ZEBEDEE'S LUNCH BOX

AROUND THE WORLD MENU INFORMATION SUMMER 2016

Date	Country	Main Course & Side Dish	Contents	Dessert
Friday 13th May	China	Sweet & Sour Chicken Fluffy White Rice	Diced chicken, pineapple, onion, carrots, peppers, sweetcorn, balsamic vinegar, tomato puree, peas, green beans & white rice	Exotic Fruit Salad
Friday 3rd June	America	Macaroni Cheese Cucumber Slices	Carrot, onion, courgette, basil, cheese, haricot beans, béchamel sauce, macaroni pasta & cucumber slices	Chocolate Cheesecake Mousse
Friday 24th June	France	Coq au Vin Fluffy Brown Rice	Diced chicken, carrot, onion, celery, garlic, thyme, mushroom, béchamel sauce & wholewheat rice	Raspberry Fromage Frais
Friday 15th July	Scotland	Cock-a-Leekie Stew Herb Dumplings	Diced chicken, swede, leeks, onion, carrot, celery, chopped tomato, garlic, provencal herbs, prunes, pearl barley, dried thyme & tomato puree	Fruity Rice Pudding
Friday 5th August	Brazil	Feijoada Black Bean Stew Fluffy White Rice	Black eye beans, diced ham, diced chicken, onion, ground cloves, red pepper, sweetcorn, carrots, garlic, tomato, tomato puree & white rice	Assorted Fruit Salad
Friday 26th August	Spain	Chicken, Chorizo & Chick Pea Stew Fluffy White Rice	Diced chicken, chorizo sausage, chick peas, onion, carrot, swede, pepper, mixed herbs, saffron, chopped tomato, tomato puree & white rice	Vanilla Frozen Yoghurt
Friday 16th September	India	Beef Dhansak Pilau Rice	Locally reared diced beef, tomato, tomato puree, potato, onion, red lentils, yellow split peas, broad beans, mild spices, swede, mango, cabbage, peas, turmeric & white rice	Fresh Fruit Salad
Friday 7th October	Italy	Italian Spaghetti Bolognaise Grated Cheese	Minced beef, carrots, onion, butternut squash, red pepper, basil, chopped tomato, tomato puree, wholewheat spaghetti, garlic & grated cheddar cheese	Blackcurrant Yoghurt
Friday 28th October	Hungary	Chicken Goulash New Potatoes	Diced chicken, onion, carrot, paprika, garlic, plain yoghurt, tomato, tomato puree, peas, pepper & new potatoes	Stewed Apple & Crème Fraiche

ALL MENU ITEMS ARE SUBJECT TO AVAILABILITY