechamel, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Bean Bourgignon (PU) (T)	Kidney Beans, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
12 Apr 2024	Sarah's Catalan Lentil Stew (PU) <b>(T)</b>	Red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
3 May 2024	Nursery Favourite Vegan Meatballs in Rich Tomato Sauce (G) (PU) (S) (T)	Vegan soya & chickpea meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta <mark>(G)</mark>	Stewed Apple & Cinnamon Compote

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten PU = Contains Pulses/Beans S = Contains Soya SD = Contains Suphur Dioxide T = Contains Tomato

# VA VEGAN ZEBEDEES TEAM CREATIONS LUNCH MENU

Autumn/Winter 2023/24

B Beef	CA Citric Acid/Spice C Celery		F Fish E Egg	HL Halal G Gluten	P Pork	PU Pulse/Bean	S Soya	SD Suphites	T Tomato	V Vegetarian	
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Day	Dish		Die	taries			
17 Nov 2023	25 Year Anniversary Celebration Meal 25 pence of every meal ordered to be donated to charity Details of the 25 Year Anniversary menu and charity coming soon!						•
8 Dec 2023	Katie's Chickpea Saag Aloo (Dairy Free) White Rice Fruit Salad				•		•
19 Jan 2024	Lewis's Quorn & Lentil Carbonara (Dairy Free) Cucumber Slices Courgette & Lime Sponge Slice					•	•
9 Feb 2024	Al's Winter Quorn Vegan Stew Brown Rice Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)				•		•
1 Mar 2024	Nadia's Quorn & Lentil Supreme (Dairy Free) White Rice Fruit Salad				•		•
22 Mar 2024	Ady's Bean Bourgignon Mashed Potato Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)				•		•
12 Apr 2024	Sarah's Catalan Lentil Stew White Rice Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)						•
3 May 2024	Nursery Favourite Vegan Meatballs in Rich Tomato Sauce Pasta Stewed Apple & Cinnamon Compote					•	

# F FISH FREE LUNCH MENU

#### Autumn/Winter 2023/24

Menu A		Main Course	Side Course	Second Course
Monday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta <mark>(G)</mark>	Winter Berry Yoghurt (D)
Tuesday	Keralan Chicken Curry (D) (PU) (SD) (T)	Diced chicken, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, red curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)
Wednesday	Charlotte's Veggie Lasagne (D) (G) (PU) (T)	Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, bechamel, tomato, lasagne pasta, stock, oregano, paprika, cheddar & mozzarella	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Lamb Chilli (PU) (SD) <b>(T)</b>	Minced lamb, kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Lemon & Cream Cheese Sponge Slice (D) (G) (S)
Friday	Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T)	Speldhurst pork & beef sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)
Menu B		Main Course	Side Course	Second Course
Monday	Portuguese Chicken (D) (PU) (SD) (T)	Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Pork Stew (PU) (T)	Diced pork, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta (G)	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (D) (PU) (SD) (T)	Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Fruit Salad
Thursday	Beef & Vegetable Potato Topped Pie (S) (SD) (T)	Beef, soya, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Carrot & Cinnamon Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Friday	Tomato & Vegetable Mascarpone (D) (PU) (T)	Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta <mark>(G)</mark>	Blueberry Oaty Date Bar <mark>(G)</mark> (SD)
Menu C		Main Course	Side Course	Second Course
Monday	Lamb & Apricot Tagine (PU) (SD) (T)	Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Beetroot Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Tuesday	Italian Soya Bolognaise (S) <mark>(T)</mark>	Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta (G)	Clementine Yoghurt (D)
Wednesday	Chicken Casserole (D) (PU) (T)	Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, cream & bechamel	Brown Rice	Fresh Melon
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Cream (D)
Friday		Zebedees Team Creations M	lenu	

# F FISH FRee LUNCH Menu

Autumn/Winter 2023/24

B Beef
C Celery
CA Citric Acid/Spice
D Dairy
EEgg
F Fish
G Gluten
HL Halal
P Pork
PU Pulse/Bean
S Soya
SD Suphites
T Tomato
V Vegetarian
VA Vegan

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Menu A	Dish					Di	eta	ırie	S						
	SimplyChicken														
Monday	Pasta														
	Winter Berry Yoghurt														
	Keralan Chicken Curry														
Tuesday	White Rice														
	Vanilla Ice Cream														
	Charlotte's Veggie Lasagne														
Wednesday	Grated Courgette & Carrot														
	Fruit Salad														
	Mild Lamb Chilli						_	_							
Thursday	Brown Rice														
	Lemon & Cream Cheese Sponge Slice														
	Speldhurst Kent Sausage with Homemade Baked Beans							_							
Friday	Potato, Butternut Squash & Sweet Potato Mash														
	Blackcurrant Yoghurt														
						_									
Menu B	Dish		<b>1</b>		-	Di	eta	ırie	S						
	Portuguese Chicken						_	_		•				_	
Monday	Brown Rice							•						•	
	Diced Peaches														
	Mediterranean Pork Stew						_	_	•	•				_	
Tuesday	Pasta							•							
	Apple & Blackberry Yoghurt													•	
	Spinach & Paneer Makhani						_	•		•				•	
Wednesday	White Rice													•	
	Fruit Salad										_				
	Beef & Vegetable Potato Topped Pie	•			_		_	_			•	•	•		
Thursday	Cucumber Slices													•	
, noroday	Carrot & Cinnamon Sponge Slice						•				•	•		•	•
	Vanilla Sauce							-						•	
	Tomato & Vegetable Mascarpone									•			•	•	
Friday	Pasta													•	
	Blueberry Oaty Date Bar							•					ட		
Menu C	Dish					Di	eta	ırie	s						
	Lamb & Apricot Tagine					ТТ					-				
	White Rice														
Monday	Beetroot Sponge Slice							ŏ						ŏ	ŏ
	Vanilla Sauce							ŏ			•			ŏ	
	Italian Soya Bolognaise							Ť							
Tuesday	Pasta							ŏ							ŏ
locoday	Clementine Yoghurt						-	ŏ						ŏ	
	Chicken Casserole					+ $+$	$\dashv$	-						-	<u> </u>
Wednesday	Brown Rice														
- Cancesady	Fresh Melon							ŏ						ŏ	ŏ
	Roast Turkey in Gravy			-	+	╉╋	+	-					<b> </b> ──╂	-	<b>—</b>
	with Baby New Potatoes														
Thursday	Carrots, Peas & Sweetcorn							ŏ						ŏ	ŏ
	Strawberry Ice Cream							ŏ						Ó	
Friday	Zebedees Team C	Creati	ons	Ме	nu			-							



#### F FISH FREE ZEBEDEES TEAM CREATIONS LUNCH Menu

#### Autumn/Winter 2023/24

Day		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chicken Saag Aloo (D) (PU) (T)	Chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara (D) (G) (SD)	Chicken, chorizo, wholewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al's Winter Sausage Stew (G) (PU) (SD) (T)	Diced sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (D) (PU)	Sliced chicken breast, pancetta, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Beef Bourgignon <mark>(T)</mark>	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew (PU) (SD) (T)	Chicken, chorizo, red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce (G) (PU) (T)	Meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta <mark>(G)</mark>	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

## F FISH FREE ZEBEDEES TEAM CREATIONS LUNCH MENU

Autumn/Winter 2023/24

V Vegetarian T Tomato SD Suphites S Soya PU Pulse/Bean PU Pulse/Bean P Pork HL Halal G Gluten F Fish	P Pork HL Halal	G Gluten	F Fish	EEgg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Day	Dish					Diet	tarie	es					
17 Nov 2023	25 Year Anniversary Celebration Meal 25 pence of every meal ordered to be donated to charity Details of the 25 Year Anniversary menu and charity coming soon!		•				•						•••
8 Dec 2023	Katie's Chicken Saag Aloo White Rice Fruit Salad			•			•		•			•	•
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara Cucumber Slices Courgette & Lime Sponge Slice			•			•			•			•
9 Feb 2024	Al's Winter Sausage Stew Brown Rice Banana & Butterscotch Sugar Free Yoghurt	•		•	•		•	•	•		•	•	•
1 Mar 2024	Nadia's Chicken & Pancetta Supreme White Rice Fruit Salad			•			•	•					••
22 Mar 2024	Ady's Beef Bourgignon Mashed Potato Vanilla Yoghurt	•		•			•						•
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew White Rice Mixed Berry Yoghurt Mousse			•	•		•				•		•
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce Pasta Natural Yoghurt with Stewed Apple & Cinnamon Compote	•		•	•	•	•						•

