

Menu A	Main Course		Side Course	Second Course
Monday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Winter Berry Yoghurt (D)
Tuesday	Keralan Tuna Curry (D) (F) (PU) (SD) (T)	Tuna, mackerel, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, red curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)
Wednesday	Charlotte's Veggie Lasagne (D) (G) (PU) (T)	Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, bechamel, tomato, lasagne pasta, stock, oregano, paprika, cheddar & mozzarella	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Lamb Chilli (PU) (SD) (T)	Minced lamb, kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Lemon & Cream Cheese Sponge Slice (D) (G) (S)
Friday	Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T)	Speldhurst pork & beef sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)

Menu B	Main Course		Side Course	Second Course
Monday	Portuguese Chicken (D) (PU) (SD) (T)	Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Pork Stew (PU) (T)	Diced pork, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta (G)	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (D) (PU) (SD) (T)	Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Fruit Salad
Thursday	Beef & Vegetable Potato Topped Pie (S) (SD) (T)	Beef, soya, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Carrot & Cinnamon Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Friday	Tomato & Vegetable Mascarpone (D) (PU) (T)	Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta (G)	Blueberry Oaty Date Bar (G) (SD)

Menu C	Main Course		Side Course	Second Course
Monday	Lamb & Apricot Tagine (PU) (SD) (T)	Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Beetroot Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Tuesday	Italian Soya Bolognese (S) (T)	Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta (G)	Clementine Yoghurt (D)
Wednesday	Chicken Casserole (D) (PU) (T)	Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, cream & bechamel	Brown Rice	Fresh Melon
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Cream (D)
Friday	Zebedees Team Creations Menu			

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Day	Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C) Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chicken Saag Aloo (D) (PU) (T) Chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara (D) (G) (SD) Chicken, chorizo, wholewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al's Winter Sausage Stew (G) (PU) (SD) (T) Diced sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (D) (PU) Sliced chicken breast, pancetta, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Beef Bourgignon (T) Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew (PU) (SD) (T) Chicken, chorizo, red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce (G) (PU) (T) Meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta (G)	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

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Menu A	Main Course		Side Course	Second Course
Monday	Simply Halal Chicken (T)	Diced halal chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Winter Berry Yoghurt (D)
Tuesday	Keralan Tuna Curry (D) (F) (PU) (SD) (T)	Tuna, mackerel, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, red curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)
Wednesday	Charlotte's Veggie Lasagne (D) (G) (PU) (T)	Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, bechamel, tomato, lasagne pasta, stock, oregano, paprika, cheddar & mozzarella	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Halal Lamb Chilli (PU) (SD) (T)	Minced halal lamb, kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Lemon & Cream Cheese Sponge Slice (D) (G) (S)
Friday	Halal Sausage with Homemade Baked Beans (G) (PU) (SD) (T)	Halal chicken & beef sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)

Menu B	Main Course		Side Course	Second Course
Monday	Portuguese Halal Chicken (D) (PU) (SD) (T)	Sliced halal chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Halal Chicken Stew (PU) (T)	Halal chicken, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta (G)	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (D) (PU) (SD) (T)	Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Fruit Salad
Thursday	Halal Lamb & Vegetable Potato Topped Pie (S) (SD) (T)	Minced halal lamb, soya, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Carrot & Cinnamon Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Friday	Tomato & Vegetable Mascarpone (D) (PU) (T)	Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta (G)	Blueberry Oaty Date Bar (G) (SD)

Menu C	Main Course		Side Course	Second Course
Monday	Halal Lamb & Apricot Tagine (PU) (SD) (T)	Halal lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Beetroot Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Tuesday	Italian Soya Bolognaise (S) (T)	Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta (G)	Clementine Yoghurt (D)
Wednesday	Halal Chicken Casserole (D) (PU) (T)	Sliced halal chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, cream & bechamel	Brown Rice	Fresh Melon
Thursday	Roast Halal Turkey in Gravy (PU) with Baby New Potatoes	Roast halal turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Cream (D)
Friday	Zebedees Team Creations Menu			

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HL HALAL LUNCH MENU

Autumn/Winter 2023/24

VA Vegan	V Vegetarian	T Tomato	SD Suphites	S Soya	PUJ Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries																
Monday	Simply Halal Chicken			●											●			
	Pasta																	
	Winter Berry Yoghurt			●	●												●	●
Tuesday	Keralan Tuna Curry			●	●				●								●	●
	White Rice																	
	Vanilla Ice Cream				●													
Wednesday	Charlotte's Veggie Lasagne			●	●												●	●
	Grated Courgette & Carrot																	
	Fruit Salad			●														●
Thursday	Mild Halal Lamb Chilli			●														
	Brown Rice																	
	Lemon & Cream Cheese Sponge Slice			●	●													
Friday	Halal Sausage with Homemade Baked Beans	●		●														
	Potato, Butternut Squash & Sweet Potato Mash																	
	Blackcurrant Yoghurt			●	●													●

Menu B	Dish	Dietaries																
Monday	Portuguese Halal Chicken			●	●													
	Brown Rice																	
	Diced Peaches			●														
Tuesday	Mediterranean Halal Chicken Stew			●														
	Pasta																	
	Apple & Blackberry Yoghurt			●	●													
Wednesday	Spinach & Paneer Makhani			●	●													
	White Rice																	
	Fruit Salad			●														●
Thursday	Halal Lamb & Vegetable Potato Topped Pie			●														
	Cucumber Slices																	
	Carrot & Cinnamon Sponge Slice			●														
	Vanilla Sauce				●													
Friday	Tomato & Vegetable Mascarpone			●	●													
	Pasta																	
	Blueberry Oaty Date Bar			●														

Menu C	Dish	Dietaries																
Monday	Halal Lamb & Apricot Tagine			●														
	White Rice																	
	Beetroot Sponge Slice			●														
	Vanilla Sauce				●													
Tuesday	Italian Soya Bolognaise			●														
	Pasta																	
	Clementine Yoghurt			●	●													
Wednesday	Halal Chicken Casserole			●	●													
	Brown Rice																	
	Fresh Melon			●														
Thursday	Roast Halal Turkey in Gravy																	
	with Baby New Potatoes																	
	Carrots, Peas & Sweetcorn																	
	Strawberry Ice Cream			●	●													
Friday	Zebedees Team Creations Menu																	

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Day		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Halal Chicken Saag Aloo (D) (PU) (T)	Halal chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Halal Chicken Carbonara (D) (G)	Halal chicken, wholewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al's Winter Halal Sausage Stew (G) (PU) (SD) (T)	Diced halal chicken & beef sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia's Halal Chicken Supreme (D) (PU)	Sliced halal chicken breast, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Halal Lamb Bourgignon (T)	Halal lamb, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Halal Chicken & Lentil Stew (PU) (T)	Halal chicken, red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Halal Chicken Meatballs in Rich Tomato Sauce (PU) (T)	Halal chicken meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta (G)	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

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HL HALAL ZEBEDEES Team CREATIONS LUNCH MENU

