

# zebedees

## LUNCH menu



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

### Spring/Summer 2025

#### MENU A

##### MONDAY

Italian Beef Bolognaise  
Pasta  
Apple & Mango  
Fromage Frais

##### TUESDAY

Vegetable Dahl  
White Rice  
Fruit Salad

##### WEDNESDAY

Chicken Casserole  
Mashed Potato  
Blueberry, Sweet Potato  
& Cream Cheese Sponge

##### THURSDAY

Cuban Pork  
Brown Rice  
Diced Peaches with  
Vanilla Yoghurt

##### FRIDAY

Tuna & Salmon  
Mascarpone  
Pasta  
Fresh Melon

#### MENU B

##### MONDAY

Coconut & Chickpea Curry  
Wholewheat Noodles  
Summer Berry Yoghurt

##### TUESDAY

Simply Chicken  
Pasta

Courgette, Pineapple  
& Cream Cheese Sponge

##### WEDNESDAY

Vegetable & Apricot Tagine  
Rainbow Rice  
Diced Pears  
with Vanilla Yoghurt

##### THURSDAY

Roast Turkey in Gravy with  
Baby New Potatoes  
Cabbage, Carrots &  
Sweetcorn  
Banana Fromage Frais

##### FRIDAY

Sausage Ragù  
Wholewheat Pasta  
Cranberry & Yoghurt  
Flapjack

#### MENU C

##### MONDAY

Chipotle Beef  
White Rice  
Cherry Yoghurt

##### TUESDAY

Sweet & Sour Chicken  
Wholewheat Noodles  
Charlotte's Plum, Banana  
& Oat Sponge

##### WEDNESDAY

Mild Vegetable Chilli  
White Rice  
Diced Apple  
with Vanilla Sauce

##### THURSDAY

Creamy Red Pesto Chicken  
Pasta  
Fruit Salad

##### FRIDAY

Mini Chefs Nursery  
Lunch 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



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## AFTERNOON Tea Menu

### Spring/Summer 2025



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#### MENU A

##### MONDAY

Spinach & Ricotta Pinwheel  
Sweetcorn & Diced Pepper  
Apricot Protein Bar

##### TUESDAY

Chicken & Rainbow Slaw  
Brown Roll  
Cucumber Slices  
Pineapple Yoghurt

##### WEDNESDAY

Soft Flour Tortilla Wrap with  
Grated Cheddar Cheese  
Hard Boiled Egg Wedges  
Orange Slices

##### THURSDAY

Tuna, Sweetcorn &  
Soft Cheese White Roll  
Grated Carrot  
Fruit Loaf

##### FRIDAY

Homemade Margarita  
Wholemeal Pizza  
Roast Chicken Slices  
Diced Pears

#### MENU B

##### MONDAY

Tuna, Cucumber & Crème  
Fraiche Flatbread  
Sweetcorn & Grated Carrot  
Diced Peaches

##### TUESDAY

Egg, Cheese, Chive &  
Mayonnaise White Roll  
Cucumber Slices  
Strawberry Yoghurt

##### WEDNESDAY

Homemade Chicken &  
Pineapple Wholemeal Pizza  
Grated Courgette & Carrot  
Banana Flapjack

##### THURSDAY

Charlotte's Traffic Light  
Pasta Salad  
Corn Cakes with  
Pea & Spinach Houmous  
Melon Slices

##### FRIDAY

Broccoli, Spring Onion &  
Cheddar Muffin Square  
Roast Chicken Slices  
Orange Slices

#### MENU C

##### MONDAY

Homemade Roasted Red  
Onion, Pepper & Courgette  
Wholemeal Pizza  
Roast Chicken Slices  
Diced Apple & Apricot

##### TUESDAY

Soft Flour Tortilla Wrap  
with Grated Cheddar  
Cheese & Carrot  
Hard Boiled Egg Wedges  
Orange Slices

##### WEDNESDAY

Chicken, Spinach &  
Crème Fraiche White Roll  
Grated Courgette & Carrot  
Raspberry Yoghurt

##### THURSDAY

Tuna & Cream Cheese  
Flatbread  
Cucumber Slices  
Carrot & Cinnamon  
Flapjack

##### FRIDAY

Mozzarella, Tomato & Feta  
Scone with Sunflower Spread  
Hard Boiled Egg Wedges  
Melon Slices

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