#### D Dairy Free Lunch Menu Autumn/Winter 2023/24

Menu A		Main Course	Side Course	Second Course
Monday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Tuesday	Keralan Tuna Curry (Dairy Free) (F) (PU) (SD) (T)	Tuna, mackerel, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, dairy free bechamel, pineapple, garlic, red curry paste, coriander & rice flour	White Rice	Plain Flapjack (Gluten Free)
Wednesday	Charlotte's Veggie Lasagne (Dairy Free) (G) (PU) (T)	Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, tomato, lasagne pasta, dairy free bechamel, stock, oregano, paprika	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Lamb Chilli (PU) (SD) <b>(T)</b>	Minced lamb, kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Lemon Sponge Slice (Dairy Free) (G) (S)
Friday	Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T)	Speldhurst pork & beef sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Menu B		Main Course	Side Course	Second Course
Monday	Portuguese Chicken (Dairy Free) (PU) (SD) (T)	Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour	Brown Rice	Diced Peaches
Tuesday	Mediterranean Pork Stew (PU) (T)	Diced pork, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta (G)	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Wednesday	Spinach Makhani (Dairy Free) (PU) (SD) (T)	Spinach, onion, sweet potato, peppers, chickpeas, mango chutney, coconut milk, carrot, garlic, tomato, curry powder, korma paste & cornflour	White Rice	Fruit Salad
Thursday	Beef & Vegetable Potato Topped Pie (S) (SD) (T)	Beef, soya, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Carrot & Cinnamon Slice (G) (S) (SD) Dairy Free Custard (S)
Friday	Tomato & Vegetable Sauce (Dairy Free) (PU) (T)	Swede, garlic, onion, peppers, butternut, tomato, sweetcorn, dairy free bechamel & lentils	Pasta (G)	Blueberry Oaty Date Bar (G) (SD)
Menu C		Main Course	Side Course	Second Course
Monday	Lamb & Apricot Tagine (PU) (SD) (T)	Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Beetroot Sponge Slice (G) (S) (SD) Dairy Free Custard (S)
Tuesday	Italian Soya Bolognaise (S) <mark>(T)</mark>	Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta <mark>(G)</mark>	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Wednesday	Vegetable Casserole (Dairy Free) (PU) (T)	Kidney beans, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, dairy free bechamel	Brown Rice	Fresh Melon
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Plain Flapjack (Gluten Free)

# D DAIRY FREE LUNCH MENU

Autumn/Winter 2023/24

	B Beef	C Celery	CA Citric Acid/Spice	D Dairy	EEgg	F Fish	G Gluten	HL Halal	P Pork	PU Pulse/Bean	S Soya	SD Suphites	T Tomato	V Vegetarian	VA Vegan
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Menu A	Dish			Die	etari	es					
	Simply Chicken										
Monday	Pasta										
	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)										
	Keralan Tuna Curry (Dairy Free)										
Tuesday	White Rice										
	Plain Flapjack (Gluten Free)										
	Charlotte's Veggie Lasagne (Dairy Free)									•	
Wednesday	Grated Courgette & Carrot					L.					
	Fruit Salad									_	
	Mild Lamb Chilli									•	-
Thursday	Brown Rice										
	Lemon Sponge Slice (Dairy Free)						┢			_	
	Speldhurst Kent Sausage with Homemade Baked Beans	•									_
Friday	Potato, Butternut Squash & Sweet Potato Mash										
	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)					1					
Manu D	Disk			D							
Menu B	Dish			Die	etari	es		<b></b>			
	Portuguese Chicken (Dairy Free) Brown Rice		-				-		•	-	
Monday	Diced Peaches						-				
	Mediterranean Pork Stew			+ $+$ $+$	-					_	-
<b>_</b>			-			-	-			•	
Tuesday	Pasta			•							
	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)				_	·	┢			_	
	Spinach Makhani (Dairy Free)		•			1	•			•	
Wednesday	White Rice										
	Fruit Salad		-		-		$\bot$				•
	Beef & Vegetable Potato Topped Pie	•	•		_					•	_
Thursday	Cucumber Slices					· .					
increacy	Carrot & Cinnamon Slice		•			·					
	Dairy Free Custard				•						•
	Tomato & Vegetable Sauce (Dairy Free)		•		•	· .				•	
Friday	Pasta										
	Blueberry Oaty Date Bar					с.,					
Menu C	Dish			Die	etari	00					
	Lamb & Apricot Tagine	<u> </u>						<b>—</b>			
	White Rice									-	
Monday	Beetroot Sponge Slice										
	Dairy Free Custard										
	Italian Soya Bolognaise						-				
Tuesday	Pasta									-	
Tuesday	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)						-				
	Vegetable Casserole (Dairy Free)			+ $+$ $+$		_					
Madpaaday	Brown Rice						-			-	
Wednesday	Fresh Melon										
								–∣	┢──┨		-
	Roast Turkey in Gravy										
Thursday	with Baby New Potatoes Carrots, Peas & Sweetcorn										
							-				
	Plain Flapjack (Gluten Free)										
Friday	Zebedees Team	n Creatio	ons Mer	าม							



#### D DAIRY FREE ZEBEDEES TEAM CREATIONS LUNCH Menu

#### Autumn/Winter 2023/24

Day		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chicken Saag Aloo (Dairy Free) (PU) (T)	Chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara (Dairy Free) (G) (SD)	Chicken, chorizo, wholewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, dairy free bechamel & dairy free cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al's Winter Sausage Stew (G) (PU) (SD) (T)	Diced sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (Dairy Free) (PU)	Sliced chicken breast, pancetta, onion, garlic, peppers, sweetcorn, carrot, dairy free bechamel, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Beef Bourgignon <mark>(T)</mark>	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew (PU) (SD) (T)	Chicken, chorizo, red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	SlicesSponge Slice (G)Brown RiceCoconut Dessert (Apple & Pear, Strawberry or BandWhite RiceFruit SaladMashed PotatoCoconut Dessert (Apple & Pear, Strawberry or BandWhite RiceCoconut Dessert (Apple & Pear, Strawberry or BandWhite RiceCoconut Dessert (Apple & Pear, Strawberry or BandWhite RiceStewed Apple & Stewed Apple &	
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce (G) (PU) (T)	Meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta <mark>(G)</mark>	Stewed Apple & Cinnamon Compote

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten PU = Contains Pulses/Beans S = Contains Soya SD = Contains Suphur Dioxide T = Contains Tomato

# D DAIRY FREE ZEBEDEES TEAM CREATIONS LUNCH MENU

Autumn/Winter 2023/24

es Bean Acid/Spice	VA vegan V Vegetarian T Tomato SD Suphites S Soya PU Pulse/Bean PU Pulse/Bean P Pork HL Halal G Gluten F Fish E Egg D Dairy C C Celery B Beef
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Day	Dish			Diet	arie	s				
17 Nov 2023	25 Year Anniversary Celebration Meal 25 pence of every meal ordered to be donated to charity Details of the 25 Year Anniversary menu and charity coming soon!	•			•					
8 Dec 2023	Katie's Chicken Saag Aloo (Dairy Free) White Rice Fruit Salad		•		•					
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara (Dairy Free) Cucumber Slices Courgette & Lime Sponge Slice		•		•			•	•	
9 Feb 2024	Al's Winter Sausage Stew Brown Rice Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)		•		•	•	•			
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (Dairy Free) White Rice Fruit Salad		•		•	•			•	
22 Mar 2024	Ady's Beef Bourgignon Mashed Potato Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)		•		•					,
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew White Rice Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)		•		•					,
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce Pasta Stewed Apple & Cinnamon Compote				•		•			

# E EGG FREE LUNCH MENU

#### Autumn/Winter 2023/24

Menu A		Main Course	Side Course	Second Course
Monday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta <mark>(G)</mark>	Winter Berry Yoghurt (D)
Tuesday	Keralan Tuna Curry (D) (F) (PU) (SD) (T)	Tuna, mackerel, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, red curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)
Wednesday	Charlotte's Veggie Lasagne (D) (G) (PU) (T)	Grated Courgette & Carrot	Fruit Salad	
Thursday	Mild Lamb Chilli (PU) (SD) (T)	Minced lamb, kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Lemon & Cream Cheese Sponge Slice (D) (G) (S)
Friday	Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T)	Speldhurst pork & beef sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)
Menu B		Main Course	Side Course	Second Course
Monday	Portuguese Chicken (D) (PU) (SD) (T)	Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Pork Stew (PU) (T)	Diced pork, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta <mark>(G)</mark>	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (D) (PU) (SD) (T)	Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Fruit Salad
Thursday	Beef & Vegetable Potato Topped Pie (S) (SD) (T)	Beef, soya, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Carrot & Cinnamon Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Friday	Tomato & Vegetable Mascarpone (D) (PU) (T)	Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta <mark>(G)</mark>	Blueberry Oaty Date Bar <mark>(G)</mark> (SD)
Menu C		Main Course	Side Course	Second Course
Monday	Lamb & Apricot Tagine (PU) (SD) (T)	Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Beetroot Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Tuesday	Italian Soya Bolognaise (S) <mark>(T)</mark>	Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta <mark>(G)</mark>	Clementine Yoghurt (D)
Wednesday	Chicken Casserole (D) (PU) (T)	Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, cream & bechamel	Brown Rice	Fresh Melon
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Cream (D)
Friday		Zebedees Team Creations M	lenu	