Autumn/Winter 2023/24

VA Vegan
V Vegetarian
T Tomato
SD Suptites
S Soya
PUJ Pulse/Bean
P Pork
HL Halal
G Gluten
F Fish
E Egg
D Dairy
CA Citric Acid/Spice
C Celery
B Beef

Day	Dish	Dietaries															
17 Nov 2023	25 Year Anniversary Celebration Meal 25 pence of every meal ordered to be donated to charity Details of the 25 Year Anniversary menu and charity coming soon!		●							●						●	●
8 Dec 2023	Katie's Halal Chicken Saag Aloo White Rice Fruit Salad			●	●					●		●				●	●
19 Jan 2024	Lewis's Halal Chicken Carbonara Cucumber Slices Courgette & Lime Sponge Slice			●	●			●		●						●	●
9 Feb 2024	Al's Winter Halal Sausage Stew Brown Rice Banana & Butterscotch Sugar Free Yoghurt	●		●				●		●		●		●		●	●
1 Mar 2024	Nadia's Halal Chicken Supreme White Rice Fruit Salad			●	●					●						●	●
22 Mar 2024	Ady's Halal Lamb Bourgignon Mashed Potato Vanilla Yoghurt			●						●					●	●	●
12 Apr 2024	Sarah's Catalan Halal Chicken & Lentil Stew White Rice Mixed Berry Yoghurt Mousse			●	●					●				●		●	●
3 May 2024	Nursery Favourite Halal Chicken Meatballs in Rich Tomato Sauce Pasta Natural Yoghurt with Stewed Apple & Cinnamon Compote			●				●		●		●			●	●	●

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Menu A	Main Course	Side Course	Second Course
Monday	Simply Quorn & Lentils (G) (PU) (T) Quorn vegan pieces, lentils, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Winter Berry Yoghurt (D)
Tuesday	Keralan Chickpea Curry (D) (PU) (SD) (T) Chickpeas, lentils, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, coconut milk, pineapple, garlic, bechamel, red curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)
Wednesday	Charlotte's Veggie Lasagne (D) (G) (PU) (T) Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, bechamel, tomato, lasagne pasta, stock, oregano, paprika, cheddar & mozzarella	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Vegetable Chilli (PU) (SD) (T) Kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Lemon & Cream Cheese Sponge Slice (D) (G) (S)
Friday	Quorn Vegan Sausage with Homemade Baked Beans (G) (PU) (T) Quorn vegan sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)

Menu B	Main Course	Side Course	Second Course
Monday	Portuguese Vegetables (D) (PU) (SD) (T) Haricot beans, red Lentils, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Bean Stew (PU) (T) Mixed beans, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta (G)	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (D) (PU) (SD) (T) Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Fruit Salad
Thursday	Soya & Vegetable Potato Topped Pie (S) (SD) (T) Soya mince, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Carrot & Cinnamon Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Friday	Tomato & Vegetable Mascarpone (D) (PU) (T) Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta (G)	Blueberry Oaty Date Bar (G) (SD)

Menu C	Main Course	Side Course	Second Course
Monday	Chickpea & Apricot Tagine (PU) (SD) (T) Chickpeas, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, stock & rice flour	White Rice	Beetroot Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Tuesday	Italian Soya Bolognese (S) (T) Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta (G)	Clementine Yoghurt (D)
Wednesday	Vegetable Casserole (D) (PU) (T) Kidney beans, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, cream & bechamel	Brown Rice	Fresh Melon
Thursday	Roast Chicken-Style Slices in Gravy (G) (S) with Baby New Potatoes Chicken style slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Cream (D)
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8 Dec 2023	Katie's Chickpea Saag Aloo (D) (PU) (T) Chickpeas, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Quorn & Lentil Carbonara (D) (G) (PU) Quorn Vegan Pieces, lentils, wholewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al's Winter Quorn Vegan Stew (G) (PU) (T) Quorn Vegan Pieces, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia's Quorn & Lentil Supreme (D) (G) (PU) Quorn Vegan Pieces, lentils, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Bean Bourignon (PU) (T) Kidney Beans, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Lentil Stew (PU) (T) Red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Vegan Meatballs in Rich Tomato Sauce (G) (PU) (S) (T) Vegan soya & chickpea meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta (G)	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

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Monday	Simply Quorn & Lentils (G) (PU) (T)	Quorn vegan pieces, lentils, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Tuesday	Keralan Chickpea Curry (Dairy Free) (PU) (SD) (T)	Chickpeas, lentils, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, coconut milk, dairy free bechamel, pineapple, garlic, red curry paste, coriander & rice flour	White Rice	Plain Flapjack (Gluten Free)
Wednesday	Charlotte's Veggie Lasagne (Dairy Free) (G) (PU) (T)	Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, tomato, lasagne pasta, dairy free bechamel, stock, oregano, paprika	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Vegetable Chilli (PU) (SD) (T)	Kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Lemon Sponge Slice (Dairy Free) (G) (S)
Friday	Quorn Vegan Sausage with Homemade Baked Beans (G) (PU) (T)	Vegan Quorn sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)

Menu B	Main Course		Side Course	Second Course
Monday	Portuguese Vegetables (Dairy Free) (PU) (SD) (T)	Haricot beans, red Lentils, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour	Brown Rice	Diced Peaches
Tuesday	Mediterranean Bean Stew (PU) (T)	Mixed beans, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta (G)	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Wednesday	Spinach Makhani (Dairy Free) (PU) (SD) (T)	Spinach, onion, sweet potato, peppers, chickpeas, mango chutney, coconut milk, carrot, garlic, tomato, curry powder, korma paste & cornflour	White Rice	Fruit Salad
Thursday	Soya & Vegetable Potato Topped Pie (S) (SD) (T)	Soya mince, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Carrot & Cinnamon Slice (G) (S) (SD) Dairy Free Custard (S)
Friday	Tomato & Vegetable Sauce (Dairy Free) (PU) (T)	Swede, garlic, onion, peppers, butternut, tomato, sweetcorn, dairy free bechamel & lentils	Pasta (G)	Blueberry Oaty Date Bar (G) (SD)

Menu C	Main Course		Side Course	Second Course
Monday	Chickpea & Apricot Tagine (PU) (SD) (T)	Chickpeas, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, stock & rice flour	White Rice	Beetroot Sponge Slice (G) (S) (SD) Dairy Free Custard (S)
Tuesday	Italian Soya Bolognese (S) (T)	Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta (G)	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Wednesday	Vegetable Casserole (Dairy Free) (PU) (T)	Kidney beans, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, dairy free bechamel	Brown Rice	Fresh Melon
Thursday	Roast Chicken-Style Slices in Gravy (G) (S) with Baby New Potatoes	Chicken style slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Plain Flapjack (Gluten Free)
Friday	Zebedees Team Creations Menu			

