

# Welcome to our Spring/Summer Menu for 2019

**Our new menu commences on 25th February 2019 and will run until the end of the academic year. Look out for our exciting new dishes including Piri Piri Chicken, Cheesy Beanie Soya Shepherd's Pie and Lemon & Chia Seed Muffins, all home made to our own recipe.**

Our celebratory Theme Day Menu kicks off with Comic Relief on Friday 15th March, featuring a Jammy Nose Doughnut which we are sure the children will enjoy! This is followed by a Favourite Film menu in May, and then a Midsummer's Day themed menu on 21st June which sees the return of our delicious Pulled Pork Baps, back by popular demand!

Our menu has been analysed by our in-house Nutritionist in line with the guidelines set out by the Children's Food Trust, giving schools and parents the assurance that their children are receiving a nutritious and well balanced lunch every day.

## Our Food

All of our meals contain only high quality, fresh ingredients, sourced directly from growers and producers. At Zebedees we use only healthy cooking methods and our menus contain plenty of fruit, vegetables, meat, fish, beans and pulses.

We work closely with local suppliers from Sussex & Kent thus ensuring we keep our food miles to a minimum. We have complete traceability of our food from the field to your child's plate. All of our meals are freshly prepared each day by our team of experienced chefs, ensuring that your child receives a fresh, home cooked nutritious meal.



## About us

Zebedees have been specialising in the supply of nutritious, healthy and well balanced meals to schools across the South East for 20 years. At Zebedees we are passionate about food and the importance of healthy eating at an early age. Our Client Services Team work closely with both schools and pupils to increase awareness and produce menus that are both popular and nutritious.



**COLLINGWOOD  
SCHOOL**

## Our menus

At Zebedees we analyse all of our menus using specialist software to ensure a balanced, nutritious and varied menu is achieved. Our school menus meet the standards set out by the Children's Food Trust and the Department for Education & Skills. We also comply with the Allergen Information Regulations set out by the Food Standards Agency. We do not add any salt, food colouring, preservatives or additives to our dishes. We provide a three week rotating menu, offering a choice of dishes and plenty of fresh fruit and vegetables.

## How to order

If you would like your child to have school meals please contact the school office who will advise you of the ordering process.

## Get in touch

For further information please visit our website  
[www.zebedees.co.uk](http://www.zebedees.co.uk)

To contact our Client Services Team call **01323 811307**  
or email [clientservices@zebedees.co.uk](mailto:clientservices@zebedees.co.uk)



**SUPPLIED BY ZEBEDEES**



Weeks Commencing: 25th February, 18th March, 8th April, 29th April, 20th May, 10th June, 1st July, 22nd July

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish of the Day	Spaghetti Bolognese with Grated Cheese & Garlic Bread	Piri Piri Chicken with Brown Rice	Creamy Salmon Carbonara with Cavatappi Pasta	Roast Ham or Quorn Fillet with Roast Potatoes & Gravy	Homemade Cheeseburger or Quorn Burger in a Bun with Jacket Wedges & Ketchup
Alternative Choice	Quorn Sausages with Mashed Potato & Rosemary Gravy	Tomato, Red Lentil & Basil Pasta with Grated Cheese	Jacket Potato with Baked Beans & Grated Cheese	Jerk Sweet Potato & Black Bean Curry with Brown Rice	Mediterranean Roasted Vegetable Lasagne with Garlic Bread
Vegetables & Salads	Garden Peas & Sweetcorn	Green Beans & Carrots	Cucumber & Red Pepper Batons	Seasonal Mixed Vegetables	Shredded Iceberg & Grated Carrot
Desserts	Vanilla Cheesecake Mousse with Pineapple Pieces	Brownie with Mint Ice Cream	Strawberry Jelly with Mandarin Slices	Blackberry Frozen Yoghurt with Pear Pieces	Lemon & Chia Seed Muffin

All served with a Selection of Fresh Fruit, Freshly Baked Bread & Chilled Water

Weeks Commencing: 4th March, 25th March, 15th April, 6th May, 27th May, 17th June, 8th July