# E EGG FREE LUNCH MENU

Autumn/Winter 2023/24

Menu A	Dish				Di	etar	ies						
	SimplyChicken												Т
Monday	Pasta												
	Winter Berry Yoghurt												
	Keralan Tuna Curry							•					
Tuesday	White Rice												) (
	Vanilla Ice Cream												)
	Charlotte's Veggie Lasagne							•					)
Wednesday	Grated Courgette & Carrot												
	Fruit Salad		_										
	Mild Lamb Chilli		•							_			
Thursday	Brown Rice												
	Lemon & Cream Cheese Sponge Slice		-		_					•			<u>'</u>
<b>—</b> · · ·	Speldhurst Kent Sausage with Homemade Baked Beans	•	•							_			
Friday	Potato, Butternut Squash & Sweet Potato Mash												
	Blackcurrant Yoghurt		•										<u>,</u>
Menu B	Dish				Di	etar	ies						
	Portuguese Chicken							(					T
Monday	Brown Rice												
	Diced Peaches		•										
	Mediterranean Pork Stew		•										
Tuesday	Pasta												
	Apple & Blackberry Yoghurt		•										
	Spinach & Paneer Makhani												π
Wednesday	White Rice												
	Fruit Salad		•										
	Beef & Vegetable Potato Topped Pie		•							•			
Thursday	Cucumber Slices												
Thorsday	Carrot & Cinnamon Sponge Slice		•							•			
	Vanilla Sauce												)
	Tomato & Vegetable Mascarpone		•					•					1
Friday	Pasta												) (
	Blueberry Oaty Date Bar												
Menu C	Dish				Di	etar	ies						
	Lamb & Apricot Tagine							(					T
	White Rice												
Monday	Beetroot Sponge Slice						5					Ĭ	
	Vanilla Sauce						5			Ū.	- -		
	Italian Soya Bolognaise												5
Tuesday	Pasta									- I			
	Clementine Yoghurt		•									Ĩ	
	Chicken Casserole		Ō	Ŏ									1
Wednesday	Brown Rice								- I				
	Fresh Melon												
	Roast Turkey in Gravy												╈
-	with Baby New Potatoes								-				
Thursday	Carrots, Peas & Sweetcorn											Ĩ	
	Strawberry Ice Cream												
	Zebedees Tea												



## E EGG FREE ZEBEDEES TEAM CREATIONS LUNCH Menu

#### Autumn/Winter 2023/24

Dαy		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chicken Saag Aloo (D) (PU) (T)	Chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara (D) (G) (SD)	Chicken, chorizo, wholewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al's Winter Sausage Stew (G) (PU) (SD) (T)	Diced sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (D) (PU)	Sliced chicken breast, pancetta, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Beef Bourgignon <mark>(T)</mark>	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew (PU) (SD) (T)	Chicken, chorizo, red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce (G) (PU) (T)	Meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta <mark>(G)</mark>	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten PU = Contains Pulses/Beans S = Contains Soya SD = Contains Suphur Dioxide T = Contains Tomato

## E EGG FREE ZEBEDEES TEAM CREATIONS LUNCH MENU

Autumn/Winter 2023/24

S Soya PU Pulse/Bean P Pork HL Halal G Gluten F Fish E Egg D Dairy CA Citric Acid/Spice	VA vegari V Vegetarian T Tomato SD Suphites
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Day	Dish				Diet	arie	es _				
17 Nov 2023	25 Year Anniversary Celebration Meal 25 pence of every meal ordered to be donated to charity Details of the 25 Year Anniversary menu and charity coming soon!					•					•
8 Dec 2023	Katie's Chicken Saag Aloo White Rice Fruit Salad		•			•		•			•
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara Cucumber Slices Courgette & Lime Sponge Slice		•			•			•		•
9 Feb 2024	Al's Winter Sausage Stew Brown Rice Banana & Butterscotch Sugar Free Yoghurt		•			•		•			•
1 Mar 2024	Nadia's Chicken & Pancetta Supreme White Rice Fruit Salad		•			•	•	•			•
22 Mar 2024	Ady's Beef Bourgignon Mashed Potato Vanilla Yoghurt		•			•				•	•
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew White Rice Mixed Berry Yoghurt Mousse		•			•					•
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce Pasta Natural Yoghurt with Stewed Apple & Cinnamon Compote		•	•	•	•		•			•

#### G GLUTEN FREE LUNCH MENU Autumn/Winter 2023/24

Menu A		Main Course	Side Course	Second Course
Monday	Child lotte s veggle Lasagne (Gluten Free) (D) (PU) (T)courgette, baby spinach, garlic, basil, bechamel, toma gluten free lasagne pasta, stock, oregano, paprika, cheddar & mozzarellaMild Lamb Chilli (PU) (SD) (T)Minced lamb, kidney beans, mixed peppers, tomato, re onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apri fresh coriander & cornflourGluten Free Pork Sausage withGluten free pork sausage, haricot beans, garlic, onior		Gluten Free Pasta	Winter Berry Yoghurt (D)
Tuesday			White Rice	Vanilla Ice Cream (D)
Wednesday	Lasagne (Gluten	Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, bechamel, tomato, gluten free lasagne pasta, stock, oregano, paprika, cheddar & mozzarella	Grated Courgette & Carrot	Fruit Salad
Thursday		d Lamb Chilli U) (SD) (T) onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apri fresh coriander & cornflour		Plain Flapjack (Gluten Free)
Friday		Gluten free pork sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghur (D)
Menu B		Main Course	Side Course	Second Course
Monday	Portuguese Chicken (D) (PU) (SD) (T)	Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Pork Stew (PU) (T)	Diced pork, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Gluten Free Pasta	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (D) (PU) (SD) (T)	Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Fruit Salad
Thursday	Beef & Vegetable Potato Topped Pie (S) (SD) (T)	Beef, soya, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Plain Flapjack (Gluten Free) <b>Vanilla Sauce (D)</b>
Friday	Tomato & Vegetable Mascarpone (D) (PU) (T)	Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese, sweetcorn & lentils	Gluten Free Pasta	Blueberry Oaty Date Bar (SD)
Menu C	sday     Potato Topped Pie (S) (SD) (T)     Beer, soya, carrot, swede, tomato, onion, garic, leek, t redcurrant jelly, apricot, gravy, potato & sweet poto       day     Tomato & Vegetable Mascarpone (D) (PU) (T)     Swede, garlic, onion, peppers, butternut, tomato, becl mascarpone cream cheese, sweetcorn & lentils		Side Course	Second Course
Monday	Lamb & Apricot Tagine (PU) (SD) (T)	Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Plain Flapjack (Gluten Free) <b>Vanilla Sauce (D)</b>
Tuesday	Soya mince, carrot, butternut squash, onion, peppe		Gluten Free Pasta	Clementine Yoghurt (D)
Wednesday	Chicken Casserole (D) (PU) (T)	Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, cream & bechamel	Brown Rice	Fresh Melon
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Crean (D)

# G GLUTEN FREE LUNCH MENU

Autumn/Winter 2023/24

	B Beef	C Celery	CA Citric Acid/Spice	D Dairy	E Egg	F Fish	G Gluten	HL Halal	P Pork	PU Pulse/Bean	S Soya	SD Suphites	T Tomato	V Vegetarian	va vegun
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Menu A	Dish				Di	etari	es					
	Simply Chicken										-	
Monday	Gluten Free Pasta											
	Winter Berry Yoghurt											
	Keralan Tuna Curry											
Tuesday	White Rice											G
	Vanilla Ice Cream											
	Charlotte's Veggie Lasagne (Gluten Free)											
Wednesday	Grated Courgette & Carrot											
	Fruit Salad											
	Mild Lamb Chilli											
Thursday	Brown Rice											C
	Plain Flapjack (Gluten Free)											
	Gluten Free Pork Sausage with Homemade Baked Beans		)									
Friday	Potato, Butternut Squash & Sweet Potato Mash											C
	Blackcurrant Yoghurt											
												_
Menu B	Dish				Di	etari	es					
	Portuguese Chicken											
Monday	Brown Rice											
	Diced Peaches											
	Mediterranean Pork Stew											
Tuesday	Gluten Free Pasta											
	Apple & Blackberry Yoghurt											
	Spinach & Paneer Makhani											1
Wednesday	White Rice											
	Fruit Salad											
	Beef & Vegetable Potato Topped Pie	•										1
	Cucumber Slices							_	-	_		
Thursday	Plain Flapjack (Gluten Free)										•	
	Vanilla Sauce					ē					ŏ	
	Tomato & Vegetable Mascarpone											+
Friday	Gluten Free Pasta									-	ě	
Thaty	Blueberry Oaty Date Bar										ŏ	
	Diceberry outy bate bai											
Menu C	Dish				Di	etar	es					
	Lamb & Apricot Tagine	•	)									Т
	White Rice											
Monday	Plain Flapjack (Gluten Free)											
	Vanilla Sauce					Ō					•	
	Italian Soya Bolognaise										Ö	
Tuesday	Gluten Free Pasta					ē		-			ŏ	Ì
recoury	Clementine Yoghurt										ŏ	
	Chicken Casserole			-			-				-	-
Wednesday	Brown Rice									-		
weanesday	Fresh Melon											
	Roast Turkey in Gravy			+			+	+	+	$\vdash$		┿
	with Baby New Potatoes											
Thursday	Carrots, Peas & Sweetcorn										ŏ	
			-	1					1			1
	Strawberrylee Cream											
Friday	Strawberry Ice Cream Zebedees Teal											_