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Day	Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C) Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chickpea Saag Aloo (Dairy Free) (PU) (T) Chickpeas, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Quorn & Lentil Carbonara (Dairy Free) (G) (PU) Quorn Vegan Pieces, wholewheat spaghetti, lentils, onion, garlic, basil, butternut squash, smoked paprika, dairy free bechamel & dairy free cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al's Winter Quorn Vegan Stew (G) (PU) (T) Quorn Vegan Pieces, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
1 Mar 2024	Nadia's Quorn & Lentil Supreme (Dairy Free) (G) (PU) Quorn Vegan Pieces, lentils, onion, garlic, peppers, sweetcorn, carrot, dairy free bechamel, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Bean Bourignon (PU) (T) Kidney Beans, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
12 Apr 2024	Sarah's Catalan Lentil Stew (PU) (T) Red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
3 May 2024	Nursery Favourite Vegan Meatballs in Rich Tomato Sauce (G) (PU) (S) (T) Vegan soya & chickpea meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta (G)	Stewed Apple & Cinnamon Compote

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VA VEGAN ZEBEDEES TEAM CREATIONS LUNCH MENU

Autumn/Winter 2023/24

VA Vegan
V Vegetarian
T Tomato
SD Suptites
S Soya
PJ Pulse/Bean
P Pork
HL Halal
G Gluten
F Fish
E Egg
D Dairy
CA Citric Acid/Spice
C Celery
B Beef

Day	Dish	Dietaries													
17 Nov 2023	25 Year Anniversary Celebration Meal 25 pence of every meal ordered to be donated to charity Details of the 25 Year Anniversary menu and charity coming soon!		●							●				●	●
8 Dec 2023	Katie's Chickpea Saag Aloo (Dairy Free) White Rice Fruit Salad			●					●		●		●	●	●
19 Jan 2024	Lewis's Quorn & Lentil Carbonara (Dairy Free) Cucumber Slices Courgette & Lime Sponge Slice			●				●	●		●		●	●	●
9 Feb 2024	Al's Winter Quorn Vegan Stew Brown Rice Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)			●				●	●		●		●	●	●
1 Mar 2024	Nadia's Quorn & Lentil Supreme (Dairy Free) White Rice Fruit Salad			●				●	●		●		●	●	●
22 Mar 2024	Ady's Bean Bourignon Mashed Potato Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)			●				●	●		●		●	●	●
12 Apr 2024	Sarah's Catalan Lentil Stew White Rice Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)			●				●	●		●		●	●	●
3 May 2024	Nursery Favourite Vegan Meatballs in Rich Tomato Sauce Pasta Stewed Apple & Cinnamon Compote			●				●	●		●	●	●	●	●

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Menu A	Main Course	Side Course	Second Course
Monday	Simply Chicken (T) Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Winter Berry Yoghurt (D)
Tuesday	Keralan Chicken Curry (D) (PU) (SD) (T) Diced chicken, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, red curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)
Wednesday	Charlotte's Veggie Lasagne (D) (G) (PU) (T) Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, bechamel, tomato, lasagne pasta, stock, oregano, paprika, cheddar & mozzarella	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Lamb Chilli (PU) (SD) (T) Minced lamb, kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Lemon & Cream Cheese Sponge Slice (D) (G) (S)
Friday	Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T) Speldhurst pork & beef sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)

Menu B	Main Course	Side Course	Second Course
Monday	Portuguese Chicken (D) (PU) (SD) (T) Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Pork Stew (PU) (T) Diced pork, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta (G)	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (D) (PU) (SD) (T) Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Fruit Salad
Thursday	Beef & Vegetable Potato Topped Pie (S) (SD) (T) Beef, soya, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Carrot & Cinnamon Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Friday	Tomato & Vegetable Mascarpone (D) (PU) (T) Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta (G)	Blueberry Oaty Date Bar (G) (SD)

Menu C	Main Course	Side Course	Second Course
Monday	Lamb & Apricot Tagine (PU) (SD) (T) Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Beetroot Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Tuesday	Italian Soya Bolognese (S) (T) Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta (G)	Clementine Yoghurt (D)
Wednesday	Chicken Casserole (D) (PU) (T) Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, cream & bechamel	Brown Rice	Fresh Melon
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Cream (D)
Friday	Zebedees Team Creations Menu		

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Day		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chicken Saag Aloo (D) (PU) (T)	Chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara (D) (G) (SD)	Chicken, chorizo, wholewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al's Winter Sausage Stew (G) (PU) (SD) (T)	Diced sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (D) (PU)	Sliced chicken breast, pancetta, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Beef Bourgignon (T)	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew (PU) (SD) (T)	Chicken, chorizo, red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce (G) (PU) (T)	Meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta (G)	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

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Menu A	Main Course		Side Course	Second Course
Monday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Tuesday	Keralan Tuna Curry (Dairy Free) (F) (PU) (SD) (T)	Tuna, mackerel, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, dairy free bechamel, pineapple, garlic, red curry paste, coriander & rice flour	White Rice	Plain Flapjack (Gluten Free)
Wednesday	Charlotte's Veggie Lasagne (Dairy Free) (G) (PU) (T)	Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, tomato, lasagne pasta, dairy free bechamel, stock, oregano, paprika	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Lamb Chilli (PU) (SD) (T)	Minced lamb, kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Lemon Sponge Slice (Dairy Free) (G) (S)
Friday	Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T)	Speldhurst pork & beef sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)

Menu B	Main Course		Side Course	Second Course
Monday	Portuguese Chicken (Dairy Free) (PU) (SD) (T)	Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour	Brown Rice	Diced Peaches
Tuesday	Mediterranean Pork Stew (PU) (T)	Diced pork, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta (G)	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Wednesday	Spinach Makhani (Dairy Free) (PU) (SD) (T)	Spinach, onion, sweet potato, peppers, chickpeas, mango chutney, coconut milk, carrot, garlic, tomato, curry powder, korma paste & cornflour	White Rice	Fruit Salad
Thursday	Beef & Vegetable Potato Topped Pie (S) (SD) (T)	Beef, soya, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Carrot & Cinnamon Slice (G) (S) (SD) Dairy Free Custard (S)
Friday	Tomato & Vegetable Sauce (Dairy Free) (PU) (T)	Swede, garlic, onion, peppers, butternut, tomato, sweetcorn, dairy free bechamel & lentils	Pasta (G)	Blueberry Oaty Date Bar (G) (SD)

Menu C	Main Course		Side Course	Second Course
Monday	Lamb & Apricot Tagine (PU) (SD) (T)	Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Beetroot Sponge Slice (G) (S) (SD) Dairy Free Custard (S)
Tuesday	Italian Soya Bolognese (S) (T)	Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta (G)	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Wednesday	Vegetable Casserole (Dairy Free) (PU) (T)	Kidney beans, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, dairy free bechamel	Brown Rice	Fresh Melon
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Plain Flapjack (Gluten Free)
Friday	Zebedees Team Creations Menu			

