

# Welcome to our Autumn/Winter Menu for 2019

This new menu runs from September 2019 up until the February half term in 2020. There are lots of brand new recipes for the students to enjoy plus some old favourites which we know are always popular.

This season provides us with plenty of opportunities for celebration and this is reflected in our Theme Day Menu, which includes special Bonfire Night and Christmas festive menus. In February we are also featuring a fun 'Marvel Character' themed menu which includes Spider Man Spaghetti and a Captain America Cheeseburger!

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)

**SCHOOL  
LUNCH  
menu  
AUTUMN  
WINTER  
2019**

**SUPPLIED BY ZEBEDEES**



Weeks Commencing: 2nd September, 23rd September, 14th October, 4th November, 25th November, 16th December, 6th January, 27th January

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish of the Day	Lemon & Herb Mediterranean Chicken Breast with Brown Rice	Speldhurst Sausages with Yorkshire Pudding, Mashed Potato & Gravy	Tomato, Spinach, Lentil & Ricotta Lasagne	Roast Turkey or Quorn Fillet with Roast Potatoes & Gravy	Chicken & Ham Carbonara
Alternative Choice	Chicken Style Pieces in Homemade Tomato Sauce with Penne Pasta	Mild Vegetable & Bean Korma with Brown Rice & Naan Bread	Jacket Potato with Baked Beans & Grated Cheese	Vegetable, Lentil & Quinoa Chilli with Grated Cheese & White Rice	Spicy Bean Burger with Cheese, Jacket Wedges & Ketchup
Vegetables & Salads	Cucumber Slices & Grated Carrot	Carrots, Cauliflower & Green Beans	Red Pepper Batons & Cucumber Slices	Seasonal Mixed Vegetables	Shredded Iceberg & Tomato Wedges
Desserts	Peach & Mango Fromage Frais with Peaches	Raspberry Sponge with Custard	Apple & Chia Seed Flapjack	Peach Ripple Ice Cream with Apricots	Malted Cocoa & Cherry Cookie

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

Weeks Commencing: 9th September, 30th September, 21st October, 11th November, 2nd December, 23rd December, 13th January, 3rd February

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish of the Day	Spaghetini Bolognaise with Grated Cheese & Garlic Bread	Tango Mango Chicken with Brown Rice	Creamy Lemon & Tomato Salmon Pasta	Roast Ham or Quorn Fillet with Roast Potatoes & Gravy	Chicken Tikka Masala with White Rice
Alternative Choice	Creamy Caribbean Style Quorn Fillet with Brown Rice	Red Pepper Alfredo Pasta & Grated Cheese	Quorn Hot Dog with Jacket Wedges & Ketchup	Cauliflower, Sweet Potato & Chickpea Curry with White Rice	Jacket Potato with Baked Beans & Grated Cheese
Vegetables & Salads	Garden Peas & Sweetcorn	Cucumber Slices & Grated Carrot	Grated Carrot & Red Pepper Batons	Seasonal Mixed Vegetables	Shredded Iceberg & Cherry Tomatoes
Desserts	Lemon Polenta Shortbread	Brownie with Vanilla Ice Cream	Bramley Apple Crumble Slice with Custard	Raspberry Yoghurt with Peas	Orange Jelly with Mandarins

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

Weeks Commencing: 16th September, 7th October, 28th October, 18th November, 9th December, 30th December, 20th January, 10th February

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish of the Day	Beef Rogan Josh with Brown Rice & Naan Bread	Chicken Fajitas with Grated Cheese	Classic Beef Lasagne	Roast Chicken or Quorn Fillet with Stuffing Ball, Roast Potatoes & Gravy	Hot Dog or Quorn Dog with Jacket Wedges & Ketchup
Alternative Choice	Jacket Potato with Baked Beans & Grated Cheese	Cheesy Beanlie Shepherd's Pie	Quorn Sausage, Mashed Potato & Rosemary Gravy	Creamy Roasted Pepper & Red Lentil Curry with White Rice	Soya & Chickpea Bolognaise with Wholewheat Pasta & Grated Cheese
Vegetables & Salads	Tomato Wedges & Cucumber Slices	Garden Peas & Sweetcorn	Green Beans & Carrots	Seasonal Mixed Vegetables	Shredded Iceberg & Grated Carrot
Desserts	Oaty Vanilla & Cranberry Cookie with Peaches	Strawberry Jelly with Fruit Salad	Cocoa & Banana Sponge with Chocolate Custard	Raspberry Cheesecake Mousse with Pineapple	Winter Berry Frozen Yoghurt

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

**SCHOOL THEME DAYS AUTUMN/WINTER 2019**

DATE	Dish of the Day	Alternative Choice	Vegetables & Salads	Desserts
Bonfire Night Celebration Tuesday 5th November	Hot Dog or Quorn Dog with Caramelised Onions, Jacket Wedges & Ketchup	Jacket Potato with Barbeque Beans & Cheese	Shredded Iceberg & Grated Carrot	Toffee Apple Cookie
Christmas Celebration Date TBC	Festive Roast Turkey with Stuffing Ball, Chipolata Sausage, Roast Potatoes & Cranberry Gravy	Festive Turkey-Style Slices with Stuffing Ball, Vegetarian Sausage, Roast Potatoes & Cranberry Gravy	Garden Peas, Carrots & Brussel Sprouts	Homemade Christmas Chocolate Slice & Shortbread
Marvel Characters Menu Tuesday 4th February	Captain America Cheeseburger or Quorn Burger with Jacket Wedges & Ketchup	Spider Man Spaghetini Neapolitan with Cheese & Garlic Bread	Shredded Iceberg & Cucumber Batons	End Game Doughnut

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