## S G GLUTEN FREE ZEBEDEES TEAM CREATIONS LUNCH Menu

#### Autumn/Winter 2023/24

Day		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chicken Saag Aloo (D) (PU) (T)	Chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara (Gluten Free) (D) (SD)	Chicken, chorizo, gluten free spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Plain Flapjack (Gluten Free)
9 Feb 2024	Al's Winter Sausage Stew (Gluten Free) (PU) (SD) (T)	Diced gluten free pork sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (D) (PU)	Sliced chicken breast, pancetta, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Beef Bourgignon <mark>(T)</mark>	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew (PU) (SD) (T)	Chicken, chorizo, red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Meatballs in Rich Tomato Sauce (Gluten Free) (PU) (T)	Gluten free chicken meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Gluten Free Pasta	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten

PU = Contains Pulses/Beans S = Contains Soya SD = Contains Suphur Dioxide T = Contains Tomato Our kitchen does not handle peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs. Please refer to our Allergy Policy for further information about allergens.

# G GLUTEN FREE ZEBEDEES TEAM CREATIONS LUNCH MENU

Autumn/Winter 2023/24

P Pork HL Halal G Gluten F Fish E Egg D Dairy CA Citric Acid/Spice C Celery
P Pork HL Halal G Gluten F Fish E Egg D Dairy CA Citric Acid/Spice
P Pork HL Halal G Gluten F Fish E Egg D Dairy
P Pork HL Halal G Gluten F Fish E Egg
P Pork HL Halal G Gluten F Fish
P Pork HL Halal G Gluten
P Pork HL Halal
P Pork
PU Pulse/Bean
S Soya
SD Suphites
T Tomato
V Vegetarian
VA Vegan

Day	Dish				Diet	arie	es					
17 Nov 2023	25 Year Anniversary Celebration Meal 25 pence of every meal ordered to be donated to charity Details of the 25 Year Anniversary menu and charity coming soon!	•				•					•••	
8 Dec 2023	Katie's Chicken Saag Aloo White Rice Fruit Salad		•			•		•		•	••	
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara (Gluten Free) Cucumber Slices Plain Flapjack (Gluten Free)					•			•		•	
9 Feb 2024	Al's Winter Sausage Stew (Gluten Free) Brown Rice Banana & Butterscotch Sugar Free Yoghurt		•			•		•	•	•	•	•
1 Mar 2024	Nadia's Chicken & Pancetta Supreme White Rice Fruit Salad		•			•		•			•	1
22 Mar 2024	Ady's Beef Bourgignon Mashed Potato Vanilla Yoghurt					•				•	•	(
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew White Rice Mixed Berry Yoghurt Mousse		•			•			•		•	
3 May 2024	Nursery Favourite Meatballs in Rich Tomato Sauce (Gluten Free) Gluten Free Pasta Natural Yoghurt with Stewed Apple & Cinnamon Compote		•			•		•		•	•	

# PU PULSe & Bean FRee LUNCH Menu

Autumn/Winter 2023/24

Menu A		Main Course	Side Course	Second Course
Monday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta <mark>(G)</mark>	Winter Berry Yoghurt (D)
Tuesday	Keralan Tuna Curry (Pulse Free) (D) (F) (SD) <b>(T)</b>	tomato, mild curry powder, ginger, cinnamon, apricots, coconut milk, pineapple, garlic, bechamel, red curry paste, coriander & rice flour       White		Vanilla Ice Cream (D)
Wednesday	Charlotte's Veggie Lasagne (Pulse Free) (D) (G) (T)	agne (Pulse baby spinach, garlic, basil, bechamel, tomato, lasagne (D) (G) (T) pasta, stock, oregano, paprika, cheddar & mozzarella Car		Fruit Salad
Thursday	Mild Lamb Chilli Minced lamb, mixed peppers, tomato, red onion, garlic,		Brown Rice	Lemon & Cream Cheese Sponge Slice (D) (G) (S)
Friday	Speldhurst Kent Sausage in Vegetable Gravy (G) (SD)	Speldhurst pork & beef sausage, carrot, swede & gravy	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)
Menu B		Main Course	Side Course	Second Course
Monday Free) (D) (SD) (T)		Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, cornflour, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Pork Stew (Pulse Free) (T)	Diced pork, tomato, red onion, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta (G)	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (Pulse Free) (D) (SD) (T)	Spinach, paneer, onion, sweet potato, peppers, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Fruit Salad
Thursday	Beef & Vegetable Potato Topped Pie (S) (SD) (T)	Beef, soya, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Carrot & Cinnamon Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Friday	Tomato & Mascarpone (Pulse Free) (D) (T)	Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese	Pasta <mark>(G)</mark>	Blueberry Oaty Date Bar (G) (SD)
Menu C		Main Course	Side Course	Second Course
Monday	Lamb & Apricot Tagine (Pulse Free) (SD) <b>(T)</b>	Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, stock & rice flour	White Rice	Beetroot Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Tuesday	Italian Soya Bolognaise (S) <mark>(T)</mark>	Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta <mark>(G)</mark>	Clementine Yoghurt (D)
Wednesday	Chicken Casserole (Pulse Free) (D) (T)	Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, tomato, thyme, cream & bechamel	Brown Rice	Fresh Melon
Thursday	Roast Chicken in Gravy with Baby New Potatoes	Chicken breast & gravy New potatoes	Carrots	Strawberry Ice Cream (D)
Friday		Zebedees Team Creations M	lenu	

# PU PULSE & Bean FRee LUNCH Menu

Autumn/Winter 2023/24

	B Beef	C Celery	CA Citric Acid/Spice	D Dairy	EEgg	F Fish	G Gluten	HL Halal	P Pork	PU Pulse/Bean	S Soya	SD Suphites	T Tomato	V Vegetarian	va vegun	
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Menu A	Dish Dietaries														
	Simply Chicken														
Monday	Pasta														
	Winter Berry Yoghurt		(												
	Keralan Tuna Curry (Pulse Free)														
Tuesday	White Rice														
	Vanilla Ice Cream														
	Charlotte's Veggie Lasagne (Pulse Free)							•							
Wednesday	Grated Courgette & Carrot														
	Fruit Salad														
	Mild Lamb Chilli (Pulse Free)				_	_						•	•		
Thursday	Brown Rice														
	Lemon & Cream Cheese Sponge Slice														
	Speldhurst Kent Sausage in Vegetable Gravy				_										
Friday	Potato, Butternut Squash & Sweet Potato Mash														
	Blackcurrant Yoghurt														
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Menu B	Dish					-	Diet	arie	es	1					
	Portuguese Chicken (Pulse Free)		L									•	•		
Monday	Brown Rice														ŏ
	Diced Peaches						_	-							$\square$
<b>_</b> .	Mediterranean Pork Stew (Pulse Free)		· ·		_				•				•		
Tuesday	Pasta														
	Apple & Blackberry Yoghurt						_								L
	Spinach & Paneer Makhani (Pulse Free)		· ·	•								•	•		
Wednesday	White Rice														
	Fruit Salad							-						-	-
	Beef & Vegetable Potato Topped Pie	•	L 1		_						•	•	•		
Thursday	Cucumber Slices														
	Carrot & Cinnamon Sponge Slice		L				•				•	•			
	Vanilla Sauce														ļ
<b>F</b> ototoo a	Tomato & Mascarpone (Pulse Free)		1 1										•		
Friday	Pasta Bluck arry Onthe Data Data														
	Blueberry Oaty Date Bar							•						-	•
Menu C	Dish						Diet	arie	es						
	Lamb & Apricot Tagine (Pulse Free)						1		Ī						
	White Rice											-			
Monday	Beetroot Sponge Slice		1 1					ŏ						ŏ	ŏ
	Vanilla Sauce							ŏ			•			ŏ	
	Italian Soya Bolognaise				_			ŏ							
Tuesday	Pasta							ŏ					-		
rocoday	Clementine Yoghurt							ŏ							
	Chicken Casserole (Pulse Free)			í.	ŏ I		1		1						
Wednesday	Brown Rice			-	-										
- Cancoudy	Fresh Melon		11					Ĭ							
	Roast Chicken in Gravy		+	-			+	⊢	-						-
	with Baby New Potatoes														
Thursday	Carrots														ŏ
	Strawberry Ice Cream	1						Ĭŏ						ŏ	
				-	-									-	
Friday	Zebedees Team C	reati	ions	Me	enu										