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D DAIRY FREE LUNCH MENU

Autumn/Winter 2023/24

VA Vegan	V Vegetarian	T Tomato	SD Suphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries													
Monday	Simply Chicken			●				●						●	
	Pasta							●						●	●
	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)			●										●	●
Tuesday	Keralan Tuna Curry (Dairy Free)			●					●					●	
	White Rice								●					●	●
	Plain Flapjack (Gluten Free)													●	●
Wednesday	Charlotte's Veggie Lasagne (Dairy Free)			●				●						●	●
	Grated Courgette & Carrot							●						●	●
	Fruit Salad			●				●						●	●
Thursday	Mild Lamb Chilli			●										●	●
	Brown Rice								●					●	●
	Lemon Sponge Slice (Dairy Free)			●				●						●	●
Friday	Speldhurst Kent Sausage with Homemade Baked Beans	●						●					●	●	●
	Potato, Butternut Squash & Sweet Potato Mash							●						●	●
	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)			●										●	●

Menu B	Dish	Dietaries													
Monday	Portuguese Chicken (Dairy Free)			●										●	
	Brown Rice							●						●	●
	Diced Peaches			●				●						●	●
Tuesday	Mediterranean Pork Stew			●										●	
	Pasta							●						●	●
	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)			●										●	●
Wednesday	Spinach Makhani (Dairy Free)			●				●						●	●
	White Rice							●						●	●
	Fruit Salad			●				●						●	●
Thursday	Beef & Vegetable Potato Topped Pie	●		●									●	●	●
	Cucumber Slices							●						●	●
	Carrot & Cinnamon Slice			●				●						●	●
Friday	Dairy Free Custard							●					●	●	●
	Tomato & Vegetable Sauce (Dairy Free)			●				●						●	●
	Pasta							●						●	●
	Blueberry Oaty Date Bar			●				●					●	●	●

Menu C	Dish	Dietaries													
Monday	Lamb & Apricot Tagine			●										●	
	White Rice							●						●	●
	Beetroot Sponge Slice			●				●						●	●
	Dairy Free Custard							●						●	●
Tuesday	Italian Soya Bolognese			●										●	●
	Pasta							●						●	●
	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)			●										●	●
Wednesday	Vegetable Casserole (Dairy Free)			●				●						●	●
	Brown Rice							●						●	●
	Fresh Melon			●				●						●	●
Thursday	Roast Turkey in Gravy with Baby New Potatoes							●						●	●
	Carrots, Peas & Sweetcorn							●						●	●
	Plain Flapjack (Gluten Free)							●						●	●
Friday	Zebedees Team Creations Menu														

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Day	Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chicken Saag Aloo (Dairy Free) (PU) (T)	White Rice	Fruit Salad
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara (Dairy Free) (G) (SD)	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al's Winter Sausage Stew (G) (PU) (SD) (T)	Brown Rice	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (Dairy Free) (PU)	White Rice	Fruit Salad
22 Mar 2024	Ady's Beef Bourgignon (T)	Mashed Potato	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew (PU) (SD) (T)	White Rice	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce (G) (PU) (T)	Pasta (G)	Stewed Apple & Cinnamon Compote

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D DAIRY FREE ZEBEDEES TEAM CREATIONS LUNCH MENU

Autumn/Winter 2023/24

VA Vegan
V Vegetarian
T Tomato
SD Suphites
S Soya
PUJ Pulse/Bean
P Pork
HL Halal
G Gluten
F Fish
E Egg
D Dairy
CA Citric Acid/Spice
C Celery
B Beef

Day	Dish	Dietaries																
17 Nov 2023	25 Year Anniversary Celebration Meal 25 pence of every meal ordered to be donated to charity Details of the 25 Year Anniversary menu and charity coming soon!		●							●							●	●
8 Dec 2023	Katie's Chicken Saag Aloo (Dairy Free) White Rice Fruit Salad			●						●		●					●	●
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara (Dairy Free) Cucumber Slices Courgette & Lime Sponge Slice			●				●		●			●				●	●
9 Feb 2024	Al's Winter Sausage Stew Brown Rice Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)	●		●				●		●	●		●				●	●
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (Dairy Free) White Rice Fruit Salad			●						●	●						●	●
22 Mar 2024	Ady's Beef Bourgignon Mashed Potato Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)	●		●						●							●	●
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew White Rice Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)			●						●	●		●				●	●
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce Pasta Stewed Apple & Cinnamon Compote	●		●				●		●		●					●	●

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Menu A	Main Course	Side Course	Second Course
Monday	Simply Chicken (T) Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Winter Berry Yoghurt (D)
Tuesday	Keralan Tuna Curry (D) (F) (PU) (SD) (T) Tuna, mackerel, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, red curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)
Wednesday	Charlotte's Veggie Lasagne (D) (G) (PU) (T) Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, bechamel, tomato, lasagne pasta, stock, oregano, paprika, cheddar & mozzarella	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Lamb Chilli (PU) (SD) (T) Minced lamb, kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Lemon & Cream Cheese Sponge Slice (D) (G) (S)
Friday	Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T) Speldhurst pork & beef sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)

Menu B	Main Course	Side Course	Second Course
Monday	Portuguese Chicken (D) (PU) (SD) (T) Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Pork Stew (PU) (T) Diced pork, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta (G)	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (D) (PU) (SD) (T) Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Fruit Salad
Thursday	Beef & Vegetable Potato Topped Pie (S) (SD) (T) Beef, soya, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Carrot & Cinnamon Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Friday	Tomato & Vegetable Mascarpone (D) (PU) (T) Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta (G)	Blueberry Oaty Date Bar (G) (SD)

Menu C	Main Course	Side Course	Second Course
Monday	Lamb & Apricot Tagine (PU) (SD) (T) Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Beetroot Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Tuesday	Italian Soya Bolognese (S) (T) Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta (G)	Clementine Yoghurt (D)
Wednesday	Chicken Casserole (D) (PU) (T) Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, cream & bechamel	Brown Rice	Fresh Melon
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Cream (D)
Friday	Zebedees Team Creations Menu		

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Day		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chicken Saag Aloo (D) (PU) (T)	Chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara (D) (G) (SD)	Chicken, chorizo, wholewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al's Winter Sausage Stew (G) (PU) (SD) (T)	Diced sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (D) (PU)	Sliced chicken breast, pancetta, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Beef Bourgignon (T)	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew (PU) (SD) (T)	Chicken, chorizo, red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce (G) (PU) (T)	Meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta (G)	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

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Menu A	Main Course	Side Course	Second Course
Monday	Simply Chicken (T) Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Gluten Free Pasta	Winter Berry Yoghurt (D)
Tuesday	Keralan Tuna Curry (D) (F) (PU) (SD) (T) Tuna, mackerel, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, red curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)
Wednesday	Charlotte's Veggie Lasagne (Gluten Free) (D) (PU) (T) Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, bechamel, tomato, gluten free lasagne pasta, stock, oregano, paprika, cheddar & mozzarella	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Lamb Chilli (PU) (SD) (T) Minced lamb, kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Plain Flapjack (Gluten Free)
Friday	Gluten Free Pork Sausage with Homemade Baked Beans (PU) (SD) (T) Gluten free pork sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)

