



Little Stars Day Care and Zebedees



Summer Menus

Little Stars Menu Week 1 - Monday is meat free days including Zebedee's menu A

Monday	Tuesday	Wednesday	Thursday	Friday
<p>08.30 am Breakfast Weet-a-bix with Whole Milk (2,7) Sliced apples Daily drink choice: Whole Milk, Oat milk or water (7)</p>	<p>08.30 am Breakfast Natural yoghurt with oats (2,7) Sliced banana</p>	<p>08.30 am Breakfast Shredded Wheat or puffed rice Cereals with Whole Milk (2,7) Sliced apples</p>	<p>08.30 am Breakfast Weet-a-bix with Whole Milk (2,7) Sliced Pears</p>	<p>08.30 am Breakfast Avocado on Wholemeal toast (2) Sliced oranges</p>
<p>2.00pm Snack: Breadsticks with cream cheese and sliced apple (2,7,12,13) Daily drink offered: Water daily</p>	<p>2.00pm Snack Rice cakes with cream cheese and sliced banana (2,7,13)</p>	<p>2.00pm Snack: Crackers with natural yoghurt and sliced orange (2,7)</p>	<p>2.00pm Snack: Crumpets with hummus spread and sliced banana (2,12)</p>	<p>2.00pm Snack: homemade tortilla chips with tomato salsa Sliced apples (2)</p>
<p>4.30pm Tea time: Couscous with Chickpeas (2) Veg options: Peppers Carrots spring onion Daily drink offered: Water daily</p>	<p>4.30pm Tea time: White tortilla wrap with sliced chicken, grated cheese (2,7) (V) Mashed butter beans Veg options: cucumber lettuce, peppers</p>	<p>4.30pm Tea time: White pitta bread, with Tofu Pieces and cheese (2, 7) Veg options: cucumber, peppers, sweetcorn</p>	<p>4.30pm Tea time: Veg options: Wholemeal Bread rolls and scrambled egg (2,4,7) Carrots Cucumber tomato</p>	<p>4.30pm Tea time: baked Potato wedges Baked beans seasonal salad (7) Veg options: Tomatoes Carrot Lettuce</p>
<p> pudding: Sliced Oranges</p>	<p> pudding: Sliced Pears</p>	<p> pudding: Sliced banana</p>	<p> pudding: plain yoghurt with Rhubarb in light syrup</p>	<p> pudding: mango slices</p>



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Summer Menus

Zebedee's Halal Menu: A

<p>11.00 am Zebedee's Lunch: (V) Vegetable & Lentil Korma with white rice Red lentils, cauliflower, onion, potato, butternut squash, peaches, garlic, ginger, ground cumin, coriander, turmeric, garam masala, tomato, coconut milk, mango chutney, korma paste, yoghurt & cream (14, 7)</p> <p>(V)</p> <p>Daily drink offered: Water daily</p>	<p>11.00 am Zebedee's Lunch: Halal Chicken Stroganoff with pasta Halal diced chicken, leek, onion, garlic, mixed herbs, butternut squash, bechamel, smoked paprika & cream cheese (2,7)</p> <p>(V) Chickpea Stroganoff with pasta.</p> <p>Chickpeas, leek, onion, garlic, mixed herbs, butternut squash, bechamel, smoked paprika & cream cheese (2, 7)</p>	<p>11.00 am Zebedee's Lunch: (V) Mexican Vegetable Stew with rainbow rice Mixed beans, cauliflower, sweetcorn, mixed peppers, red onion, tomato, garlic, coconut milk, parsley, basil, mixed spices, smoked paprika, bechamel & vegetable stock (2)(7)</p> <p>As above - Meat Free Day</p>	<p>11.00 am Zebedee's Lunch: Sweet & Sour Halal Chicken & Wholewheat Noodles Halal diced chicken, red onion, mixed peppers, carrot, pineapple, coriander, garlic, ginger, cumin, tomato, red wine vinegar & cornflour, Cucumber Slices (2) (14)</p> <p>(V) Sweet & Sour Vegetables & Wholewheat Noodles Black beans, red onion, mixed peppers, carrot, pineapple, coriander, garlic, ginger, cumin, tomato, red wine vinegar cornflour & wholewheat noodles (2)(14)</p>	<p>11.00 am Zebedee's Lunch: Halal Sausage with Homemade Baked Beans Halal chicken & beef sausage, haricot beans, garlic, onion, carrot, sweet potato, tomato, rice flour Potato, Butternut Squash & Sweet Potato Mash (2, 14,)</p> <p>(V) Quorn Vegan Sausage with Homemade Baked Beans Quorn vegan sausage, haricot beans, garlic, onion, carrot, sweet potato, tomato, rice flour Potato, Butternut Squash & Sweet Potato Mash (2)</p>
<p>Pudding (V) Summer Berry Yoghurt (7)</p>	<p>Pudding (V) Fruit Salad</p>	<p>Pudding (V) Spiced Apple Yoghurt (7)</p>	<p>Pudding (V) Vanilla Ice Cream (7)</p>	<p>Pudding (V) Banana, Courgette & Mascarpone Sponge Slice (2) (7) (13)</p>

