

# Zebedees

## LUNCH menu

Autumn/Winter 2018



### MENU A

#### MONDAY

Roast Chicken,  
Baby New Potatoes & Gravy  
Peas, Carrots, Green Beans  
& Savoy Cabbage  
Turners Dairy Smooth  
Strawberry Yoghurt

#### TUESDAY

Salmon Fricassee  
Fluffy White Rice  
Pears, Peaches,  
Melon & Mango

#### WEDNESDAY

Zebedees Banie  
Shepherd's Pie  
Cucumber Slices

Zebedees Cocoa &  
Orange Sponge with  
Chocolate Custard

#### THURSDAY

Vegetable Rogan Josh  
Fluffy White Rice  
Plas Farm Winter Berry  
Frozen Yoghurt

#### FRIDAY

Italian Beef Bolognaise with  
Wholewheat Penne Pasta  
Grated Cheddar Cheese  
Fruity Granola Slice  
with Custard

### MENU B

#### MONDAY

Simply Chicken &  
Wholewheat Penne Pasta  
Grated Cheddar Cheese  
Rhubarb &  
Blackcurrant Jelly

#### TUESDAY

Speldhurst Kent Sausage  
with Homemade  
Baked Beans  
Pea & Basil Mash  
Berry Slice with Custard

#### WEDNESDAY

Moroccan  
Vegetable Curry  
Savoury Rice  
Peaches, Fresh  
Apples & Mandarins

#### THURSDAY

Beef Lasagne  
Cucumber Slices  
Mango Ripple  
Ice Cream

#### FRIDAY

Mexican Chicken  
Roasted Baby New Potatoes  
Turners Dairy  
Smooth Mandarin  
Fromage Frais

### MENU C

#### MONDAY

Mediterranean  
Beef Meatballs  
Cavatappi Pasta  
Cocoa & Raspberry Fool

#### TUESDAY

Chicken Casserole  
Dumpling  
Zebedees  
Red Velvet Cake  
with Custard

#### WEDNESDAY

Beef Cottage Pie  
Sweetcorn, Peas &  
Green Beans  
Turners Dairy Smooth  
Blackcurrant Yoghurt

#### THURSDAY

Soya & Vegetable  
Spaghetti Bolognaise  
Grated Cheddar Cheese  
Bramley Apple & Sultana  
Cookie Crumble  
with Custard

#### FRIDAY

Zebedees 20 Year  
Anniversary  
Classic Dishes Menu

If you have any comments or suggestions or require more information please contact us via our website

**zebedees.co.uk**  
feeding our future every day