



# NUTRITION & DIET

# Meals

We provide a healthy and nutritionally balanced menu which rotates on a three-weekly basis and changes seasonally to offer the freshest and tastiest fruits and vegetables.

The menu is displayed every week so that you know what your child is eating during the day and can plan family meals accordingly, and we always offer a well-balanced vegetarian option alongside our main menu.

We can accommodate most dietary requirements and restrictions whether they are for allergenic or faith reasons.

All children have access to fresh drinking water all day. Younger ones are assisted to maintain appropriate fluid intake, while older children are encouraged to help themselves to cups and pour their own drinks whenever they wish. This is great for their motor skills as well as fostering a sense of independence and responsibility.


# ZEBEDEES

## LUNCH menu

Autumn / Winter 2019

Menu A	Main Course		Side Dish	Dessert
Monday	<b>Simply Chicken</b>	Diced chicken breast, onion, garlic, peppers, butternut squash, <b>tomato (T)</b> , rapeseed oil, rice flour & rice	Brown Rice	<b>Apricot Flapjack (G)(SD) &amp; Custard (D)</b>
Tuesday	<b>Tuna &amp; Mackerel Neapolitan with Cavatappi Pasta</b>	<b>Dolphin friendly flaked tuna (F), mackerel (F)</b> , carrot, swede, peppers, onion, butternut squash, <b>tomato (T)</b> , avocado, red lentils, rapeseed oil, Provençal herbs, yellow split peas, potato flour, basil & <b>pasta (G)</b>	<b>Grated Cheddar Cheese (D)</b>	Peach, Pineapple, Apricot & Pear
Wednesday	<b>Beef Cottage Pie</b>	Minced beef, potato, dairy free spread, white pepper, garlic, onion, swede, butternut squash, <b>tomato (T)</b> , redcurrant jelly, peas, <b>apricot (SD)</b> & <b>gravy (G)(S)(T)(C)</b>	Sweetcorn, Carrots & Kale	<b>Smooth Mandarin Yoghurt (D)</b>
Thursday	<b>Soya &amp; Vegetable Spaghetti Bolognese</b>	<b>Minced soya (S)</b> , carrots, swede, butternut squash, onion, peppers, garlic, <b>tomato (T)</b> , marjoram, thyme, parsley, peach puree, <b>wholewheat spaghetti (G)</b> , potato flour, red lentils, basil, <b>miso paste (S)</b> & rapeseed oil	Cucumber Slices	<b>Raspberry Sponge (G)(D)(S)(E) with Custard (D)</b>
Friday	<b>Cuban Shredded Beef</b>	Shredded beef, carrot, peppers, onion, butternut squash, <b>celery (C)</b> , black beans, borlotti beans, <b>tomato (T)</b> , basil, garlic, lemon juice, lemon peel, beef stock, chilli, paprika, cumin, oregano, cinnamon, coriander, rapeseed oil & rice flour	White Rice	<b>Winter Berry Frozen Yoghurt (D)</b>

Menu B	Main Course		Side Dish	Dessert
Monday	<b>Roast Chicken, Baby New Potatoes &amp; Gravy</b>	Chicken breast, baby new potatoes & <b>gravy (S)(T)</b>	Peas, Carrots, Green Beans & Savoy Cabbage	<b>Raspberry Cheesecake Mousse (D)</b>
Tuesday	<b>Sweet &amp; Sour Vegetables</b>	Carrot, mixed peppers, sweetcorn, onion, peas, cabbage, bean sprouts, pak choi, broccoli, cauliflower, parsnip, pineapple, balsamic vinegar, ginger, fennel, basil, flageolet beans, haricot beans, <b>tomato (T)</b> & red chilli	Brown Rice	<b>Smooth Peach &amp; Mango Fromage Frais (D)</b>
Wednesday	<b>Zebedee's Banie Shepherd's Pie</b>	Minced lamb, carrot, swede, cabbage, onion, potato, dairy free spread, pepper, garlic, haricot beans, mint sauce, redcurrant jelly, <b>gravy (G)(S)(T)(C)</b> , <b>apricot (SD)</b> & <b>tomato (T)</b>	Cucumber Slices	<b>Beetroot &amp; Cocoa Cake (G)(D)(S)(E) with Custard (D)</b>
Thursday	<b>Mediterranean Beef Meatballs with Penne Pasta</b>	<b>Beef meatballs (G)(S)</b> , onion, red lentils, peppers, swede, oregano, basil, <b>tomato (T)</b> , potato flour, garlic & <b>pasta (G)</b>	<b>Grated Cheddar Cheese (D)</b>	Peach, Pineapple, Apricot & Pear
Friday	<b>Chicken Massaman Curry</b>	Diced chicken, potato, onion, carrot, peppers, cauliflower, <b>tomato (T)</b> , ginger, <b>dried apricots (SD)</b> , pineapple, garlic, <b>bechamel powder (D)</b> , coconut powder, <b>sultanas (SD)</b> , rice flour, Thai red curry paste, basil, coriander, cumin, cinnamon	White Rice	<b>Homemade Fruity Granola Slice (G)(SD) with Custard (D)</b>

Menu C	Main Course		Side Dish	Dessert
Monday	<b>Italian Beef Bolognese with Wholewheat Penne Pasta</b>	Minced beef, onion, garlic, butternut squash, red pepper, <b>tomato (T)</b> , carrot, mixed herbs, rice flour, oregano, basil & <b>wholewheat penne pasta (G)</b>	<b>Grated Cheddar Cheese (D)</b>	Rhubarb & Strawberry Jelly
Tuesday	<b>Winter Warming Root Vegetable Casserole</b>	Potato, carrot, <b>celery (C)</b> , swede, red pepper, butternut squash, onion, peas, <b>tomato (T)</b> , flageolet beans, red lentils, basil, rice flour, redcurrant jelly, thyme, mandarin, apple, garlic & <b>apricot (SD)</b>	<b>Dumpling (G)</b>	<b>Bramley Apple Crumble Slice (G) with Custard (D)</b>
Wednesday	<b>Italian Chicken Al Forno</b>	Chicken, onion, peppers, swede, butternut squash, oregano, basil, flageolet beans, yellow split peas, <b>tomato (T)</b> , potato flour, olive oil & garlic	White Rice	<b>Smooth Raspberry Yoghurt (D)</b>
Thursday	<b>Speldhurst Kent Sausage with Homemade Baked Beans</b>	<b>Speldhurst pork &amp; beef sausage (G)(SD)</b> , haricot beans, garlic, onion, carrot, <b>tomato (T)</b> , rice flour & rapeseed oil	Butternut Squash & Potato Mash [Potato, dairy free spread, pepper, butternut squash]	<b>Peach Ripple Ice Cream (D)</b>
Friday	 <b>Zebedees Classic Dishes Menu (see page 29)</b>			

**G = Cereals Containing Gluten, D = Contains Dairy Products (Milk), E = Contains Egg, S = Contains Soya, SD = Contains Sulphur Dioxide, F = Contains Fish, T = Contains Tomato, C = Contains Celery**

ALL OF THESE DISHES ARE FREE FROM PEANUTS, TREE NUTS, SESAME SEEDS, MUSTARD, LUPIN, CRUSTACEA AND MOLLUSCS