

# Zebedees

## Tea menu

Autumn/Winter 2017



### MENU A

#### MONDAY

Laughing Cow Soft  
Cheese with Crackers  
Tuna & Sweetcorn  
Pasta Salad  
Cherry Tomato  
Orange & Peach Jelly Pot

#### TUESDAY

Homemade BBQ Chicken  
Wholemeal Pizza Fingers  
Dried Apricots  
Hard Boiled Free Range  
Egg Wedges  
Orange Smiles

#### WEDNESDAY

Chicken & Mayonnaise  
Finger Roll  
Cheese Straws with Carrot Dip  
Sweetcorn & Diced Pepper  
Apple & Cinnamon Flapjack

#### THURSDAY

Egg & Cheese Wholemeal Roll  
Chicken & Tomato  
Pasta Salad  
Carrot Batons  
Lemon & Orange Shortbread

#### FRIDAY

Savoury Danish Pastry  
Speldhurst Sliced Sausage  
Pepper & Cucumber Batons  
Strawberry Smoothie  
Yoghurt Pot

### MENU B

#### MONDAY

Roast Ham Sub Roll  
Cheese Cubes  
Mixed Sultanas & Raisins  
Plain Flapjack

#### TUESDAY

Homemade Roasted  
Vegetable Wholemeal  
Pizza Fingers  
Tomato & Lentil  
Pasta Salad  
Sweetcorn & Diced Pepper  
Honeydew Melon Wedges

#### WEDNESDAY

Chicken & Apricot Pin Wheel  
Cheese Cubes  
Cucumber Batons  
Orange Smiles

#### THURSDAY

Sliced Chicken Sub Roll  
Basil & Parmesan Pasta Salad  
Pepper & Carrot Batons  
Raspberry & Cocoa Cookie

#### FRIDAY

Cheese & Tomato Bread  
Fingers with Houmous  
Speldhurst Sliced Sausage  
Carrot & Cucumber Batons  
Peach & Mango  
Fromage Frais

### MENU C

#### MONDAY

Grated Cheese Finger Roll  
Roast Chicken Slices  
Cherry Tomato &  
Cucumber Batons  
Peach & Pineapple Pot

#### TUESDAY

Oven Baked Tomato &  
Mozzarella Scone with  
a Flora Portion  
Cheese Cubes  
Golden Sultanas  
Honeydew Melon Wedges

#### WEDNESDAY

Cheesy Tomato & Basil Bread  
Fingers with Cheese Dip  
Roast Chicken Slices  
Sweetcorn & Diced Cucumber  
Oaty Fruit Crunch

#### THURSDAY

Laughing Cow Soft  
Cheese Brown Roll  
Hard Boiled Free Range  
Egg Wedges  
Mixed Sultanas & Raisins  
Homemade Apricot  
Cereal Slice

#### FRIDAY

Dolphin Friendly Tuna  
Mayonnaise Sub Roll  
Chicken & Rainbow Rice Salad  
Cherry Tomato &  
Cucumber Batons  
Black Cherry Yoghurt Pot

If you have any comments or suggestions or require more information please contact us via our website

**zebedees.co.uk**  
feeding our future every day