

Sebright and Daubeney Primary School Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Roasted squash mac& cheese 50/50 (G,Mk)(V) Quorn curry (Mu)(Ve) with steamed basmati rice 50/50 (Ve) Tiger baguette (G)(Ve) Tomato, basil& corn (Ve) Lettuce& carrots (Ve) Roasted broccoli, pomegranate& seeds (Ve) Orange wedges (Ve) Homemade banana yogurt (Mk,Sb)(V)	Jacket potatoes (Ve) Tuna mayo (F) Reduced salt and sugar baked beans (Ve) Cheese (Mk)(V) Special egg fried rice (E,Sb)(V) Sliced bloomer (G)(Ve) Traditional coleslaw (Ve) Cucumber sticks (Ve) Beets, feta& mint (Mk)(V) Bananas (Ve) Homemade banana &apricot yogurt (Mk,Sb)(V) Mixed fruits jelly (Ve)	Slow cooked beef bolognese (Ce) Spaghetti (G)(Ve) Creamy sweet potato and mushroom pasta (G)(Ve) Steamed broccoli & carrots (Ve) Sliced bread (G)(Ve) Eastern potato salad (Mu)(Ve) Lettuce, peppers& corn salad (Ve) Orange wedges (Ve) Reduced sugar apple and cinnamon sponge (G,E)(V) with vanilla custard (Mk)(V)	Jerk chicken Golden samosa (G)(Ve) Homemade gravy (Ve) Jollof rice 50/50 (Ve) Crispy baguette (G)(Ve) Pasta salad (G)(Ve) Sweet potato, pear and feta salad (Mk)(V) Cucumber &dill (Ve) Apple wedges (Ve) Orange wedges (Ve) Bananas (Ve) Homemade banana &strawberry yogurt (Mk,Sb)(V)	MSC fish (F,G) Tartar sauce (Mu)(Ve) Sizzling sausage (G,Sb)(Ve) with gravy (Ve) Chips (Ve) Sliced bread (G)(Ve) Chef's salad (Ve) Gherkin salad (Mu)(Ve) Grated carrots, lemon & cranberry (Ve) Bananas (Ve) Coconut rice pudding (Mk)(V) with berry compote (Ve)

Sebright and Daubeney Primary School Menu Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti with toasted pumpkin seed and tomato pesto (G)(Ve) Powerball's tagine (G)(Ve) Served with basmati rice 50/50 (Ve) Steamed baby carrots and corn (Ve) Sliced tiger bloomer (G)(Ve) Green goddess salad (Ve) Tomato, avocado and red onion salad (Ve) Apple wedges (Ve) Reduced sugar, wholemeal crumble with winter fruits (G)(Ve) served with vanilla custard (Mk)(V)	Sweet chilli chicken Homemade gravy (Ve) Crispy nuggets (G)(Ve) Chips (Ve) Tiger baguette (G)(Ve) Zingy green slaw (Ve) Pasta salad (G)(Ve) Sliced cucumber (Ve) Bananas (Ve) Homemade banana & raspberry yogurt (Mk,Sb)(V) Homemade vanilla and peach yogurt (Mk,Sb)(V)	Beef ragout pasta bake (G,Mk) Potatoes, peas and aubergine curry (Ve) with steamed basmati rice 50/50 (Ve) Steamed broccoli and green beans (Ve) Sliced bread (G)(Ve) Citrus & mint couscous (G)(Ve) Greek salad (Mk)(V) Orange wedges (Ve) Apple wedges (Ve) Mixed fruit jelly (Ve)	Teriyaki chicken fried rice 50/50 (G,Sb) Jacket potatoes (Ve) Reduced salt and sugar baked beans (Ve) cheese (Mk)(V) Crispy baguette (G)(V) Pasta salad (G)(Ve) Grated carrot, ginger and lime salad (Ve) Green beans, olives and tomato salad (Ve) Homemade banana & berry yogurt (Mk,Sb)(V) Orange wedges (Ve) Bananas (Ve) with vanilla custard (Mk)(V)	Tuna and salmon pasta with dill and cheese (G,F,Mk) Rainbow pineapple and beans fried rice (E,Sb) (Ve) Sliced bread (G)(Ve) Chef's salad (Ve) Lettuce, avocado & radish (Ve) Cabbage and spinach slaw (Ve) Bananas (Ve) Vanilla ice-cream (Mk)(V) with homemade fruit coulis (Ve)

Sebright and Daubeney Primary School Menu Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Squash 'carbonara' (G,Mk)(V) Jacket potatoes (Ve) Reduced salt & sugar baked beans (Ve), cheese (Mk)(V) Tiger baguette (G)(Ve) Cucumber, pomegranate &olives (Ve) Crispy lettuce &avocado (Ve) Tomato wedges (Ve) Apple wedges (Ve) Homemade banana and roasted pear yogurt (Mk,Sb)(V)	Roasted chicken Homemade gravy (Ve) Roasted quorn (G)(Ve) Mash potatoes (Ve) Steamed broccoli and peas (Ve) Sliced bloomer (G)(Ve) Traditional pasta salad (G)(Ve) Honey roasted carrots, beets and feta (Mk)(V) Orange wedges (Ve) Reduced sugar jam and coconut sponge (G,E) with vanilla custard (Mk)(V)	Taco Wednesday 😊 Rich, slow cooked chilli con carne Deep dish enchilada casserole (G,Mk)(V) Steamed basmati rice 50/50 (Ve) Taco (Ve) Corn salsa (Ve) Diced tomatoes, onion& parsley (Ve) Crispy shredded lettuce (Ve) Choice of apples/ oranges/ bananas/ pears/ plums (Ve) Homemade banana yogurt (Mk,Sb)(V)	Tomato & mascarpone chicken pasta bake (G,Mk) Chow main noodles (G,Sb,E)(V) Steamed carrots& green beans (Ve) Tiger baguette (G)(V) Rice, pomegranate and peas salad (Ve) Minted cucumber (Ve) Apple wedges (Ve) Choice of homemade yogurt: banana& berry or banana &passion fruit (Mk,Sb)(V)	MSC Fish (G,F) Roasted vegetable tart (G,E)(V) Crispy vegetable fingers (G)(Ve) Chips (Ve) Sliced bread (G)(Ve) Chef's salad (Ve) Grated carrot, lemon and raisins (Ve) Gherkins (Mu)(Ve) Bananas (Ve) Reduced sugar chocolate cake (G,Sb)(Ve) served with vanilla custard (Mk)(V)

At present time this information is correct, however it is subject to change as we rely on information given to us by our suppliers. Daily allergy information available on request.

Ce – Celery

G – Gluten

E – Eggs

F – Fish

L – Lupin

Mk – Milk

Mu – Mustard

P – Peanuts

Se – Sesame seeds

Sb – Soya bean

Su – Sulphur Dioxide

N – Tree nuts

Mo – Molluscs

Cr – Crustaceans

V – Vegetarian

Ve – Vegan

We may need to change a menu at short notice as we are experiencing food shortages as well as sharp increase in price. If that happens, we will notify you of the changes on the day by text.