



Little Stars Day Care and Zebedees



Summer Menu

Little Stars Menu Week 2 - Monday meat free day including Zebedee's lunch menu B

Monday	Tuesday	Wednesday	Thursday	Friday
<p>08.30 am Breakfast Options: Weet-a-bix with Whole Milk (2,7)</p> <p>Sliced apples</p> <p>Daily drink choice: Whole Milk, Oat milk or water (7)</p>	<p>08.30 am Breakfast Options: toasted bagel with peppers Whole Milk (2,7,14)</p> <p>Sliced oranges</p>	<p>08.30 am Breakfast Options: Shredded Wheat or puffed rice Cereals with whole milk (2,7,11)</p> <p>Sliced bananas</p>	<p>08.30 am Breakfast Options: Sliced tomato on White bread toast (2)</p> <p>Sliced apples</p>	<p>08.30 am Breakfast Options: Natural yoghurt with oats and sliced bananas (2,7)</p>
<p>2.00pm Snack: Rice cakes with cream cheese and sliced banana (2, 7,12,13)</p> <p>Daily drink offered: Water daily</p>	<p>2.00pm Snack: Crumpets with pepper sticks and cream cheese sliced banana (2,7,12)</p>	<p>2.00pm Snack: Breadsticks with Carrot sticks and hummus (2, 12, 13)</p>	<p>2.00pm Snack: Crackers with sliced cheese and sliced orange (2,7)</p>	<p>2.00pm Snack: Oatcakes with Carrot sticks & natural yoghurt (2,7)</p>
<p>4.30pm Tea time: couscous and Tofu pieces</p> <p>Veg options: Tomatoes Cucumber Lettuce</p> <p>Daily drink offered: Water daily</p>	<p>4.30pm Tea time: Grated dairy or non-dairy cheese with wholemeal pitta bread and hummus (2,7,12)</p> <p>Veg options: Peppers Tomato Cucumber</p>	<p>4.30pm Tea time: Scrambled egg on wholemeal bread toast (2,4,7)</p> <p>Veg options: Tomatoes Cucumber Lettuce</p>	<p>4.30pm Tea time: chicken slice Or Mashed chickpeas (V) white bread plain bagels (2,5) Veg options: Tomato Lettuce Carrot</p>	<p>4.30pm Tea time: White Rice, with mince quorn in pasta sauce and seasonal Salad (listed below) (2)</p> <p>Veg options: Peppers cucumber Lettuce</p>
<p> pudding: Sliced bananas</p>	<p> pudding: Fresh sliced Melon</p>	<p> pudding: Peach Slices canned in natural juice</p>	<p> pudding: Seasonal Fruit Strawberries and Blueberries in plain yoghurt. (7)</p>	<p> pudding: Sliced Oranges</p>



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Summer Menus

Zebedee's Halal Menu: B

<p>11.00 am Zebedee's Lunch:</p> <p>(V) Italian Soya Bolognese with Whole wheat Pasta</p> <p>Soya mince, carrot, butternut squash, onion, mixed peppers, tomato, garlic, basil, mixed herbs, oregano, paprika, stock & rice flour</p> <p>(2) (13)</p> <p>(V) As above - Meat Free Day</p> <p>Daily drink offered: Water daily</p>	<p>11.00 am Zebedee's Lunch:</p> <p>Halal Chicken Massaman Curry with white rice</p> <p>Halal chicken, potato, onion, peppers, butternut squash, apricot, garlic, cumin, turmeric, Thai curry paste, coriander, mild curry powder, mango chutney, ginger, basil, coconut milk, desiccated coconut, béchamel & rice flour</p> <p>(7)(14)</p> <p>(V) Potato & Chickpea Massaman Curry</p> <p>Chickpeas, potato, onion, peppers, butternut squash, apricot, garlic, cumin, turmeric, Thai curry paste, coriander, mild curry powder, mango chutney, ginger, basil, coconut milk, dessicated coconut, bechamel & rice flour</p> <p>(7)(14)</p>	<p>11.00 am Zebedee's Lunch:</p> <p>Roast Halal Turkey in Gravy with Baby New Potatoes</p> <p>Cabbage, Carrots & Sweetcorn</p> <p>(V) Roast Chicken Style Slices in Gravy with Baby New Potatoes</p> <p>Vegan slices made with soya & gluten in gravy</p> <p>(2, 13)</p>	<p>11.00 am Zebedee's Lunch:</p> <p>salmon and Mascarpone with pasta</p> <p>Salmon, garlic, onion, peppers, butternut squash, tomato, bechamel, cream cheese, sweetcorn & lentils</p> <p>(2) (5) (7)</p> <p>(V) Vegetable & Bean Mascarpone with pasta</p> <p>Mixed beans, garlic, onion, peppers, butternut squash, tomato, bechamel, cream cheese, sweetcorn, lentils</p> <p>(2) (7)</p>	<p>11.00 am Zebedee's Lunch:</p> <p>Jamaican Mango Halal Chicken with white rice</p> <p>Sliced Halal Chicken, carrot, onion, parsnip, mango, mango chutney, sweetcorn, pineapple, tomato, mixed spice, haricot beans, vegetable stock, basil & corn flour</p> <p>(14)</p> <p>(V) Jamaican Mango Vegetables with white rice.</p> <p>Haricot beans, carrot, onion, parsnip, mango, mango chutney, sweetcorn, pineapple, tomato, mixed spice, vegetable stock, basil & cornflour</p> <p>(14)</p>
<p> pudding</p> <p>(V) Charlotte's Easy Peachy Sponge Slice</p> <p>(2) (7) (13)</p>	<p> pudding</p> <p>(V) Fruity Cereal Slice</p> <p>(2) (14)</p>	<p> pudding</p> <p>(V) Cherry Yoghurt</p> <p>(7)</p>	<p> pudding</p> <p>(V) Fresh Melon</p>	<p> pudding</p> <p>(V) Apple & Mango Yoghurt</p> <p>(7)</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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Summer Menus

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.