



# zebedees

## LUNCH menu

Autumn/Winter 2024/25

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

### MENU A

#### MONDAY

Spinach & Paneer Makhani  
White Rice  
Peaches & Pears

#### TUESDAY

Simply Chicken  
Pasta  
Plum Yoghurt

#### WEDNESDAY

Mango & Mixed Bean Fiesta  
Rainbow Rice  
Courgette, Lime & Cream Cheese Sponge Slice

#### THURSDAY

Pork & Apple Hotpot  
New Potatoes  
Fresh Melon

#### FRIDAY

Italian Soya Bolognaise  
Wholewheat Pasta  
Oaty Date Bar with Vanilla Sauce

### MENU B

#### MONDAY

Portuguese Chicken  
Brown Rice  
Fruit Salad

#### TUESDAY

Lemon & Herb Salmon  
Pasta  
Carrot & Cinnamon Flapjack

#### WEDNESDAY

Vegetable Massaman Curry  
White Rice  
Winter Berry Yoghurt

#### THURSDAY

Roast Turkey in Gravy with Baby New Potatoes  
Cabbage & Carrots  
Vanilla Ice Cream

#### FRIDAY

Sausage Casserole  
Pasta  
Diced Peaches with Natural Yoghurt

### MENU C

#### MONDAY

Butter Chicken  
White Rice  
Blueberry & Date Oat Bar

#### TUESDAY

Winter Beef Stew  
Mashed Potato  
Pear Yoghurt

#### WEDNESDAY

Mild Vegetable Chilli  
White Rice  
Banana Sponge Slice with Vanilla Sauce

#### THURSDAY

Sweet & Sour Chicken  
Wholewheat Noodles  
Diced Apple & Berry Crème Fraiche

#### FRIDAY

Around the World 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





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## AFTERNOON Tea Menu

### Spring/Summer 2024/25

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#### MENU A

##### MONDAY

Homemade Chicken & Pineapple Wholemeal Pizza Fingers  
Sweetcorn & Diced Pepper  
Banana & Sultana  
Oaty Cookie

##### TUESDAY

Tuna & Cream Cheese Flatbread  
Grated Carrot  
Melon Slices

##### WEDNESDAY

Cheddar & Chive Cornbread  
Mediterranean Bean Pasta  
Orange Slices

##### THURSDAY

Savoury Mozzarella Cheese & Tomato Pinwheel  
Roast Chicken Slices  
Diced Pears

##### FRIDAY

Corn Cakes with Sundried Tomato Houmous  
Cucumber Slices  
Strawberry Yoghurt

#### MENU B

##### MONDAY

Egg, Cheese & Mayonnaise Wholemeal Roll  
Sweetcorn & Diced Cucumber  
Apricot Flapjack

##### TUESDAY

Soft Flour Tortilla Wrap with Grated Cheddar Cheese  
Roast Chicken Slices  
Diced Peaches

##### WEDNESDAY

Mozzarella, Tomato & Feta Scone with Sunflower Spread  
Hard Boiled Egg Wedges  
Melon Slices

##### THURSDAY

Tuna, Chive & Crème Fraiche Flatbread  
Cucumber Slices  
Pear & Apple Yoghurt

##### FRIDAY

Homemade Chicken & Roasted Vegetable Wholemeal Pizza Fingers  
Grated Courgette & Carrot  
Orange Slices

#### MENU C

##### MONDAY

Corn Cakes with Three Cheese Dip  
Mediterranean Bean Pasta  
Apricots & Pears

##### TUESDAY

Chicken, Soft Cheese & Chive Wholemeal Roll  
Sweetcorn & Diced Pepper  
Apple & Ginger Flapjack

##### WEDNESDAY

Homemade Turkey Spread White Roll  
Cucumber Slices  
Banana Yoghurt

##### THURSDAY

Homemade Margarita Wholemeal Pizza Fingers  
Hard Boiled Egg Wedges  
Orange Slices

##### FRIDAY

Tuna, Sweetcorn & Crème Fraiche Flatbread  
Grated Carrot  
Melon Slices

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