



zebedees LUNCH menu

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

Spring/Summer 2026

MENU A

MONDAY

Paneer & Sweet Potato Dahl
Coriander Rice
Fruit Salad of Apple,
Pear & Apricot

TUESDAY

Italian Beef Bolognaise
Pasta
Courgette, Lime & Cream
Cheese Sponge

WEDNESDAY

Roast Chicken in Gravy
with Baby New Potatoes
Cabbage & Carrots
Diced Peaches with
Vanilla Crème Fraiche

THURSDAY

Tuscan Salmon
White Rice
Fresh Melon

FRIDAY

Pork Chow Mein
Wholewheat Noodles
Greek Style Pear Yoghurt

MENU B

MONDAY

Mango Chicken
Brown Rice
Strawberry Fromage Frais

TUESDAY

Spanish Bean Stew
Roasted Rosemary
New Potatoes
Sweet Potato &
Blueberry Oat Bar

WEDNESDAY

Sweet & Sour Chicken
Wholewheat Noodles
Greek Style Vanilla Yoghurt

THURSDAY

Lamb & Apricot Tagine
White Rice
Oaty Apple Slice

FRIDAY

Beef Bourguignon
Mashed Potato
Peaches & Pineapple
with Crème Fraiche

MENU C

MONDAY

Vegetable Korma
Savoury Vegetable Rice
Fruit Salad of Peach,
Pear & Apple

TUESDAY

Simply Chicken
Pasta
Breadsticks with
Cheddar Cheese

WEDNESDAY

Mild Vegetable Chilli
Wild Rice
Greek Style Mango &
Pineapple Yoghurt

THURSDAY

Speldhurst Pork &
Beef Sausage Ragù
Herb Roasted
New Potatoes

Carrot, Cinnamon &
Cream Cheese Sponge

FRIDAY

All Time Favourites Menu



We follow the Early Years Foundation Stage nutrition guidance.
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

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MENU A

MONDAY

Chicken & Rainbow Slaw
Brown Roll
Sweetcorn & Diced Pepper
Greek Style Vanilla Yoghurt

TUESDAY

Homemade Roasted Red
Onion, Pepper & Courgette
Wholemeal Pizza
Hard Boiled Egg Wedges
Orange Slices

WEDNESDAY

Soft Flour Wrap with
Egg & Cheese
Cucumber
Banana & Blueberry Oat Bar

THURSDAY

Tomato, Courgette &
Mozzarella Pasta
Corn Cake with Pea
& Spinach Houmous
Diced Apple & Apricot

FRIDAY

Spinach, Red Onion,
Lentil & Cheddar Muffin
Roast Chicken Slices
Melon Slices

MENU B

MONDAY

Tuna, Cucumber &
Mayonnaise Flatbread
Grated Courgette & Carrot
Cheddar & Chive Cornbread

TUESDAY

Soft Flour Wrap with Grated
Cheddar & Rainbow Slaw
Roast Chicken Slices
Diced Peaches

WEDNESDAY

Broccoli, Feta &
Spring Onion Muffin
Hard Boiled Egg Wedges
Orange Slices

THURSDAY

Turkey, Spinach & Crème
Fraiche White Roll
Cucumber
Melon Slices

FRIDAY

Homemade Pineapple &
Roasted Vegetable
Wholemeal Pizza
Corn Cake with Soft Cheese
Apricot Protein Bar

MENU C

MONDAY

Egg, Spinach & Soft Cheese
Wholemeal Roll
Sweetcorn & Diced Pepper
Fruit Loaf

TUESDAY

Soft Flour Wrap with Tuna,
Sweetcorn & Crème Fraiche
Grated Courgette & Carrot
Melon Slices

WEDNESDAY

Chickpea, Courgette,
Carrot & Feta Muffin
Hard Boiled Egg Wedges
Diced Apricots

THURSDAY

Homemade Chicken & Roasted
Vegetable Wholemeal Pizza
Cucumber
Strawberry Fromage Frais

FRIDAY

Grated Cheese, Carrot &
Cucumber Wholemeal Roll
Roast Chicken Slices
Orange Slices



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