

# ZEBEDEES

## LUNCH menu

10/17

Autumn/Winter 2017

Menu A	Main Course	Contents	Side Dish	Dessert
<b>Monday</b>	Simply Chicken & Mezze Penne Pasta	Diced chicken breast, onion, garlic, peppers, butternut squash, tomato, spices & mezze penne pasta	Grated Cheddar Cheese	Blueberry Slice & Custard
<b>Tuesday</b>	Speldhurst Kent Sausage with Homemade Baked Beans	Speldhurst pork sausage, haricot beans, tomato, spices, carrot, basil, potato, butternut squash, sweet potato, garlic & onion	Potato & Sweet Potato Mash	Turners Dairy Farm Smooth Raspberry Yoghurt
<b>Wednesday</b>	Soya & Vegetable Spaghetti Bolognaise	Minced soya, wholewheat spaghetti, carrots, swede, butternut squash, basil, onion, garlic, courgette, tomato, red lentils & mixed herbs	Grated Cheddar Cheese	Lemon & Polenta Cake with Custard
<b>Thursday</b>	Mild & Creamy Beef Tikka Masala	Braised diced beef, ginger, garlic, chilli, onion, paprika, garam masala, mixed spices, peppers, cinnamon, coriander, turmeric, béchamel, cream, yoghurt, tomato & mango chutney	Fluffy White Rice	Mandarins, Peaches & Pineapple
<b>Friday</b>	Lamb Tagine	Diced lamb, butternut squash, peppers, onion, carrot, celery, tomato, saffron, garlic, turmeric, cumin, cinnamon, honey, apricots, chickpeas, aduki beans, rice flour & date puree	Baby New Potatoes	Beetroot & Cocoa Sponge Pudding

Menu B	Main Course	Contents	Side Dish	Dessert
<b>Monday</b>	3 Bean Vegetarian Chilli & Rice	Soya mince, carrot, sweet potato, onion, peaches, tomato, kidney beans, haricot beans, flageolet beans, rice flour, redcurrant jelly, cumin, chilli powder, coriander & white rice	Grated Cheddar Cheese	Orange & Peach Jelly
<b>Tuesday</b>	Zebedees Beanie Shepherd's Pie	Minced lamb, mashed potato, mint sauce, cabbage, tomato, swede, onion, haricot beans, carrot, apricot, gravy, white pepper, redcurrant jelly & garlic	Cucumber Slices	Sticky Date Pudding with Custard
<b>Wednesday</b>	Mediterranean Beef Meatballs	Beef meatballs, garlic, onion, peppers, swede, red lentils, oregano, basil, tomato & spices	Penne Pasta	Turners Dairy Farm Smooth Peach Fromage Frais
<b>Thursday</b>	Roast Turkey, Baby New Potatoes & Gravy	Sliced roast turkey, baby new potatoes & gravy	Green Beans, Peas & Carrots	Plas Farm Blackberry Frozen Yoghurt
<b>Friday</b>	Cheese, Chicken & Smoked Bacon Pasta Bake	Diced chicken, smoked bacon, onion, sweetcorn, béchamel, butternut squash, parmesan, sage, cheddar, garlic, haricot beans, yellow split peas & wholewheat pasta	Sweetcorn & Red Pepper	Seeded Granola Slice & Custard

Menu C	Main Course	Contents	Side Dish	Dessert
<b>Monday</b>	Fruity Vegetable Curry	Potato, sweet potato, butternut squash, red lentils, haricot beans, broad beans, onion, carrot, peppers, cauliflower, tomato, mild curry powder, garam masala, ginger, turmeric, apricot, peas, garlic, sultanas, rice flour & pineapple	Fluffy Brown Rice	Turners Dairy Farm Smooth Mandarin Yoghurt
<b>Tuesday</b>	Roast Chicken, Baby New Potatoes & Gravy	Chicken breast, baby new potatoes & gravy	Sweetcorn, Peas, Carrots & White Cabbage	Peach Ripple Ice Cream
<b>Wednesday</b>	Fragrant Salmon Thai Green Curry	Salmon, onion, peppers, aubergine, basil, green curry paste, béchamel, mung beans, carrots, peas, green beans & cream	Fluffy White Rice	Pear, Peach & Pineapple
<b>Thursday</b>	Beef Lasagne	Minced beef, cheddar, peppers, onion, carrot, butternut squash, courgette, garlic, red lentils, chilli, beef stock, béchamel, lasagne, tomato, oregano, rice flour & basil	Grated Carrot	Apple & Rhubarb Cookie Crumble with Custard
<b>Friday</b>	Around the World Theme Day			