



# Little Stars Day Care and Zebedees



## Summer Menus

Little Stars Menu Week 3 - Monday Meat free day including Zebedee's lunch menu C

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>08.30 am Breakfast Options:</b>            Shredded Wheat or puffed rice            Cereals with whole milk (2,7,11)            sliced pears</p> <p><b>Drink choice:</b>            Whole Milk, Oat milk or water (7)</p>	<p><b>08.30 am Breakfast Options:</b>            avocado on White bread toast (2)            Sliced apples</p>	<p><b>08.30 am Breakfast Options:</b>            Weet-a-bix Whole Milk (2,7)            Sliced oranges</p>	<p><b>08.30 am Breakfast Options:</b>            Natural yoghurt with oats and (2,7)            sliced bananas</p>	<p><b>08.30 am Breakfast Options:</b>            Weet-a-bix with Whole Milk (2,7)            Sliced apples</p>
<p><b>2.00pm Snack:</b>            Crackers with sliced cheese and tomatoes (2,7)</p> <p><b>Daily drink offered:</b>            Water daily</p>	<p><b>2.00pm Snack:</b>            Homemade mini wholemeal pitta pizzas with grated cheese, peppers and sweetcorn (2,7)</p>	<p><b>2.00pm Snack:</b>            Crumpets with sliced banana (2,12)</p>	<p><b>2.00pm Snack:</b>            Carrot and cucumber sticks            Crispbreads with cream cheese (2.7)</p>	<p><b>2.00pm Snack:</b>            Breadsticks with Cucumber sticks and hummus (2,7,12,13)</p>
<p><b>4.30pm Tea time:</b>            Baked Potato wedges, Baked Beans with cheese (7)</p> <p>Veg options:            Tomato            Lettuce            Carrot</p> <p><b>Daily drink offered:</b>            water daily</p>	<p><b>4.30pm Tea time:</b>            White tortilla wrap with sliced chicken, grated cheese (2, 7)            (V) Mashed butter beans</p> <p>Veg options:            Tomatoes            Cucumber Lettuce</p>	<p><b>4.30pm Tea time:</b>            White Rice with tofu with seasonal salad</p> <p>Veg options:            spring onion            Peppers            Cucumber</p>	<p><b>4.30pm Tea time:</b>            Couscous, with chickpeas and roasted vegetable (peppers carrots aubergine ) (2)</p> <p>Veg options:            cucumber            sweetcorn            lettuce</p>	<p><b>4.30pm Tea time:</b>            Scrambled egg on wholemeal bread toast (2,4,7)</p> <p>Veg options:            Tomatoes            Cucumber</p>
<p> pudding:            (V) Pineapple natural juice</p>	<p> pudding:            (V) Sliced mango</p>	<p> pudding:            (V) Greek yoghurt and satsuma segments</p>	<p> pudding:            (V) Grapes Quartered</p>	<p> pudding:            (V) Sliced pears</p>