Menu B	Main Course	Side Course	Second Course
Monday	Portuguese Chicken (D) (PU) (SD) (T) Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Pork Stew (PU) (T) Diced pork, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Gluten Free Pasta	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (D) (PU) (SD) (T) Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Fruit Salad
Thursday	Beef & Vegetable Potato Topped Pie (S) (SD) (T) Beef, soya, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Plain Flapjack (Gluten Free) Vanilla Sauce (D)
Friday	Tomato & Vegetable Mascarpone (D) (PU) (T) Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese, sweetcorn & lentils	Gluten Free Pasta	Blueberry Oaty Date Bar (SD)

Menu C	Main Course	Side Course	Second Course
Monday	Lamb & Apricot Tagine (PU) (SD) (T) Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Plain Flapjack (Gluten Free) Vanilla Sauce (D)
Tuesday	Italian Soya Bolognese (S) (T) Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Gluten Free Pasta	Clementine Yoghurt (D)
Wednesday	Chicken Casserole (D) (PU) (T) Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, cream & bechamel	Brown Rice	Fresh Melon
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Cream (D)
Friday	Zebedees Team Creations Menu		

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Day		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chicken Saag Aloo (D) (PU) (T)	Chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara (Gluten Free) (D) (SD)	Chicken, chorizo, gluten free spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Plain Flapjack (Gluten Free)
9 Feb 2024	Al's Winter Sausage Stew (Gluten Free) (PU) (SD) (T)	Diced gluten free pork sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (D) (PU)	Sliced chicken breast, pancetta, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Beef Bourignon (T)	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew (PU) (SD) (T)	Chicken, chorizo, red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Meatballs in Rich Tomato Sauce (Gluten Free) (PU) (T)	Gluten free chicken meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Gluten Free Pasta	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

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Menu A	Main Course		Side Course	Second Course
Monday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Winter Berry Yoghurt (D)
Tuesday	Keralan Tuna Curry (Pulse Free) (D) (F) (SD) (T)	Tuna, mackerel, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, coconut milk, pineapple, garlic, bechamel, red curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)
Wednesday	Charlotte's Veggie Lasagne (Pulse Free) (D) (G) (T)	Sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, bechamel, tomato, lasagne pasta, stock, oregano, paprika, cheddar & mozzarella	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Lamb Chilli (Pulse Free) (SD) (T)	Minced lamb, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Lemon & Cream Cheese Sponge Slice (D) (G) (S)
Friday	Speldhurst Kent Sausage in Vegetable Gravy (G) (SD)	Speldhurst pork & beef sausage, carrot, swede & gravy	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)

Menu B	Main Course		Side Course	Second Course
Monday	Portuguese Chicken (Pulse Free) (D) (SD) (T)	Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, cornflour, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Pork Stew (Pulse Free) (T)	Diced pork, tomato, red onion, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta (G)	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (Pulse Free) (D) (SD) (T)	Spinach, paneer, onion, sweet potato, peppers, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Fruit Salad
Thursday	Beef & Vegetable Potato Topped Pie (S) (SD) (T)	Beef, soya, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Carrot & Cinnamon Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Friday	Tomato & Mascarpone (Pulse Free) (D) (T)	Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese	Pasta (G)	Blueberry Oaty Date Bar (G) (SD)

Menu C	Main Course		Side Course	Second Course
Monday	Lamb & Apricot Tagine (Pulse Free) (SD) (T)	Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, stock & rice flour	White Rice	Beetroot Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Tuesday	Italian Soya Bolognese (S) (T)	Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta (G)	Clementine Yoghurt (D)
Wednesday	Chicken Casserole (Pulse Free) (D) (T)	Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, tomato, thyme, cream & bechamel	Brown Rice	Fresh Melon
Thursday	Roast Chicken in Gravy with Baby New Potatoes	Chicken breast & gravy New potatoes	Carrots	Strawberry Ice Cream (D)
Friday	Zebedees Team Creations Menu			

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8 Dec 2023	Katie's Chicken Saag Aloo (Pulse Free) (D) (T)	Chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara (D) (G) (SD)	Chicken, chorizo, wholewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al's Winter Sausage Stew (Pulse Free) (G) (SD) (T)	Diced sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (Pulse Free) (D)	Sliced chicken breast, pancetta, onion, garlic, peppers, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Beef Bourgignon (T)	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Chorizo & Chicken Stew (Pulse Free) (SD) (T)	Chicken, chorizo, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce (Pulse Free) (G) (T)	Meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta (G)	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

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Menu A	Main Course	Side Course	Second Course
Monday	Simply Chicken (T) Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Winter Berry Yoghurt (D)
Tuesday	Keralan Tuna Curry (D) (F) (PU) (SD) (T) Tuna, mackerel, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, red curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)
Wednesday	Charlotte's Veggie Lasagne (D) (G) (PU) (T) Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, bechamel, tomato, lasagne pasta, stock, oregano, paprika, cheddar & mozzarella	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Lamb Chilli (PU) (SD) (T) Minced lamb, kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Plain Flapjack (Gluten Free)
Friday	Speldhurst Kent Sausage with Homemade Baked Beans (G) (PU) (SD) (T) Speldhurst pork & beef sausage, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)

Menu B	Main Course	Side Course	Second Course
Monday	Portuguese Chicken (D) (PU) (SD) (T) Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Pork Stew (PU) (T) Diced pork, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta (G)	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (D) (PU) (SD) (T) Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt & cornflour	White Rice	Fruit Salad
Thursday	Beef & Vegetable Potato Topped Pie (Soya Free) (SD) (T) Beef, carrot, swede, tomato, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Plain Flapjack (Gluten Free) Vanilla Sauce (D)
Friday	Tomato & Vegetable Mascarpone (D) (PU) (T) Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta (G)	Blueberry Oaty Date Bar (G) (SD)

Menu C	Main Course	Side Course	Second Course
Monday	Lamb & Apricot Tagine (PU) (SD) (T) Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Plain Flapjack (Gluten Free) Vanilla Sauce (D)
Tuesday	Italian Soya Free Bolognese (T) Carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta (G)	Clementine Yoghurt (D)
Wednesday	Chicken Casserole (D) (PU) (T) Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, cream & bechamel	Brown Rice	Fresh Melon
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Cream (D)
Friday	Zebedees Team Creations Menu		

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SOYA FREE LUNCH MENU

Autumn/Winter 2023/24

VA Vegan	V Vegetarian	T Tomato	SD Suphites	S Soya	PUJ Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries															
Monday	Simply Chicken			●											●		
	Pasta							●								●	●
	Winter Berry Yoghurt			●	●											●	●
Tuesday	Keralan Tuna Curry			●	●				●						●		
	White Rice								●							●	●
	Vanilla Ice Cream				●											●	●
Wednesday	Charlotte's Veggie Lasagne			●	●										●		
	Grated Courgette & Carrot			●												●	●
	Fruit Salad			●												●	●
Thursday	Mild Lamb Chilli			●											●		
	Brown Rice															●	●
	Plain Flapjack (Gluten Free)															●	●
Friday	Speldhurst Kent Sausage with Homemade Baked Beans	●		●					●						●		
	Potato, Butternut Squash & Sweet Potato Mash															●	●
	Blackcurrant Yoghurt			●	●											●	●