## **PU PULSE & Bean FRee Zebedees Team CREATIONS** LUNCH Menu

#### Autumn/Winter 2023/24

Day		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)Zebedees are providing a special menu on this day in honour 	Details of the 25 Year Anniversary menu and charity coming soon! (C)		
8 Dec 2023	Saag Aloo (Pulse	turmeric, garam masala, tomato, spinach, peppers, butternut squash, korma paste & yoghurt. Recipe by Katie in	White Rice	Fruit Salad
19 Jan 2024	Chorizo Carbonara	butternut squash, smoked paprika, bechamel & cheese.		Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Sausage Stew (Pulse Free) (G)	garlic, tomato, gravy, mixed herbs & smoked paprika.	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Pancetta Supreme	carrot, bechamel, cream, parsley & vegetable stock. Recipe	White Rice	Fruit Salad
22 Mar 2024	-	cabbage, thyme, garlic, smoked paprika, tomato, gravy &	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Chorizo & Chicken Stew (Pulse Free)	carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Beef Meatballs in	peppers, gravy & rice flour. Chosen by our nurseries as one of	Pasta <mark>(G)</mark>	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten PU = Contains Pulses/Beans S = Contains Soya SD = Contains Suphur Dioxide T = Contains Tomato Our kitchen does not handle peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs. Please refer to our

Allergy Policy for further information about allergens.

# PU PULSE & BEAN FREE ZEBEDEES TEAM CREATIONS LUNCH MENU

Autumn/Winter 2023/24

VA Vegan V Vegetarian T Tomato SD Suphites S Soya PU Pulse/Bean PU Pulse/Bean PU Pulse/Bean F Pork HL Halal HL Halal G Gluten F Fish E Egg D Dairy CA Citric Acid/Spice C Celery B Beef		_
VA Vegan V Vegetarian T Tomato SD Suphites S Soya PU Pulse/Bean PU Pulse/Bean PD Pork HL Halal G Gluten F Fish E Egg D Dairy C A Citric Acid/Spice C Celery	R Reef	
VA Vegan V Vegetarian T Tomato SD Suphites S Soya PU Pulse/Bean PU Pulse/Bean PU Pulse/Bean HL Halal HL Halal G Gluten F Fish E Egg D Dairy CA Citric Acid/Spice	C Celery	
VA Vegan V Vegetarian T Tomato SD Suphites S Soya PU Pulse/Bean PU Pulse/Bean PU Pulse/Bean PU Pulse/Bean F Fish F Fish E Egg D Dairy	CA Citric Acid/Spice	
VA Vegan V Vegetarian T Tomato SD Suphites S Soya PU Pulse/Bean PU Pulse/Bean P Pork HL Halal HL Halal G Gluten F Fish E Egg	D Dairy	
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Day	Dish	Dietaries										
17 Nov 2023	25 Year Anniversary Celebration Meal 25 pence of every meal ordered to be donated to charity Details of the 25 Year Anniversary menu and charity coming soon!		•									
8 Dec 2023	Katie's Chicken Saag Aloo (Pulse Free) White Rice Fruit Salad			•	•			•				
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara Cucumber Slices Courgette & Lime Sponge Slice			•	•		•	•		•	•	
9 Feb 2024	Al's Winter Sausage Stew (Pulse Free) Brown Rice Banana & Butterscotch Sugar Free Yoghurt			•	•			•	•		•	
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (Pulse Free) White Rice Fruit Salad			•	•			•	•			
22 Mar 2024	Ady's Beef Bourgignon Mashed Potato Vanilla Yoghurt			•	•			•				
12 Apr 2024	Sarah's Catalan Chorizo & Chicken Stew (Pulse Free) White Rice Mixed Berry Yoghurt Mousse			•	•			•			•	
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce (Pulse Free) Pasta Natural Yoghurt with Stewed Apple & Cinnamon Compote			•	•		•	•				

### **Zebedees** deliciously nutritious nursery meals

# S SOYA FREE LUNCH MENU

### Autumn/Winter 2023/24

Menu A		Main Course	Side Course	Second Course		
Monday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta <mark>(G)</mark>	Winter Berry Yoghurt (D)		
Tuesday	Keralan Tuna Curry (D) (F) (PU) (SD) <b>(T)</b>	Tuna, mackerel, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, red curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)		
Wednesday	Charlotte's Veggie Lasagne (D) (G) (PU) (T)	Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, bechamel, tomato, lasagne pasta, stock, oregano, paprika, cheddar & mozzarella	Grated Courgette & Carrot	Fruit Salad		
Thursday	Mild Lamb Chilli (PU) (SD) (T)	Minced lamb, kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour		onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, Brown Rice		Plain Flapjack (Gluten Free)
Friday	Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T)	Speldhurst pork & beef sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)		
Menu B		Main Course	Side Course	Second Course		
Monday	Portuguese Chicken (D) (PU) (SD) (T)	Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream, bechamel	Brown Rice	Diced Peaches		
Tuesday	Mediterranean Pork Stew (PU) (T)	Diced pork, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta <mark>(G)</mark>	Apple & Blackberry Yoghurt (D)		
Wednesday	Spinach & Paneer Makhani (D) (PU) (SD) (T)	Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Fruit Salad		
Thursday	Beef & Vegetable Potato Topped Pie (Soya Free) (SD) (T)	Beef, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Plain Flapjack (Gluten Free) <b>Vanilla Sauce (D)</b>		
Friday	Tomato & Vegetable Mascarpone (D) (PU) (T)	Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta <mark>(G)</mark>	Blueberry Oaty Date Bar (G) (SD)		
Menu C		Main Course	Side Course	Second Course		
Monday	Lamb & Apricot Tagine (PU) (SD) (T)	Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Plain Flapjack (Gluten Free) <b>Vanilla Sauce (D)</b>		
Tuesday	Italian Soya Free Bolognaise (T)	Carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta <mark>(G)</mark>	Clementine Yoghurt (D)		
Wednesday	Chicken Casserole (D) (PU) (T)	Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, cream & bechamel	Brown Rice	Fresh Melon		
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Cream (D)		
Friday		Zebedees Team Creations M	lenu			

### **S SOYA FREE**

Autumn/Winter 2

Menu A

Monday

Tuesday

Wednesday

Thursday

Friday

Menu B

Monday

Tuesday

Wednesday

Thursday

FREE LUNCH MENU Winter 2023/24	B Beef	C Celery	CA Citric	D Dairy	E Egg	F Fish	G Gluten	HL Halal	P Pork	PU Pulse/Bean	S Soya	SD Suphites	T Tomato	V Vegetarian	VA Vegan
			CA Citric Acid/Spice							:/Bean		ites	0	arian	n
Dish						C	Diet	arie	s						
SimplyChicken															
Pasta															
Winter Berry Yoghurt															
Keralan Tuna Curry															
White Rice															
Vanilla Ice Cream															
Charlotte's Veggie Lasagne			•				•			•			•		
Grated Courgette & Carrot															
Fruit Salad Mild Lamb Chilli								•						•	•
Brown Rice			•							•		•	•		
Plain Flapjack (Gluten Free)															
Speldhurst Kent Sausage with Homemade Baked Beans								-						-	-
Potato, Butternut Squash & Sweet Potato Mash	-									· ·		-	-		
Blackcurrant Yoghurt								ŏ						ŏ	
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Dish						C	Diet	arie	S						
Portuguese Chicken															
Brown Rice															
Diced Peaches															
Mediterranean Pork Stew															
Pasta															
Apple & Blackberry Yoghurt														•	
Spinach & Paneer Makhani			•	•				•		•		•	•	•	
White Rice															
Fruit Salad			-					•						•	•
Beef & Vegetable Potato Topped Pie (Soya Free) Cucumber Slices			-										-		
Plain Flapjack (Gluten Free)															
Vanilla Sauce															
Tomato & Vegetable Mascarpone															
Pasta								ŏ							
Blueberry Oaty Date Bar															

Friday	Pasta			-	_					- I		-		
Thaty	Blueberry Oaty Date Bar						Ĭ	ŏ						ŏ
Menu C	Dish Dietaries													
Monday	Lamb & Apricot Tagine White Rice Plain Flapjack (Gluten Free) Vanilla Sauce			•	•			•		•	•		•	•
Tuesday	Italian Soya Free Bolognaise Pasta Clementine Yoghurt			•	•		•	•				•	•	0
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													



