Tea Club Menu (from October 2026)

Tea Club Week A Menu (All Baking Dairy Free)
Zebedees Menu A

		Known Allergens
Monday	Fish Fingers with Broccoli and Bread & Butter Greek Style Yogurt & Mango	G D
Tuesday	Over 3's: Pasta with Cheesy Tomato & Vegetable Sauce and Peas Discoverers: Hidden Vegetable Pitta Pizza with Salad Explorers: Seasonal Vegetable & Lentil Soup with Wholemeal Pitta Fingers Wholemeal Carrot & Sultana Muffin	D, G, PU, T D, G, PU, T G, PU, T G, E
Wednesday	Pork & Sage Roll with Homemade Baked Beans Greek Style Yogurt with Berries	E, G, PU D
Thursday	Over 3's: Chicken Bites, Sweetcorn & Sweet Potato Wedges Disc & Exp: Roast Chicken Breast with Sweetcorn & Sweet Potato Breadsticks, Cheddar Cheese & Fresh Fruit	G, PU S, PU D, G
Friday	Wraps or Pitta with Hard-Boiled Eggs Slices, Grated Cheddar Cheese and Salad Weetabix & Raisin Loaf	D, E, G E, G

Tea Club Week B Menu (All Baking Dairy Free)
Zebedees Menu B

		Known Allergens
Monday	Rainbow Pasta Salad with Tuna Blueberry & Chia Seed Muffin	D, G, PU E, G
Tuesday	Over 3's & Discoverers: Meatballs in Tomato & Vegetable Sauce, Potatoes & Mixed Vegetables Explorers: Slow-cooker Beef Mince, Potatoes & Mixed Vegetables Strawberry Yogurt	G, PU, SD, T G, PU, T D
Wednesday	Creamy Butternut Squash, Mushroom & Chicken Pasta with Peas Date & Oat Bar	D, G, PU G
Thursday	Fishfingers with Broccoli and Bread & Butter Over 3's: Sweet Potato Wedges Greek Style Yoghurt & Banana	G D
Friday	Explorers & Discoverers: Cheesy parsnip & Potato Bake with Baked Beans Over 3's: Seasonal Vegetable & Lentil Soup with Wholemeal Pitta Fingers Melon Slices	D, PU G, PU, T

Tea Club Week C Menu (All Baking Dairy Free)
Zebedees Menu C

		Known Allergens
Monday	Fishfingers with Broccoli and Bread & Butter Over 3's: Sweet Potato Wedges Wholemeal Banana Muffin	G G, E
Tuesday	Explorers & Discoverers: Pasta with CheesyTomato & Veg Sauce with Peas Overs: Hidden Vegetable Pitta Pizza with Salad Greek Style Yogurt with Diced Nectarine	D, G, PU, T G, PU, T D
Wednesday	Deconstructed Sausage & Bean Casserole Oat & Cranberry Flapjack Bite	G, PU, SD, T G
Thursday	Meatballs in Tomato & Vegetable Sauce with Pasta & Mixed Vegetables Greek Style Yogurt with Red Berries	G, PU, T D
Friday	Beans on Toast with Grated Cheddar Cheese Butternut Squash & Date Slice	PU, G, T, D G

C = Celery, CA = Citric Acid, D = Dairy, E = Egg, G = Gluten, PU = Pulses & Beans, S = Soya, SD = Sulphur Dioxide, T = Tomato

NB: Best endeavours are made to adhere to this menu but occasionally, ingredient availability may result in last minute changes. Where possible, meat is locally sourced from a local butcher.

Tea Club Menu (from October 2026)

Adaptations can be made for allergies, intolerances and lifestyle choices.

	Known Allergens
No Meat Meatballs	S
Linda McCartney's Vegan Sausages	S, SD, G, T
Quorn Vegetarian style Nuggets	G, E, D
Sainsbury's Taste the Difference Pork Sausages (Gluten Free)	SD
Gluten Free Fish Fingers	
Dairy Free Yogurt (Alpro)	SD, S
Dairy Free Cheese (Violife)	

Of the 14 common core allergens, dishes made in the Nursery do NOT include:
Peanuts, tree nuts, sesame, lupin, mustard, crustacea or molluscs.

The following are marked clearly on our menus:
C = Celery
CA = Citric Acid & Spices
D = Dairy
E = Egg
G = Gluten
PU = Pulses & Beans
S = Soya
SD = Sulphur Dioxide
T = Tomato