Menu B	Dish	Dietaries															
Monday	Portuguese Chicken			●	●										●		
	Brown Rice															●	●
	Diced Peaches			●												●	●
Tuesday	Mediterranean Pork Stew			●											●		
	Pasta								●							●	●
	Apple & Blackberry Yoghurt			●	●											●	●
Wednesday	Spinach & Paneer Makhani			●	●										●		
	White Rice															●	●
	Fruit Salad			●												●	●
Thursday	Beef & Vegetable Potato Topped Pie (Soya Free)	●		●											●		
	Cucumber Slices															●	●
	Plain Flapjack (Gluten Free)															●	●
	Vanilla Sauce				●											●	●
Friday	Tomato & Vegetable Mascarpone			●	●										●		
	Pasta															●	●
	Blueberry Oaty Date Bar			●					●						●		●

Menu C	Dish	Dietaries															
Monday	Lamb & Apricot Tagine			●											●		
	White Rice															●	●
	Plain Flapjack (Gluten Free)															●	●
	Vanilla Sauce				●											●	●
Tuesday	Italian Soya Free Bolognaise			●											●		
	Pasta								●							●	●
	Clementine Yoghurt			●	●											●	●
Wednesday	Chicken Casserole			●	●										●		
	Brown Rice															●	●
	Fresh Melon			●												●	●
Thursday	Roast Turkey in Gravy with Baby New Potatoes														●		
	Carrots, Peas & Sweetcorn														●		●
	Strawberry Ice Cream			●	●											●	●
Friday	Zebedees Team Creations Menu																

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Day		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chicken Saag Aloo (Tomato Free) (D) (PU)	Chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, gravy, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara (D) (G) (SD)	Chicken, chorizo, wholewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Plain Flapjack (Gluten Free)
9 Feb 2024	Al's Winter Sausage Stew (G) (PU) (SD) (T)	Diced sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (D) (PU)	Sliced chicken breast, pancetta, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Beef Bourgignon (T)	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew (PU) (SD) (T)	Chicken, chorizo, red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce (G) (PU) (T)	Meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta (G)	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

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Menu A	Main Course		Side Course	Second Course
Monday	Simply Chicken (Tomato Free)	Diced chicken, onion, garlic, peppers, butternut squash, rice flour & gravy	Pasta (G)	Winter Berry Yoghurt (D)
Tuesday	Keralan Tuna Curry (Tomato Free) (D) (F) (PU) (SD)	Tuna, mackerel, onion, sweet potato, peppers, leeks, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, bechamel, curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)
Wednesday	Charlotte's Veggie Lasagne (Tomato Free) (D) (G) (PU)	Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, bechamel, gravy, lasagne pasta, stock, oregano, paprika, cheddar & mozzarella	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Lamb Chilli (Tomato Free) (PU) (SD)	Minced lamb, kidney beans, mixed peppers, gravy, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano, apricot, fresh coriander & cornflour	Brown Rice	Lemon & Cream Cheese Sponge Slice (D) (G) (S)
Friday	Speldhurst Kent Sausage in Vegetable Gravy (G) (SD)	Speldhurst pork & beef sausage, carrot, swede & gravy	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)

Menu B	Main Course		Side Course	Second Course
Monday	Portuguese Chicken (Tomato Free) (D) (PU) (SD)	Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, apricot, red lentils, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cornflour, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Pork Stew (Tomato Free) (PU)	Diced pork, gravy, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta (G)	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (Tomato Free) (D) (PU) (SD)	Spinach, paneer, onion, sweet potato, peppers, chickpeas, mango chutney, bechamel, coconut milk, carrot, garlic, curry powder, korma paste, yoghurt & cornflour	White Rice	Fruit Salad
Thursday	Beef & Vegetable Potato Topped Pie (Tomato Free) (S) (SD)	Beef, soya, carrot, swede, onion, garlic, leek, thyme, redcurrant jelly, apricot, gravy, potato & sweet potato	Cucumber Slices	Carrot & Cinnamon Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Friday	Vegetable Mascarpone (Tomato Free) (D) (PU)	Swede, garlic, onion, peppers, butternut, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta (G)	Blueberry Oaty Date Bar (G) (SD)

Menu C	Main Course		Side Course	Second Course
Monday	Lamb & Apricot Tagine (Tomato Free) (PU) (SD)	Lamb, onion, carrot, potato, peppers, gravy, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Beetroot Sponge Slice (G) (S) (SD) Vanilla Sauce (D)
Tuesday	Italian Soya Bolognese (Tomato Free) (S)	Soya mince, carrot, butternut squash, onion, peppers, gravy, garlic, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta (G)	Clementine Yoghurt (D)
Wednesday	Chicken Casserole (Tomato Free) (D) (PU)	Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, gravy, thyme, cream & bechamel	Brown Rice	Fresh Melon
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Cream (D)
Friday	Zebedees Team Creations Menu			

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T Tomato Free LUNCH MENU

Autumn/Winter 2023/24

VA Vegan	V Vegetarian	T Tomato	SD Suphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries													
Monday	Simply Chicken (Tomato Free)														
	Pasta														
	Winter Berry Yoghurt														
Tuesday	Keralan Tuna Curry (Tomato Free)														
	White Rice														
	Vanilla Ice Cream														
Wednesday	Charlotte's Veggie Lasagne (Tomato Free)														
	Grated Courgette & Carrot														
	Fruit Salad														
Thursday	Mild Lamb Chilli (Tomato Free)														
	Brown Rice														
	Lemon & Cream Cheese Sponge Slice														
Friday	Speldhurst Kent Sausage in Vegetable Gravy														
	Potato, Butternut Squash & Sweet Potato Mash														
	Blackcurrant Yoghurt														

Menu B	Dish	Dietaries													
Monday	Portuguese Chicken (Tomato Free)														
	Brown Rice														
	Diced Peaches														
Tuesday	Mediterranean Pork Stew (Tomato Free)														
	Pasta														
	Apple & Blackberry Yoghurt														
Wednesday	Spinach & Paneer Makhani (Tomato Free)														
	White Rice														
	Fruit Salad														
Thursday	Beef & Vegetable Potato Topped Pie (Tomato Free)														
	Cucumber Slices														
	Carrot & Cinnamon Sponge Slice														
Friday	Vegetable Mascarpone (Tomato Free)														
	Pasta														
	Blueberry Oaty Date Bar														

Menu C	Dish	Dietaries													
Monday	Lamb & Apricot Tagine (Tomato Free)														
	White Rice														
	Beetroot Sponge Slice														
	Vanilla Sauce														
Tuesday	Italian Soya Bolognaise (Tomato Free)														
	Pasta														
	Clementine Yoghurt														
Wednesday	Chicken Casserole (Tomato Free)														
	Brown Rice														
	Fresh Melon														
Thursday	Roast Turkey in Gravy with Baby New Potatoes														
	Carrots, Peas & Sweetcorn														
	Strawberry Ice Cream														
Friday	Zebedees Team Creations Menu														