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish of the Day	Creamy Chicken, Bacon & Parsley Wholewheat Pasta with Garlic Bread	Speldhurst Sausages with Yorkshire Pudding, Mashed Potato & Gravy	Roasted Sweet Red Pepper & Lentil Sauce with Penne Pasta	Roast Chicken or Quorn Fillet with Stuffing Ball, Roast Potatoes & Gravy	Thai Beef Massaman Curry with White Rice & Naan Bread
Alternative Choice	Cheesy Beanie Soya Shepherd's Pie	Vegetarian Thai Red Curry with White Rice	Spicy Bean Burger in a Bun with Jacket Wedges & Ketchup	Red Lentil Chilli with Brown Rice	Jacket Potato with Baked Beans & Grated Cheese
Vegetables & Salads	Cucumber Batons & Tomato Wedges	Cauliflower, Carrots & Garden Peas	Shredded Iceberg & Grated Carrot	Seasonal Mixed Vegetables	Shredded Iceberg & Cherry Tomatoes
Desserts	Lemon, Orange & Polenta Shortbread	Strawberry Fromage Frais with Peach Slices	Sticky Toffee Pudding with Vanilla Custard	Peach Ripple Ice Cream	Raspberry & Cocoa Cookie with Pineapple Pieces

All served with a Selection of Fresh Fruit, Freshly Baked Bread & Chilled Water

Weeks Commencing: 11th March, 1st April, 22nd April, 13th May, 3rd June, 24th June, 15th July

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish of the Day	Chargrilled Bacon Chop with Jacket Wedges & Gravy	Bangladeshi Chicken Curry with Brown Rice & Naan Bread	Classic Beef Lasagne	Roast Turkey or Quorn Fillet with Roast Potatoes & Gravy	Beef Meatballs in Red Pepper & Tomato Sauce with Spaghetti & Grated Cheese
Alternative Choice	Mexican Chicken Style Pieces & Vegetable Fajitas	Quorn Hot Dog with Jacket Wedges & Ketchup	Sweet Potato, Coconut & Chickpea Curry with Brown Rice	Macaroni Cheese with Garlic Bread	Jacket Potato with Baked Beans & Grated Cheese
Vegetables & Salads	Shredded Iceberg & Tomato Wedges	Cucumber Batons & Tomato Wedges	Cucumber & Red Pepper Batons	Seasonal Mixed Vegetables	Shredded Iceberg & Grated Carrot
Desserts	Blackcurrant Yoghurt	Chocolate & Pear Sponge with Chocolate Custard	Lime Jelly with Fruit Salad	Vanilla Ice Cream with Homemade Strawberry Sauce	Granola Slice with Diced Peaches

All served with a Selection of Fresh Fruit, Freshly Baked Bread & Chilled Water

## SCHOOL THEME DAYS SPRING/SUMMER 2019

DATE	Dish of the Day	Alternative Choice	Vegetables & Salads	Desserts
Comic Relief Menu Friday 15th March	Hilarious Hot Dog or Quorn Dog with Silly Piccalilli Relish, Jacket Wedges & Ketchup	Jolly Jacket Potato with BBQ Beans, Coleslaw & Grated Cheese	Shredded Iceberg & Grated Carrot	Jammy Nose Doughnut
Favourite Film Menu Friday 17th May	Beauty and the Beast Chicken or Quorn Burger in a Bun with Wedges & Ketchup	Poppins Pesto Pasta with Garlic Bread	Cucumber Batons & Grated Carrot	Paddington's Chocolate & Marmalade Cookie
Midsummer's Day Menu Friday 21st June	Pulled Pork or Quorn Burger in a Bun with Purple Coleslaw & Jacket Wedges	BBQ Quorn Mince with White Rice, Nachos & Grated Cheese	Shredded Iceberg & Cucumber Batons	Strawberry Shortbread

All served with a Selection of Fresh Fruit, Freshly Baked Bread & Chilled Water