Summer Menus

zebedees
deliciously nutritious nursery meals

HL HALAL FIVE A DAY FRIDAYS LUNCH MENU
Spring Summer 2024

Day	Main Course	Side Course	Second Course
24 May 2024	Italian Halal Lamb Bolognese (T) Minced halal lamb, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, mixed herbs, oregano, paprika & rice flour	Pasta (G)	Apple Sponge (G) (S) with Natural Yoghurt (D)
14 Jun 2024	Fruity Vegetable Curry (D) (PU) (SD) (T) Carrot, onion, potato, peppers, peach, mango, cauliflower, bechamel, coconut milk, coconut powder, butternut squash, red lentils, garlic, korma paste, lemon juice, tomato & cornflour	White Rice	Blueberry Oaty Date Bar (G) (SD)
5 Jul 2024	Halal Lamb & Apricot Tagine (PU) (SD) (T) Halal lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Diced Peaches with Vanilla Yoghurt (D)
26 Jul 2024	Halal Chicken Supreme (D) Sliced halal chicken breast, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock.	Pasta (G)	Fruit Salad
16 Aug 2024	Vegetable Massaman Curry (D) (PU) (SD) (T) Potato, onion, sweet potato, peppers, leeks, cauliflower, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, coconut powder, bechamel, Thai red curry paste, coriander	White Rice	Fresh Melon
6 Sep 2024	Halal Lamb Bourignon (T) Halal lamb, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour.	Mashed Potato	Strawberry & Cream Cheese Sponge Slice (D) (G) (S)
27 Sep 2024	Spinach & Paneer Saag Aloo (D) (PU) (T) Spinach, paneer, potato, red lentils, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, peppers, butternut squash, korma paste & yoghurt.	White Rice	Raspberry & Apple Flapjack (G) (SD)
18 Oct 2024	Halal Sausage Casserole (G) (PU) (SD) (T) Diced halal chicken & beef sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika.	Pasta (G)	Vanilla Yoghurt (D)

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten
PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato
Our kitchen does not handle peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs. Please refer to our Allergy Policy for further information about allergens.

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V VEGETARIAN FIVE A DAY FRIDAYS LUNCH MENU
Spring Summer 2024

Day	Main Course	Side Course	Second Course
24 May 2024	Italian Lentil Bolognese (PU) (T) Red lentils, carrot, butternut squash, onion, mixed peppers, tomato, garlic, basil, rosemary, mixed herbs, oregano, paprika, stock & rice flour	Pasta (G)	Apple Sponge (G) (S) with Natural Yoghurt (D)
14 Jun 2024	Fruity Vegetable Curry (D) (PU) (SD) (T) Carrot, onion, potato, peppers, peach, mango, cauliflower, bechamel, coconut milk, coconut powder, butternut squash, red lentils, garlic, korma paste, lemon juice, tomato & cornflour	White Rice	Blueberry Oaty Date Bar (G) (SD)
5 Jul 2024	Chickpea & Apricot Tagine (PU) (SD) (T) Chickpeas, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, stock & rice flour	White Rice	Diced Peaches with Vanilla Yoghurt (D)
26 Jul 2024	Quorn & Lentil Supreme (D) (G) (PU) Quorn Vegan Pieces, lentils, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock.	Pasta (G)	Fruit Salad
16 Aug 2024	Vegetable Massaman Curry (D) (PU) (SD) (T) Potato, onion, sweet potato, peppers, leeks, cauliflower, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, coconut powder, bechamel, Thai red curry paste, coriander	White Rice	Fresh Melon
6 Sep 2024	Bean Bourignon (PU) (T) Kidney Beans, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour.	Mashed Potato	Strawberry & Cream Cheese Sponge Slice (D) (G) (S)
27 Sep 2024	Spinach & Paneer Saag Aloo (D) (PU) (T) Spinach, paneer, potato, red lentils, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, peppers, butternut squash, korma paste & yoghurt.	White Rice	Raspberry & Apple Flapjack (G) (SD)
18 Oct 2024	Quorn Vegan Casserole (G) (PU) (T) Quorn Vegan Pieces, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika.	Pasta (G)	Vanilla Yoghurt (D)

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Food Groups Key:

	= Protein Food
	= Starchy Food
	= Fruits and Vegetables
	= Milk and Dairy Alternatives

Allergens Key:

1 - Celery	5 - Fish	9 - Mustard	13 - Soya beans
2 - Cereals that contain gluten	6 - Lupin	10 - Tree nuts	14 - Sulphur dioxide and sulphites
3 - Crustaceans	7 - Milk	11 - Peanuts	
4 - Eggs	8 - Molluscs	12 - Sesame seeds	

Zebedee's: Food does not contain peanuts, tree nuts, sesame seeds, mustard, lupin, crustacean and molluscs.