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Day		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chicken Saag Aloo (Tomato Free) (D) (PU)	Chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, gravy, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara (D) (G) (SD)	Chicken, chorizo, wholewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al's Winter Sausage Stew (Tomato Free) (G) (PU) (SD)	Diced sausage, peppers, sweet potato, onion, carrot, leeks, garlic, gravy, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (D) (PU)	Sliced chicken breast, pancetta, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Beef Bourignon (Tomato Free)	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew (Tomato Free) (PU) (SD)	Chicken, chorizo, red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Beef Meatballs in Gravy (Tomato Free) (G) (PU)	Meatballs, onion, garlic, carrot, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta (G)	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

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Menu A	Main Course		Side Course	Second Course
Monday	Simply Chicken (Tomato Free)	Diced chicken, onion, peppers, butternut squash, rice flour & gravy	Pasta (G)	Natural Yoghurt (D)
Tuesday	Keralan Tuna Curry Alternative (D) (F) (PU)	Tuna, mackerel, onion, sweet potato, peppers, leeks, red lentils, bechamel, fresh coriander & rice flour	White Rice	Plain Flapjack (Gluten Free)
Wednesday	Charlotte's Veggie Lasagne Alternative (D) (G) (PU)	Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, basil, bechamel, gravy, lasagne pasta, stock, oregano, cheddar & mozzarella	Grated Courgette & Carrot	Plain Flapjack (Gluten Free)
Thursday	Mild Lamb Chilli Alternative (PU) (SD)	Minced lamb, kidney beans, mixed peppers, red onion, sweet potato, butternut squash, stock, oregano, gravy, fresh coriander & cornflour	Brown Rice	Sponge Slice (G) (S)
Friday	Diced Chicken in Vegetable Gravy	Chicken, gravy, carrots, swede	Potato, Butternut Squash & Sweet Potato Mash	Natural Yoghurt (D)

Menu B	Main Course		Side Course	Second Course
Monday	Portuguese Chicken Alternative (D) (PU) (SD)	Sliced chicken, carrot, peppers, red onion, sweet potato, red lentils, rosemary, basil, sweetcorn, cornflour, cream, bechamel	Brown Rice	Plain Flapjack (Gluten Free)
Tuesday	Mediterranean Pork Stew Alternative (PU)	Diced pork, gravy, red onion, chick peas, peppers, swede, carrot, oregano, basil & stock	Pasta (G)	Natural Yoghurt (D)
Wednesday	Spinach & Paneer Makhani Alternative (D) (PU) (SD)	Spinach, paneer, onion, sweet potato, peppers, chickpeas, bechamel, carrot, yoghurt & cornflour	White Rice	Sponge Slice (G) (S)
Thursday	Beef & Vegetable Potato Topped Pie Alternative (S)	Beef, soya, carrot, swede, onion, leek, thyme, gravy, potato & sweet potato	Cucumber Slices	Plain Sponge (G) (S) Vanilla Sauce (D)
Friday	Tomato & Vegetable Mascarpone Alternative (D) (PU)	Swede, onion, peppers, butternut, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta (G)	Natural Yoghurt (D)

Menu C	Main Course		Side Course	Second Course
Monday	Lamb & Apricot Tagine Alternative (PU)	Lamb, onion, carrot, potato, peppers, gravy, chickpeas, stock & rice flour	White Rice	Plain Sponge (G) (S) Vanilla Sauce (D)
Tuesday	Italian Soya Bolognese Alternative (S)	Soya mince, carrot, butternut squash, onion, peppers, basil, rosemary, mixed herbs, oregano, gravy, rice flour	Pasta (G)	Natural Yoghurt (D)
Wednesday	Chicken Casserole Alternative (D) (PU)	Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, haricot beans, thyme, cream & bechamel	Brown Rice	Plain Flapjack (Gluten Free)
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Natural Yoghurt (D)
Friday	Zebedees Team Creations Menu			

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Day		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chicken Saag Aloo Alternative (D) (PU)	Chicken, potato, onion, spinach, peppers, butternut squash, red lentils, stock & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Natural Yoghurt (D)
19 Jan 2024	Lewis's Chicken & Chorizo Carbonara Alternative (D) (G)	Chicken, wholewheat spaghetti, onion, basil, butternut squash, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Plain Flapjack (Gluten Free)
9 Feb 2024	Al's Winter Sausage Stew Alternative (PU)	Diced chicken, peppers, sweet potato, onion, carrot, leeks, gravy, chickpeas, black beans, mixed herbs. Recipe by Alastair, our Client Relations Manager	Brown Rice	Natural Yoghurt (D)
1 Mar 2024	Nadia's Chicken & Pancetta Supreme Alternative (D) (PU)	Sliced chicken breast, pancetta, onion, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Natural Yoghurt (D)
22 Mar 2024	Ady's Beef Bourignon Alternative	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Natural Yoghurt (D)
12 Apr 2024	Sarah's Catalan Chorizo, Chicken & Lentil Stew Alternative (PU)	Chicken, red lentils, onion, peppers, butternut squash, carrot, sweetcorn, parsley, oregano & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Natural Yoghurt (D)
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce Alternative (PU)	Diced chicken, onion, carrot, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta (G)	Natural Yoghurt (D)

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Menu A	Main Course	Side Course	Second Course
Monday	Simply Chicken (T) Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Winter Berry Yoghurt (D)
Tuesday	Keralan Tuna Curry (Suphur Dioxide Free) (D) (F) (PU) (T) Tuna, mackerel, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, red lentils, coconut milk, pineapple, garlic, bechamel, red curry paste, coriander & rice flour	White Rice	Vanilla Ice Cream (D)
Wednesday	Charlotte's Veggie Lasagne (D) (G) (PU) (T) Red Lentils, sweet potato, red onion, carrot, mixed peppers, courgette, baby spinach, garlic, basil, bechamel, tomato, lasagne pasta, stock, oregano, paprika, cheddar & mozzarella	Grated Courgette & Carrot	Fruit Salad
Thursday	Mild Lamb Chilli (Suphur Dioxide Free) (PU) (T) Minced lamb, kidney beans, mixed peppers, tomato, red onion, garlic, sweet potato, butternut squash, ground coriander, cumin, stock, smoked paprika, oregano & fresh coriander	Brown Rice	Lemon & Cream Cheese Sponge Slice (D) (G) (S)
Friday	Diced Chicken with Homemade Baked Beans (Suphur Dioxide Free) (G) (PU) (T) Diced chicken, haricot beans, garlic, onion, carrot, tomato, rice flour	Potato, Butternut Squash & Sweet Potato Mash	Blackcurrant Yoghurt (D)