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## Summer Menus

### Zebedee's Halal Menu: C

<p>Zebedee's Lunch:  <input checked="" type="checkbox"/> Mild Vegetable Chilli with white rice.</p> <p>Kidney beans, black turtle beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, corn flour          (14)</p> <p><b>As above - Meat Free Day</b></p> <p>Daily drink offered:  <b>Water daily</b></p>	<p>Zebedee's Lunch:  <input checked="" type="checkbox"/> Simply Halal Chicken with pasta</p> <p>Diced halal chicken, onion, garlic, peppers, butternut squash, tomato, rapeseed oil &amp; rice flour          (2)</p> <p><input checked="" type="checkbox"/> Simply Quorn &amp; Lentils</p> <p>Quorn vegan pieces, lentils, onion, garlic, peppers, butternut squash, tomato, rapeseed oil &amp; rice flour          (2)</p>	<p>Zebedee's Lunch:  <input checked="" type="checkbox"/> Pineapple &amp; Coconut Vegetable Curry with brown rice</p> <p>Haricot beans, onion, garlic, pineapple, peppers, carrot, ginger, coconut milk, coriander, turmeric, curry powder, Thai curry paste, lime zest, bechamel, vegetable stock &amp; cornflour          (7)(14)</p> <p><input checked="" type="checkbox"/></p> <p><b>As above - Meat Free Day</b></p>	<p>Zebedee's Lunch:  <input checked="" type="checkbox"/> Mediterranean Halal Chicken Casserole with new potatoes.</p> <p>Halal chicken, tomato, red onion, chickpeas, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic, stock, &amp; rice flour</p> <p><input checked="" type="checkbox"/> Mediterranean Chickpea Casserole</p> <p>Chickpeas, tomato, red onion, peppers, swede, carrot, oregano, basil, peach, smoked paprika, all spice, garlic, stock, &amp; rice flour</p>	<p>Zebedee's Lunch:</p> <p><b>Five a day Friday menu</b></p> <p><b>Check Menu Board</b></p>
<p><b>Pudding</b>  <input checked="" type="checkbox"/> Carrot &amp; Cream Cheese Sponge Slice          (2) (7) (13)</p>	<p><b>Pudding</b>  <input checked="" type="checkbox"/> Vanilla Ice Cream          (7)</p>	<p><b>Pudding</b>  <input checked="" type="checkbox"/> Fruit Salad</p>	<p><b>Pudding</b>  <input checked="" type="checkbox"/> Raspberry Yoghurt          (7)</p>	<p><b>Check Display Board</b></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	<b>Italian Halal Lamb Bolognese (T)</b> Minced halal lamb, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, mixed herbs, oregano, paprika & rice flour	<b>Pasta (G)</b>	<b>Apple Sponge (G) (S) with Natural Yoghurt (D)</b>
14 Jun 2024	<b>Fruity Vegetable Curry (D) (PU) (SD) (T)</b> 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	<b>Blueberry Oaty Date Bar (G) (SD)</b>
5 Jul 2024	<b>Halal Lamb &amp; Apricot Tagine (PU) (SD) (T)</b> Halal lamb, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, chickpeas, stock & rice flour	White Rice	Diced Peaches with <b>Vanilla Yoghurt (D)</b>
26 Jul 2024	<b>Halal Chicken Supreme (D)</b> Sliced halal chicken breast, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock.	<b>Pasta (G)</b>	Fruit Salad
16 Aug 2024	<b>Vegetable Massaman Curry (D) (PU) (SD) (T)</b> 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	<b>Halal Lamb Bourignon (T)</b> Halal lamb, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour.	Mashed Potato	<b>Strawberry &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
27 Sep 2024	<b>Spinach &amp; Paneer Saag Aloo (D) (PU) (T)</b> Spinach, paneer, potato, red lentils, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, peppers, butternut squash, korma paste & yoghurt.	White Rice	<b>Raspberry &amp; Apple Flapjack (G) (SD)</b>
18 Oct 2024	<b>Halal Sausage Casserole (G) (PU) (SD) (T)</b> Diced halal chicken & beef sausage, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika.	<b>Pasta (G)</b>	<b>Vanilla Yoghurt (D)</b>

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	<b>Italian Lentil Bolognese (PU) (T)</b> Red lentils, carrot, butternut squash, onion, mixed peppers, tomato, garlic, basil, rosemary, mixed herbs, oregano, paprika, stock & rice flour	<b>Pasta (G)</b>	<b>Apple Sponge (G) (S) with Natural Yoghurt (D)</b>
14 Jun 2024	<b>Fruity Vegetable Curry (D) (PU) (SD) (T)</b> 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	<b>Blueberry Oaty Date Bar (G) (SD)</b>
5 Jul 2024	<b>Chickpea &amp; Apricot Tagine (PU) (SD) (T)</b> Chickpeas, onion, carrot, potato, peppers, tomato, garlic, cumin, coriander, cinnamon, apricots, stock & rice flour	White Rice	Diced Peaches with <b>Vanilla Yoghurt (D)</b>
26 Jul 2024	<b>Quorn &amp; Lentil Supreme (D) (G) (PU)</b> Quorn Vegan Pieces, lentils, onion, garlic, peppers, sweetcorn, carrot, bechamel, cream, parsley & vegetable stock.	<b>Pasta (G)</b>	Fruit Salad
16 Aug 2024	<b>Vegetable Massaman Curry (D) (PU) (SD) (T)</b> 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	<b>Bean Bourignon (PU) (T)</b> Kidney Beans, onion, carrot, parsnip, sweet potato, cabbage, thyme, garlic, smoked paprika, tomato, gravy & rice flour.	Mashed Potato	<b>Strawberry &amp; Cream Cheese Sponge Slice (D) (G) (S)</b>
27 Sep 2024	<b>Spinach &amp; Paneer Saag Aloo (D) (PU) (T)</b> Spinach, paneer, potato, red lentils, onion, garlic, ginger, cumin, coriander, turmeric, garam masala, tomato, peppers, butternut squash, korma paste & yoghurt.	White Rice	<b>Raspberry &amp; Apple Flapjack (G) (SD)</b>
18 Oct 2024	<b>Quorn Vegan Casserole (G) (PU) (T)</b> Quorn Vegan Pieces, peppers, sweet potato, onion, carrot, leeks, garlic, tomato, chickpeas, black beans, gravy, mixed herbs & smoked paprika.	<b>Pasta (G)</b>	<b>Vanilla Yoghurt (D)</b>

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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.