

# ZEBEDEE'S LUNCH BOX

## TEA MENU

ZEBT04/16

MENU A	ITEM 1	ITEM 2	ITEM 3	ITEM 4
DAY				
<b>Monday</b>	Chicken, Mozzarella & Herby Pasta Salad	Golden Sultanas	Cherry Tomato & Cucumber Batons	Homemade Banana Flapjack
<b>Tuesday</b>	Laughing Cow Soft Cheese Wholemeal Roll	Cheesy Popcorn	Sweetcorn & Diced Cucumber	Mango & Peach Fromage Frais
<b>Wednesday</b>	Homemade Wholemeal BBQ Chicken Pizza Fingers	Hard Boiled Free Range Egg Wedges	Cherry Tomato	Orange Smiles
<b>Thursday</b>	Free Range Egg & Cress Sub Roll	Potato & Houmous Salad	Cheese Cubes	Honeydew Melon Wedge
<b>Friday</b>	Dolphin Friendly Tuna Mayonnaise Finger Roll	Roast Chicken Slices	Carrot Batons	Lemon Shortbread Biscuit

MENU B	ITEM 1	ITEM 2	ITEM 3	ITEM 4
DAY				
<b>Monday</b>	Tomato Pasta	Hard Boiled Free Range Egg Wedges	Cheese Cubes	Peach Fruit Pot
<b>Tuesday</b>	Honey Roast Ham Sub Roll	Roast Chicken Slices	Cucumber Batons	Mandarin Fruit Smoothie Yoghurt Drink
<b>Wednesday</b>	Homemade Basil Bread Fingers & Creamy Cheese Dip	Chicken & Mango Rice	Cherry Tomato & Cucumber Batons	Homemade Cereal Slice
<b>Thursday</b>	Sliced Chicken Wholemeal Roll	Cheese Straws with Sweetcorn Dip	Pepper & Carrot Batons	Chocolate Orange Pot
<b>Friday</b>	Savoury Danish Pastry	Roast Chicken Slices	Mixed Sultanas & Raisins	Orange Smiles

MENU C	ITEM 1	ITEM 2	ITEM 3	ITEM 4
DAY				
<b>Monday</b>	Mediterranean Vegetable & Cheese Pasta	Dried Apricots	Sweetcorn & Diced Cucumber	Fruit Jelly Pot
<b>Tuesday</b>	Homemade Roasted Vegetable & Basil Wholemeal Pizza Fingers	Hard Boiled Free Range Egg Wedges	Pepper & Carrot Batons	Homemade Apricot & Orange Cookie
<b>Wednesday</b>	Free Range Egg & Cheese Soft Brown Roll	Speldhurst Sliced Sausage	Cherry Tomato & Cucumber Batons	Fruity Granola Slice
<b>Thursday</b>	Chicken Sub Roll	Summer Vegetable Rice Salad	Cheese Cubes	Red Apple
<b>Friday</b>	Tomato & Feta Scone with Flora Portion	Roast Chicken Slices	Cucumber Batons	Raspberry Fruit Yoghurt Pot