



Zebedees

LUNCH menu

Spring/Summer 2024

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

MENU A

MONDAY

Vegetable & Lentil Korma
White Rice
Summer Berry Yoghurt

TUESDAY

Chicken Stroganoff
Pasta
Fruit Salad

WEDNESDAY

Mexican Vegetable Stew
Rainbow Rice
Spiced Apple Yoghurt

THURSDAY

Sweet & Sour Chicken &
Wholewheat Noodles
Cucumber Slices
Vanilla Ice Cream

FRIDAY

Speldhurst Kent Sausage with
Homemade Baked Beans
Potato, Butternut Squash &
Sweet Potato Mash
Banana, Courgette &
Mascarpone Sponge Slice

MENU B

MONDAY

Italian Soya Bolognaise
Wholewheat Pasta
Charlotte's Easy Peachy
Sponge Slice

TUESDAY

Beef Massaman Curry
White Rice
Fruity Cereal Slice

WEDNESDAY

Roast Turkey in Gravy with
Baby New Potatoes
Cabbage, Carrots &
Sweetcorn
Cherry Yoghurt

THURSDAY

Salmon & Mascarpone
Pasta
Fresh Melon

FRIDAY

Jamaican Mango Chicken
White Rice
Apple & Mango Yoghurt

MENU C

MONDAY

Mild Vegetable Chilli
White Rice
Carrot & Cream Cheese
Sponge Slice

TUESDAY

Simply Chicken
Pasta
Vanilla Ice Cream

WEDNESDAY

Pineapple & Coconut
Vegetable Curry
Brown Rice
Fruit Salad

THURSDAY

Mediterranean
Pork Casserole
New Potatoes
Raspberry Yoghurt

FRIDAY

Zebedees
Five a Day Fridays

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

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MENU A

MONDAY

Homemade Margarita
Wholemeal Pizza Fingers

Roast Chicken Slices

Apricots & Pears

TUESDAY

Egg Mayonnaise
& Cress Flatbread

Cucumber Slices

Strawberry Yoghurt

WEDNESDAY

Tuna & Soft Cheese
Wholemeal Roll

Grated Courgette & Carrot

Oaty Lemon Cookie

THURSDAY

Sundried Tomato & Mozzarella
Scone with Sunflower Spread

Hard Boiled Egg Wedges

Melon Slices

FRIDAY

Corn Cakes with
Three Cheese Dip

Pea & Basil Pasta

Orange Slices

MENU B

MONDAY

Soft Cheese & Cucumber
Wholemeal Roll

Hard Boiled Egg Wedges

Diced Pears

TUESDAY

Chicken, Chive & Crème
Fraiche Flatbread

Grated Courgette & Carrot

Apple Yoghurt

WEDNESDAY

Rice Cake with Soft Cheese

Rainbow Pasta

Orange Slices

THURSDAY

Homemade Chicken &
Roasted Vegetable
Wholemeal Pizza Fingers

Cucumber Slices

Banana & Ginger

Sponge Slice

FRIDAY

Lentil, Cheese &
Bechamel Pinwheel

Sweetcorn & Grated Carrot

Melon Slices

MENU C

MONDAY

Tuna, Sweetcorn & Soft
Cheese White Roll

Cucumber Slices

Pineapple Yoghurt

TUESDAY

Tomato, Polenta
& Feta Scone with
Sunflower Spread

Rice Cake

with White Bean Dip

Diced Peaches

WEDNESDAY

Homemade Turkey
Spread Flatbread

Grated Courgette & Carrot

Raspberry Yoghurt

THURSDAY

Homemade Chicken &
Pineapple Wholemeal
Pizza Fingers

Sweetcorn & Diced Pepper

Apricot Flapjack

FRIDAY

Grated Cheese, Carrot &
Mayonnaise Wholemeal Roll

Hard Boiled Egg Wedges

Orange Slices

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