

zebedees

LUNCH menu



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

Autumn/Winter 2023/24

MENU A

MONDAY

Simply Chicken
Pasta
Winter Berry Yoghurt

TUESDAY

Keralan Tuna Curry
White Rice
Vanilla Ice Cream

WEDNESDAY

Charlotte's Veggie Lasagne
Grated Courgette & Carrot
Fruit Salad

THURSDAY

Mild Lamb Chilli
Brown Rice
Lemon & Cream Cheese
Sponge Slice

FRIDAY

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

MENU B

MONDAY

Portuguese Chicken
Brown Rice
Diced Peaches

TUESDAY

Mediterranean Pork Stew
Pasta
Apple & Blackberry Yoghurt

WEDNESDAY

Spinach & Paneer Makhani
White Rice
Fruit Salad

THURSDAY

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

FRIDAY

Tomato, Vegetable
& Mascarpone
Pasta
Blueberry Oaty
Date Bar

MENU C

MONDAY

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

TUESDAY

Italian Soya Bolognaise
Pasta
Clementine Yoghurt

WEDNESDAY

Chicken Casserole
Brown Rice
Fresh Melon

THURSDAY

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

FRIDAY

Zebedees Team
Creations Menu

We follow the Government Guidance for Menus for Early Years Settings

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

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feeding our future every day