### S SOYA FREE ZEBEDEES TEAM CREATIONS LUNCH Menu

### Autumn/Winter 2023/24

Day		Main Course	Side Course Second Course	
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chicken Saag Aloo (Tomato Free) (D) (PU)	Chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, gravy, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara (D) (G) (SD)	Chicken, chorizo, wholewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Plain Flapjack (Gluten Free)
9 Feb 2024	Al's Winter Sausage Stew (G) (PU) (SD) (T)	Diced sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (D) (PU)	Sliced chicken breast, pancetta, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Beef Bourgignon <mark>(T)</mark>	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew (PU) (SD) (T)	Chicken, chorizo, red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce (G) (PU) (T)	Meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta <mark>(G)</mark>	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten PU = Contains Pulses/Beans S = Contains Soya SD = Contains Suphur Dioxide T = Contains Tomato

## S SOYA FREE ZEBEDEES TEAM CREATIONS LUNCH MENU

Autumn/Winter 2023/24

V Vegetarian T Tomato SD Suphites S Soya PU Pulse/Bean P Pork HL Halal HL Halal G Gluten F Fish E Egg D Dairy C A Citric Acid/Spice C C Celery B Beef
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Day	Dish				Diet	arie	es _			
17 Nov 2023	25 Year Anniversary Celebration Meal 25 pence of every meal ordered to be donated to charity Details of the 25 Year Anniversary menu and charity coming soon!					•				
8 Dec 2023	Katie's Chicken Saag Aloo (Tomato Free) White Rice Fruit Salad		•			•		•		
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara Cucumber Slices Plain Flapjack (Gluten Free)		•			•	•			
9 Feb 2024	Al's Winter Sausage Stew Brown Rice Banana & Butterscotch Sugar Free Yoghurt		•	•		•		•		
1 Mar 2024	Nadia's Chicken & Pancetta Supreme White Rice Fruit Salad		•			•		•		
22 Mar 2024	Ady's Beef Bourgignon Mashed Potato Vanilla Yoghurt					•				
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew White Rice Mixed Berry Yoghurt Mousse		•			•				
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce Pasta Natural Yoghurt with Stewed Apple & Cinnamon Compote	•	•	•	•	•		•		



### T TOMATO FREE LUNCH MENU Autumn/Winter 2023/24

Menu A		Main Course	Side Course	Second Course								
Monday	Simply Chicken (Tomato Free)	Diced chicken, onion, garlic, peppers, butternut squash, rice flour & gravy	Pasta <mark>(G)</mark>	Winter Berry Yoghurt (D)								
Tuesday	Keralan Tuna Curry (Tomato Free) (D) (F) (PU) (SD)	Tuna, mackerel, onion, sweet potato, peppers, leeks, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)								
Wednesday	Charlotte's Veggie Lasagne (Tomato Free) (D) (G) (PU)	Lasagne (Tomato Courgette, baby spinach, garlic, basil, bechamel, gravy, lasagne pasta stock oregano paprika, cheddar & Courgette &										
Thursday	Mild Lamb Chilli (Tomato Free) (PU) (SD) Minced lamb, kidney beans, mixed peppers, gravy, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour		onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot.		ree) (PU) onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, Brown Rice		) onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, Brown Rice		onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, Brown Rice		onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, Brown Rice	
Friday	Speldhurst Kent Sausage in Vegetable Gravy (G) (SD)	Speldhurst pork & beef sausage, carrot, swede & gravy	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)								
Menu B		Main Course	Side Course	Second Course								
Monday	Portuguese Chicken (Tomato Free) (D) (PU) (SD)	Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream, bechamel	Brown Rice	Diced Peaches								
Tuesday	Mediterranean Pork Stew (Tomato Free) (PU)	Diced pork, gravy, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta (G)	Apple & Blackberry Yoghurt (D)								
Wednesday	Spinach & Paneer Makhani (Tomato Free) (D) (PU) (SD)	Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, curry powder, korma paste, yoghurt & cornflour	White Rice	Fruit Salad								
Thursday	Beef & Vegetable Potato Topped Pie (Tomato Free) (S) (SD)	Beef, soya, carrot, swede, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Carrot & Cinnamon Sponge Slice (G) (S) (SD) Vanilla Sauce (D)								
Friday	Vegetable Mascarpone (Tomato Free) (D) (PU)	Swede, garlic, onion, peppers, butternut, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta <mark>(G)</mark>	Blueberry Oaty Date Bar (G) (SD)								
Menu C		Main Course	Side Course	Second Course								
Monday	Lamb & Apricot Tagine (Tomato Free) (PU) (SD)	Lamb, onion, carrot, potato, peppers, gravy, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Beetroot Sponge Slice (G) (S) (SD) Vanilla Sauce (D)								
Tuesday	Italian Soya Bolognaise (Tomato Free) (S)	Soya mince, carrot, butternut squash, onion, peppers, gravy, garlic, basil, rosemary, mixed herbs, oregano, paprika, rice flour	garlic, basil, rosemary, mixed herbs, oregano, paprika, rice Pasta (G	gnaise garlic, basil, rosemary, mixed herbs, oregano, paprika, rice Pasta (G)	Pasta (G)	Clementine Yoghurt (D)						
Wednesday	Chicken Casserole (Tomato Free) (D) (PU)	Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, gravy, thyme, cream & bechamel	Brown Rice	Fresh Melon								
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Cream (D)								
Friday		Zebedees Team Creations M										

# T TOMATO FREE LUNCH MENU

Autumn/Winter 2023/24

Menu A	Dish			ĺ	Diet	arie	es					
	Simply Chicken (Tomato Free)											
Monday	Pasta											
	Winter Berry Yoghurt	•										
	Keralan Tuna Curry (Tomato Free)											
Tuesday	White Rice											
	Vanilla Ice Cream											
	Charlotte's Veggie Lasagne (Tomato Free)											
Wednesday	Grated Courgette & Carrot											
	Fruit Salad											
	Mild Lamb Chilli (Tomato Free)											
Thursday	Brown Rice											
	Lemon & Cream Cheese Sponge Slice											
	Speldhurst Kent Sausage in Vegetable Gravy		_			-						
Friday	Potato, Butternut Squash & Sweet Potato Mash											
	Blackcurrant Yoghurt					ŏ					ē	
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Menu B	Dish				Diet	arie	es					
	Portuguese Chicken (Tomato Free)											
Monday	Brown Rice											
	Diced Peaches	•										
	Mediterranean Pork Stew (Tomato Free)											
Tuesday	Pasta											
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	Spinach & Paneer Makhani (Tomato Free)											
Wednesday	White Rice											
,	Fruit Salad											
	Beef & Vegetable Potato Topped Pie (Tomato Free)											
	Cucumber Slices								-			
Thursday	Carrot & Cinnamon Sponge Slice	•										
	Vanilla Sauce											
	Vegetable Mascarpone (Tomato Free)											
Friday	Pasta	_						_				
	Blueberry Oaty Date Bar	•			Ō	Ō						
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Menu C	Dish			l l	Diet	arie	es					
	Lamb & Apricot Tagine (Tomato Free)											
Monday	White Rice											
Monday	Beetroot Sponge Slice											
	Vanilla Sauce											
	Italian Soya Bolognaise (Tomato Free)											
Tuesday	Pasta											
	Clementine Yoghurt											
	Chicken Casserole (Tomato Free)											
Wednesday	Brown Rice							_				
	Fresh Melon											
	Roast Turkey in Gravy											
	with Baby New Potatoes				1							
Thursday	Carrots, Peas & Sweetcorn					Õ					ē	
	Strawberry Ice Cream					Ŏ						
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# Zebees T Tomato Free Zebedees Team Creations Lunch deliciously nutritious nursery meals

#### Autumn/Winter 2023/24

Day		Main Course	Side Course Second Co	
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chicken Saag Aloo (Tomato Free) (D) (PU)	Chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, gravy, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara (D) (G) (SD)	Chicken, chorizo, wholewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al's Winter Sausage Stew (Tomato Free) (G) (PU) (SD)	Diced sausage, peppers, sweet potato, onion, carrot, leeks, garlic, gravy, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (D) (PU)	Sliced chicken breast, pancetta, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Beef Bourgignon (Tomato Free)	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew (Tomato Free) (PU) (SD)	Chicken, chorizo, red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Beef Meatballs in Gravy (Tomato Free) (G) (PU)	Meatballs, onion, garlic, carrot, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta <mark>(G)</mark>	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten PU = Contains Pulses/Beans S = Contains Soya SD = Contains Suphur Dioxide T = Contains Tomato