Menu B	Main Course	Side Course	Second Course
Monday	Portuguese Chicken (D) (PU) (T) Sliced chicken, carrot, peppers, red onion, sweet potato, garlic, orange zest, lime zest, red lentils, tomato, coriander, rosemary, basil, smoked paprika, mixed spices, sweetcorn, cream, bechamel	Brown Rice	Diced Peaches
Tuesday	Mediterranean Pork Stew (PU) (T) Diced pork, tomato, red onion, chick peas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic & stock	Pasta (G)	Apple & Blackberry Yoghurt (D)
Wednesday	Spinach & Paneer Makhani (Suphur Dioxide Free) (D) (PU) (T) Spinach, paneer, onion, sweet potato, peppers, chickpeas, bechamel, coconut milk, carrot, garlic, tomato, curry powder, korma paste, yoghurt	White Rice	Fruit Salad
Thursday	Beef & Vegetable Potato Topped Pie (Sulphur Dioxide Free) (S) (T) Beef, soya, carrot, swede, tomato, onion, garlic, leek, thyme, gravy, potato & sweet potato	Cucumber Slices	Plain Flapjack (Gluten Free) Vanilla Sauce (D)
Friday	Tomato & Vegetable Mascarpone (D) (PU) (T) Swede, garlic, onion, peppers, butternut, tomato, bechamel, mascarpone cream cheese, sweetcorn & lentils	Pasta (G)	Plain Flapjack (Gluten Free)

Menu C	Main Course	Side Course	Second Course
Monday	Lamb & Apricot Tagine (Suphur Dioxide Free) (PU) (T) Lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, chickpeas, stock & rice flour	White Rice	Plain Flapjack (Gluten Free) Vanilla Sauce (D)
Tuesday	Italian Soya Bolognese (S) (T) Soya mince, carrot, butternut squash, onion, peppers, tomato, garlic, gravy, basil, rosemary, mixed herbs, oregano, paprika, rice flour	Pasta (G)	Clementine Yoghurt (D)
Wednesday	Chicken Casserole (D) (PU) (T) Sliced chicken, potato, onion, peppers, leeks, butternut squash, rosemary, garlic, haricot beans, tomato, thyme, cream & bechamel	Brown Rice	Fresh Melon
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes Roast turkey slices & gravy New potatoes	Carrots, Peas & Sweetcorn (PU)	Strawberry Ice Cream (D)
Friday	Zebedees Team Creations Menu		

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SD SUPHUR DIOXIDE FREE LUNCH MENU

Autumn/Winter 2023/24

VA Vegan	V Vegetarian	T Tomato	SD Sulphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries													
Monday	Simply Chicken														
	Pasta														
	Winter Berry Yoghurt														
Tuesday	Keralan Tuna Curry (Suphur Dioxide Free)														
	White Rice														
	Vanilla Ice Cream														
Wednesday	Charlotte's Veggie Lasagne														
	Grated Courgette & Carrot														
	Fruit Salad														
Thursday	Mild Lamb Chilli (Suphur Dioxide Free)														
	Brown Rice														
	Lemon & Cream Cheese Sponge Slice														
Friday	Diced Chicken with Homemade Baked Beans (Suphur Dioxide Free)														
	Potato, Butternut Squash & Sweet Potato Mash														
	Blackcurrant Yoghurt														

Menu B	Dish	Dietaries													
Monday	Portuguese Chicken														
	Brown Rice														
	Diced Peaches														
Tuesday	Mediterranean Pork Stew														
	Pasta														
	Apple & Blackberry Yoghurt														
Wednesday	Spinach & Paneer Makhani (Suphur Dioxide Free)														
	White Rice														
	Fruit Salad														
Thursday	Beef & Vegetable Potato Topped Pie (Sulphur Dioxide Free)														
	Cucumber Slices														
	Plain Flapjack (Gluten Free)														
Friday	Tomato & Vegetable Mascarpone														
	Pasta														
	Plain Flapjack (Gluten Free)														

Menu C	Dish	Dietaries													
Monday	Lamb & Apricot Tagine (Suphur Dioxide Free)														
	White Rice														
	Plain Flapjack (Gluten Free)														
	Vanilla Sauce														
Tuesday	Italian Soya Bolognaise														
	Pasta														
	Clementine Yoghurt														
Wednesday	Chicken Casserole														
	Brown Rice														
	Fresh Melon														
Thursday	Roast Turkey in Gravy with Baby New Potatoes														
	Carrots, Peas & Sweetcorn														
	Strawberry Ice Cream														
Friday	Zebedees Team Creations Menu														

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Day		Main Course	Side Course	Second Course
17 Nov 2023	25 Year Anniversary Celebration Meal (C)	Zebedees are providing a special menu on this day in honour of our 25 year anniversary. The menu is available to all children, and staff too. Participating children will also receive some extra surprises so that they can celebrate our special birthday in style!	25 pence of every meal ordered to be donated to charity (C)	Details of the 25 Year Anniversary menu and charity coming soon! (C)
8 Dec 2023	Katie's Chicken Saag Aloo (D) (PU) (T)	Chicken, potato, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, spinach, peppers, butternut squash, red lentils, korma paste & yoghurt. Recipe by Katie in our Client Services Team.	White Rice	Fruit Salad
19 Jan 2024	Lewis's Chicken Carbonara (Suphur Dioxide Free) (D) (G)	Chicken, wholewheat spaghetti, onion, garlic, basil, butternut squash, smoked paprika, bechamel & cheese. Recipe by Lewis in our Kitchen Team.	Cucumber Slices	Courgette & Lime Sponge Slice (G) (S)
9 Feb 2024	Al's Winter Stew (Suphur Dioxide Free) (G) (PU) (T)	Diced chicken, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika. Recipe by Alastair, our Client Relations Manager	Brown Rice	Banana & Butterscotch Sugar Free Yoghurt (D)
1 Mar 2024	Nadia's Chicken & Pancetta Supreme (D) (PU)	Sliced chicken breast, pancetta, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock. Recipe by Nadia, our Client Services Manager.	White Rice	Fruit Salad
22 Mar 2024	Ady's Beef Bourgignon (T)	Braised beef, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour. Recipe by Adrian, our Logistics Manager.	Mashed Potato	Vanilla Yoghurt (D)
12 Apr 2024	Sarah's Catalan Chicken & Lentil Stew (Suphur Dioxide Free) (PU) (T)	Chicken, red lentils, onion, peppers, garlic, butternut squash, carrot, sweetcorn, tomato, parsley, oregano, smoked paprika & vegetable stock. Recipe by Sarah, our Office Manager.	White Rice	Mixed Berry Yoghurt Mousse (D)
3 May 2024	Nursery Favourite Beef Meatballs in Rich Tomato Sauce (G) (PU) (T)	Meatballs, onion, garlic, carrot, tomato, basil, herbs, peppers, gravy, lentils & rice flour. Chosen by our nurseries as one of the most consistently popular dishes with the children on past menu surveys.	Pasta (G)	Natural Yoghurt (D) with Stewed Apple & Cinnamon Compote

**C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten
PU = Contains Pulses/Beans S = Contains Soya SD = Contains Suphur Dioxide T = Contains Tomato**

Our kitchen does not handle peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs. Please refer to our Allergy Policy for further information about allergens.

