



zebedees

LUNCH menu

Autumn/Winter 2024/25

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

MENU A

MONDAY

Spinach & Paneer Makhani
White Rice
Peaches & Pears

TUESDAY

Simply Chicken
Pasta
Plum Yoghurt

WEDNESDAY

Mango & Mixed Bean Fiesta
Rainbow Rice
Courgette, Lime &
Cream Cheese Sponge Slice

THURSDAY

Pork & Apple Hotpot
New Potatoes
Fresh Melon

FRIDAY

Italian Soya Bolognaise
Wholewheat Pasta
Oaty Date Bar
with Vanilla Sauce

MENU B

MONDAY

Portuguese Chicken
Brown Rice
Fruit Salad

TUESDAY

Lemon & Herb Salmon
Pasta
Carrot & Cinnamon
Flapjack

WEDNESDAY

Vegetable
Massaman Curry
White Rice
Winter Berry Yoghurt

THURSDAY

Roast Turkey in Gravy with
Baby New Potatoes
Cabbage & Carrots
Vanilla Ice Cream

FRIDAY

Sausage Casserole
Pasta
Diced Peaches
with Natural Yoghurt

MENU C

MONDAY

Butter Chicken
White Rice
Blueberry & Date
Oat Bar

TUESDAY

Winter Beef Stew
Mashed Potato
Pear Yoghurt

WEDNESDAY

Mild Vegetable Chilli
White Rice
Banana Sponge Slice
with Vanilla Sauce

THURSDAY

Sweet & Sour Chicken
Wholewheat Noodles
Diced Apple & Berry
Crème Fraiche

FRIDAY

Around the World Menu

We follow the Government Guidance for Menus for Early Years Settings

Due to current market conditions it may occasionally be necessary to make changes to the published menu.

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feeding our future every day