# T TOMATO FREE ZEBEDEES TEAM CREATIONS LUNCH MENU

Autumn/Winter 2023/24

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Day	Dish					Diet	arie	es					
17 Nov 2023	25 Year Anniversary Celebration Meal 25 pence of every meal ordered to be donated to charity Details of the 25 Year Anniversary menu and charity coming soon!	•											
8 Dec 2023	Katie's Chicken Saag Aloo (Tomato Free) White Rice Fruit Salad		•				•		•			•	
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara Cucumber Slices Courgette & Lime Sponge Slice		•				•			•	•	•	
9 Feb 2024	Al's Winter Sausage Stew (Tomato Free) Brown Rice Banana & Butterscotch Sugar Free Yoghurt		•	•			•	•	•		•	•	
1 Mar 2024	Nadia's Chicken & Pancetta Supreme White Rice Fruit Salad		•				•	•	•			•	
22 Mar 2024	Ady's Beef Bourgignon (Tomato Free) Mashed Potato Vanilla Yoghurt		•				•					•	
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew (Tomato Free) White Rice Mixed Berry Yoghurt Mousse		•	•			•	•	•		•	•	
3 May 2024	Nursery Favourite Beef Meatballs in Gravy (Tomato Free) Pasta Natural Yoghurt with Stewed Apple & Cinnamon Compote		•	•		•	•		•				



# CA CITRIC ACID & SPICE FREE LUNCH MENU

#### Autumn/Winter 2023/24

Menu A		Main Course	Side Course	Second Course
Monday	Simply Chicken (Tomato Free)	Diced chicken, onion, peppers, butternut squash, rice flour & gravy	Pasta <mark>(G)</mark>	Natural Yoghurt (D)
Tuesday	Keralan Tuna Curry Alternative (D) (F) (PU)	Tuna, mackerel, onion, sweet potato, peppers, leeks, red lentils, bechamel, fresh coriander & rice flour	White Rice	Plain Flapjack (Gluten Free)
Wednesday	Charlotte's Veggie Lasagne Alternative (D) (G) (PU)	Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, basil, bechamel, gravy, lasagne pasta, stock, oregano, cheddar & mozzarella	Grated Courgette & Carrot	Plain Flapjack (Gluten Free)
Thursday	Mild Lamb Chilli Alternative (PU) (SD)	Minced lamb, kidney beans, mixed peppers, red onion, sweet potato, butternut squash, stock, oregano, gravy, fresh coriander & cornflour	Brown Rice	Sponge Slice (G) (S)
Friday	Diced Chicken in Vegetable Gravy	Chicken, gravy, carrots, swede	Potato, Butternut Squash & Sweet Potato Mash	Natural Yoghurt (D)
Menu B		Main Course	Side Course	Second Course
Monday	Portuguese Chicken Alternative (D) (PU) (SD)	Sliced chicken, carrot, peppers, red onion, sweet potato, red lentils, rosemary, basil, sweetcorn, cornflour, cream, bechamel	Brown Rice	Plain Flapjack (Gluten Free)
Tuesday	Mediterranean Pork Stew Alternative (PU)	Diced pork, gravy, red onion, chick peas, peppers, swede, carrot, oregano, basil & stock	Pasta (G)	Natural Yoghurt (D)
Wednesday	Spinach & Paneer Makhani Alternative (D) (PU) (SD)	Spinach, paneer, onion, sweet potato, peppers, chickpeas, bechamel, carrot, yoghurt & cornflour	White Rice	Sponge Slice (G) (S)
Thursday	Beef & Vegetable Potato Topped Pie Alternative (S)	Beef, soya, carrot, swede, onion, leek, thyme, gravy, potato & sweet potato	Cucumber Slices	Plain Sponge <mark>(G)</mark> (S) Vanilla Sauce (D)
Friday	Tomato & Vegetable Mascarpone Alternative (D) (PU)	Swede, onion, peppers, butternut, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta <mark>(G)</mark>	Natural Yoghurt (D)
Menu C		Main Course	Side Course	Second Course
Monday	Lamb & Apricot Tagine Alternative (PU)	Lamb, onion, carrot, potato, peppers, gravy, chickpeas, stock & rice flour	White Rice	Plain Sponge <mark>(G)</mark> (S) Vanilla Sauce (D)
Tuesday	Italian Soya Bolognaise Alternative (S)	Soya mince, carrot, butternut squash, onion, peppers, basil, rosemary, mixed herbs, oregano, gravy, rice flour	Pasta <mark>(G)</mark>	Natural Yoghurt (D)
Wednesday	Chicken Casserole Alternative (D) (PU)	Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, haricot beans, thyme, cream & bechamel	Brown Rice	Plain Flapjack (Gluten Free)
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Natural Yoghurt (D)
Friday		Zebedees Team Creations M	lenu	

### CA CITRIC ACID & SPICE FREE LUNCH Menu

Autumn/Winter 2023/24

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	B Beef	C Celery	CA Citric Acid/Spice	D Dairy	EEgg	F Fish	G Gluten	HL Halal	P Pork	PU Pulse/Bean	S Soya	SD Suphites	T Tomato	V Vegetarian	VA Vegan

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Menu A	Dish					D	ieto	arie	S					
	Simply Chicken (Tomato Free)													
Monday	Pasta													
	Natural Yoghurt													
_	Keralan Tuna Curry Alternative							•		•				
Tuesday	White Rice													
	Plain Flapjack (Gluten Free)													
	Charlotte's Veggie Lasagne Alternative							•						
Vednesday	Grated Courgette & Carrot													
	Plain Flapjack (Gluten Free)													
	Mild Lamb Chilli Alternative							-				•		
Thursday	Brown Rice						-				_			
	SpongeSlice													
	Diced Chicken in Vegetable Gravy							-						
Friday	Potato, Butternut Squash & Sweet Potato Mash													
	Natural Yoghurt													
Menu B	Dish					D	ieto	arie	s					
	Portuguese Chicken Alternative		1 1			ТТ								
Monday	Brown Rice									_				
	Plain Flapjack (Gluten Free)							•						
	Mediterranean Pork Stew Alternative													
Tuesday	Pasta						•		_	-				
recoury	Natural Yoghurt						-	ŏ					i i	Ś
	Spinach & Paneer Makhani Alternative													5
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reancoury	Sponge Slice						•	ŏ					- 1	5
	Beef & Vegetable Potato Topped Pie Alternative	•			-		_							-
	Cucumber Slices	-									-		•	
Thursday	Plain Sponge						•	ŏ					- 1	5
	Vanilla Sauce						_				_			
	Tomato & Vegetable Mascarpone Alternative													
Friday	Pasta							ŏ					i i i	
Theory	Natural Yoghurt						-	ŏ						
Menu C	Dish					D	ieto	arie	S					
	Lamb & Apricot Tagine Alternative White Rice									•				
Monday														2
	Plain Sponge Vanilla Sauce						•							
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Turnel	Italian Soya Bolognaise Alternative													2
Tuesday	Pasta						•							2
	Natural Yoghurt				4			•					_ <b>_</b> _	-
to deconstruct	Chicken Casserole Alternative									•				
/ednesday	Brown Rice													
	Plain Flapjack (Gluten Free)		+		_	+								•
	Roast Turkey in Gravy									•				
Thursday	with Baby New Potatoes													
	Carrots, Peas & Sweetcorn									•				
	Natural Yoghurt													
			ions											



# CA CITRIC ACID & SPICE FREE ZEBEDEES TEAM CREATIONS LUNCH MENU

#### Autumn/Winter 2023/24

Day		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chicken Saag Aloo Alternative (D) (PU)	Chicken, potato, onion, spinach, peppers, butternut squash, red lentils, stock & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Natural Yoghurt (D)
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara Alternative (D) (G)	Chicken, wholewheat spaghetti, onion, basil, butternut squash, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Plain Flapjack (Gluten Free)
9 Feb 2024	Al's Winter Sausage Stew Alternative (PU)	Diced chicken, peppers, sweet potato, onion, carrot, leeks, gravy, chickpeas, black beans, mixed herbs. Recipe by Alastair, our Client Relations Manager	Brown Rice	Natural Yoghurt (D)
1 Mar 2024	Nadia's Chicken & Pancetta Supreme Alternative (D) (PU)	Sliced chicken breast, pancetta, onion, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Natural Yoghurt (D)
22 Mar 2024	Ady's Beef Bourgignon Alternative	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Natural Yoghurt (D)
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew Alternative (PU)	Chicken, red lentils, onion, peppers, butternut squash, carrot, sweetcorn, parsley, oregano & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Natural Yoghurt (D)
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce Alternative (PU)	Diced chicken, onion, carrot, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta <mark>(G)</mark>	Natural Yoghurt (D)

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten PU = Contains Pulses/Beans S = Contains Soya SD = Contains Suphur Dioxide T = Contains Tomato

CA CITRIC ACID & SPICE FREE ZEBEDEES Team CREATIONS LUNCH MENU Autumn/Winter 2023/24	B Beef	C Celery	CA Citric Acid/Sp	D Dairy	EEgg	F Fish	G Gluten	HL Halal	P Pork	PU Pulse/Bean	S Soya	SD Suphites	T Tomato	V Vegetarian	VA Vegan
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Day	Dish			D	lieto	nries	\$			
	25 Year Anniversary Celebration Meal	-							<u> —                                   </u>	
17 Nov	25 pence of every meal ordered to be donated to charity							_		
2023	Details of the 25 Year Anniversary menu and charity coming soon!									
	Katie's Chicken Saag Aloo Alternative					-				_
8 Dec	White Rice						-			
2023	Natural Yoghurt					ŏ				ŏ
	Lewis's Chicken & Chorizo Carbonara Alternative					-				-
19 Jan	Cucumber Slices									
2024	Plain Flapjack (Gluten Free)					ŏ				õ
	Al's Winter Sausage Stew Alternative									_
9 Feb	Brown Rice						_		(	
2024	Natural Yoghurt								1	
1 Mar	Nadia's Chicken & Pancetta Supreme Alternative									
	White Rice								1	
2024	Natural Yoghurt								1	
22 Mar	Ady's Beef Bourgignon Alternative									
2024	Mashed Potato								1	
2024	NaturalYoghurt								1	
12 Apr	Sarah's Catalan Chorizo, Chicken & Lentil Stew Alternative									
2024	White Rice								1	
2024	NaturalYoghurt									
3 May	Nursery Favourite Beef Meatballs in Rich Tomato Sauce Alternative									
2024	Pasta									
2024	NaturalYoghurt			1					1	

### **Zebedees** deliciously nutritious nursery meals

# SD SUPHUR DIOXIDE FREE LUNCH MENU

Autumn/Winter 2023/24

Menu A		Main Course	Side Course	Second Course
Monday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta <mark>(G)</mark>	Winter Berry Yoghurt (D)
Tuesday	Keralan Tuna Curry (Suphur Dioxide Free) (D) (F) (PU) (T)	Tuna, mackerel, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, red lentils, coconut milk, pineapple, garlic, bechamel, red curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)
Wednesday	Charlotte's Veggie Lasagne (D) (G) (PU) (T)	Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, bechamel, tomato, lasagne pasta, stock, oregano, paprika, cheddar & mozzarella	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Lamb Chilli (Suphur Dioxide Free) (PU) (T)	Minced lamb, kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano & fresh coriander	Brown Rice	Lemon & Cream Cheese Sponge Slice (D) (G) (S)
Friday	Diced Chicken with Homemade Baked Beans (Suphur Dioxide Free) (G) (PU) (T)	Diced chicken, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)
Menu B		Main Course	Side Course	Second Course
Monday	Portuguese Chicken (D) (PU) (T)	Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Pork Stew (PU) (T)	Diced pork, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta <mark>(G)</mark>	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (Suphur Dioxide Free) (D) (PU) (T)	Spinach, paneer, onion, sweet potato, peppers, chickpeas, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt	White Rice	Fruit Salad
Thursday	Beef & Vegetable Potato Topped Pie (Sulphur Dioxide Free) (S) (T)	Beef, soya, carrot, swede, tomato, onion, garlic, leek, thyme, gravy, potato & sweet potato	Cucumber Slices	Plain Flapjack (Gluten Free) <b>Vanilla Sauce (D)</b>
Friday	Tomato & Vegetable Mascarpone (D) (PU) (T)	Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta (G)	Plain Flapjack (Gluten Free)
Menu C		Main Course	Side Course	Second Course
Monday	Lamb & Apricot Tagine (Suphur Dioxide Free) (PU) (T)	Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, chickpeas, stock & rice flour	White Rice	Plain Flapjack (Gluten Free) <b>Vanilla Sauce (D)</b>
Tuesday	Italian Soya Bolognaise (S) <mark>(T)</mark>	Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta <mark>(G)</mark>	Clementine Yoghurt (D)
Wednesday	Chicken Casserole (D) (PU) (T)	Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, cream & bechamel	Brown Rice	Fresh Melon
Thursday	<b>Roast Turkey in</b> <b>Gravy (PU)</b> with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Cream (D)

	HUR DIOXIDE FREE LUNCH MENU Vinter 2023/24	B Beef	C Celery	CA Citric Acid/Spice	D Dairy	EEgg	F Fish	G Gluten	HL Halal	P Pork	PU Pulse/Bean	S Soya	SD Suphites	T Tomato	V Vegetarian	VA Vegan
Menu A	Dish						C	Diet	arie	s						
Monday	Simply Chicken Pasta Winter Berry Yoghurt			•	•				•					•	•	
Tuesday	Keralan Tuna Curry (Suphur Dioxide Free) White Rice Vanilla Ice Cream			•	•				•		•			•	•	
Wednesday	Charlotte's Veggie Lasagne Grated Courgette & Carrot Fruit Salad			•					•					•	$\bullet \bullet \bullet$	•
Thursday	Mild Lamb Chilli (Suphur Dioxide Free) Brown Rice Lemon & Cream Cheese Sponge Slice			•					•			•			•	
Friday	Diced Chicken with Homemade Baked Beans (Suphur Dioxide Free) Potato, Butternut Squash & Sweet Potato Mash Blackcurrant Yoghurt			•					•					•	•	
Menu B	Dish						C	Diet	arie	s						
Monday	Portuguese Chicken Brown Rice Diced Peaches			•	•				•		•			•	•	•
Tuesday	Mediterranean Pork Stew Pasta Apple & Blackberry Yoghurt			•	•				•	•	•			•	•	
Wednesday	Spinach & Paneer Makhani (Suphur Dioxide Free) White Rice Fruit Salad			•	•				•		•			•		•
Thursday	Beef & Vegetable Potato Topped Pie (Sulphur Dioxide Free) Cucumber Slices Plain Flapjack (Gluten Free) Vanilla Sauce	•		•	•				•			•			•••	•
Friday	Tomato & Vegetable Mascarpone Pasta Plain Flapjack (Gluten Free)								•		•			•		•
Menu C	Dish						C	Diet	arie	s						
Monday	Lamb & Apricot Tagine (Suphur Dioxide Free) White Rice Plain Flapjack (Gluten Free) 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 Cro	eat	ion	s M	len	U										

#### **Zebedees** SD SUPHUR DIOXIDE FREE ZEBEDEES TEAM CREATIONS deliciously nutritious nursery meals LUNCH MENU

### Autumn/Winter 2023/24

Dαy		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chicken Saag Aloo (D) (PU) (T)	Chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Chicken Carbonara (Suphur Dioxide Free) (D) (G)	Chicken, wholewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al's Winter Stew (Suphur Dioxide Free) (G) (PU) (T)	Diced chicken, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	ions Brown Rice Butterscotch S Free Yoghurt	
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (D) (PU)	Sliced chicken breast, pancetta, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Beef Bourgignon <mark>(T)</mark>	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Chicken & Lentil Stew (Suphur Dioxide Free) (PU) (T)	Chicken, red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce (G) (PU) (T)	Meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta <mark>(G)</mark>	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten PU = Contains Pulses/Beans S = Contains Soya SD = Contains Suphur Dioxide T = Contains Tomato

## SD SUPHUR DIOXIDE FREE ZEBEDEES Team CREATIONS LUNCH MENU

Autumn/Winter 2023/24

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B Beef	
C Celery	
CA Citric Acid/Spice	
D Dairy	
EEgg	
F Fish	
G Gluten	
HL Halal	
P Pork	
PU Pulse/Bean	
S Soya	
SD Suphites	
T Tomato	
V Vegetarian	
VA Vegan	
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Day	Dish					Diet	arie	es					
17 Nov	25 Year Anniversary Celebration Meal												
2023	25 pence of every meal ordered to be donated to charity												
2023	Details of the 25 Year Anniversary menu and charity coming soon!												
8 Dec	Katie's Chicken Saag Aloo												
2023	White Rice												
2025	Fruit Salad												
19 Jan	Lewis's Chicken Carbonara (Suphur Dioxide Free)												
2024	Cucumber Slices												
2024	Courgette & Lime Sponge Slice						•			•			
9 Feb	Al's Winter Stew (Suphur Dioxide Free)	•		•					•		_	•	
2024	Brown Rice												
2024	Banana & Butterscotch Sugar Free Yoghurt											_	
1 Mar	Nadia's Chicken & Pancetta Supreme					_		•	•		_		
2024	White Rice												
2024	Fruit Salad				 	_							
22 Mar	Ady's Beef Bourgignon	•		•		_					_	•	
2024	Mashed Potato												
2024	Vanilla Yoghurt					_							
12 Apr	Sarah's Catalan Chicken & Lentil Stew (Suphur Dioxide Free)			•		_		•	•		_	•	
2024	White Rice												
	Mixed Berry Yoghurt Mousse		-				•						
2.14	Nursery Favourite Beef Meatballs in Rich Tomato Sauce	•		•					•		_	•	
3 May	Pasta												
2024	Natural Yoghurt										_		
	with Stewed Apple & Cinnamon Compote												