

**Sebright and Daubeney Primary School Menu Week 1**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>Lasagne with sweet potatoes, basil and peppers (G,Mk,E)</b></p> <p><b>Slow cooked beans chilli served with fluffy rice</b></p> <p><b>Baguette slices (G)</b></p> <p><b>Steamed green beans and sweetcorn</b></p> <p><b>Sliced cucumber</b></p> <p><b>Mixed lettuce and chives</b></p> <p><b>Apple wedges</b></p> <p><b>Mixed fruits wholemeal crumble (G) served with vanilla custard (Mk)</b></p>	<p><b>Creamy chicken curry with chick peas and spinach (Sb) served with basmati rice</b></p> <p><b>Roasted vegetables, tomato and beans pasta (G)</b></p> <p><b>Sliced bloomer (G)</b></p> <p><b>Minted peas, cucumber and feta salad (Mk)</b></p> <p><b>Tomato wedges</b></p> <p><b>Grated carrots and pineapple</b></p> <p><b>Orange wedges</b></p> <p><b>Homemade yogurt (Mk,Sb)</b></p> <p><b>Fruit jelly</b></p>	<p><b>Beef meatballs in tomato and basil sauce served with spaghetti (G)</b></p> <p><b>Avocado, peas and broad beans pesto with fresh herbs served with penne pasta (G)</b></p> <p><b>Tiger baguette (G)</b></p> <p><b>Steamed broccoli and baby carrots</b></p> <p><b>Iceberg and dill salad</b></p> <p><b>Roasted beetroot and green beans</b></p> <p><b>Bananas</b></p> <p><b>Chocolate cake (G,Sb) with vanilla custard (Mk)</b></p>	<p><b>Piri Piri chicken drumsticks</b></p> <p><b>Homemade gravy</b></p> <p><b>Sausages (G,Sb,Su)</b></p> <p><b>Coconut rice</b></p> <p><b>Sliced bread (G)</b></p> <p><b>Homemade rainbow coleslaw</b></p> <p><b>Diced cucumber</b></p> <p><b>Spinach and carrots</b></p> <p><b>Apple wedges</b></p> <p><b>Orange wedges</b></p> <p><b>Choice of homemade yogurts (Mk,Sb)</b></p>	<p><b>MSC Fish of the day (G,F)</b></p> <p><b>Nuggets (G)</b></p> <p><b>Chips</b></p> <p><b>Reduced sugar baked beans</b></p> <p><b>Choice of bread (G)</b></p> <p><b>Gherkins (Mu)</b></p> <p><b>Chef's salad</b></p> <p><b>Pasta salad (G)</b></p> <p><b>Pears wedges</b></p> <p><b>Bananas</b></p> <p><b>Lemon drizzle cake (G,E) with vanilla custard (Mk)</b></p>

**Sebright and Daubeney Primary School Menu Week 2**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>Sausage roll (G)</b> Served with creamy mash potato and homemade gravy</p> <p><b>Veggieballs pasta bake</b> (G,Mk,Sb)</p> <p><b>Reduced sugar baked</b> beans</p> <p><b>Sliced baguette (G)</b></p> <p><b>Cucumber and dill</b></p> <p><b>Cos lettuce with peppers</b></p> <p><b>Orange wedges</b></p> <p><b>Dark banana sponge</b> (G,E) with vanilla custard (Mk)</p>	<p><b>Roasted chicken</b> drumsticks Homemade gravy</p> <p><b>Samosa (G)</b></p> <p><b>Jollof rice</b></p> <p><b>Sliced bloomer (G)</b></p> <p><b>Pasta salad (G)</b></p> <p><b>Tomato, basil and</b> roasted red onion</p> <p><b>Shredded lettuce and</b> carrots</p> <p><b>Bananas</b> Homemade fruit yogurt (Mk,Sb)</p> <p><b>Mixed fruit jelly</b></p>	<p><b>Rich slow cooked beef</b> Bolognese (Ce) served with spaghetti (G)</p> <p><b>Basil pesto, roasted</b> peppers and corn pasta (G)</p> <p><b>Sliced tiger baguette (G)</b></p> <p><b>Steamed carrots and</b> green beans</p> <p><b>Roquette, orange, carrots</b> and spring onion</p> <p><b>Cucumber</b></p> <p><b>Apple wedges</b></p> <p><b>Carrot cake (G,E) with</b> vanilla custard (Mk)</p>	<p><b>Chicken biryani (G)</b> Curry sauce</p> <p><b>Noodles stir fry (G,E,Sb)</b></p> <p><b>Spring roll (G) served</b> with fluffy rice</p> <p><b>Plain naan bread (G)</b></p> <p><b>Tomatoes, cucumber and</b> mint salad</p> <p><b>Homemade coleslaw</b> (Mu)</p> <p><b>Cos, sweetcorn and</b> chives</p> <p><b>Homemade yogurt</b> (Mk,Sb) Apple &amp; orange wedges, bananas</p>	<p><b>Tuna and salmon pasta</b> bake (G,Mk,F)</p> <p><b>Sundried tomato pesto</b> with roasted sweet potatoes pasta (G)</p> <p><b>Vegetable medley</b></p> <p><b>Choice of bread (G)</b></p> <p><b>Chef's salad</b></p> <p><b>New potato salad (Mu)</b></p> <p><b>Choice of fresh fruits</b></p> <p><b>Choice of ice cream (Mk)</b> With fruit coulis</p>

**Sebright and Daubeney Primary School Menu Week 3**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Everyone's favourite pumpkin mac& cheese (G,Mk)	Garlic & thyme chicken drumsticks Homemade gravy	Lamb curry with potatoes and spinach (G) served with basmati rice	Chicken, mascarpone and tomato pasta (G,Mk)	MSC Fish of the day (G,F)
Spiced jambalaya	Sausages (G,Sb,Su)	Mixed peppers, butter beans and tomato spaghetti (G)	Chick peas and squash biryani (G)	Veggie fingers (G)
Steamed carrots and peas	Mash potatoes (Mk)	Sliced bread (G)	Steamed carrots and green beans	Chips
Sliced bloomer (G)	Steamed broccoli and green beans	Cucumber and mint	Sliced baguette (G)	Reduced sugar baked beans
Grated carrots, lemon and ginger salad	Sliced tiger baguette (G)	Lettuce and carrots	New potato salad (Mu)	Mixed bread (G)
Iceberg and cucumber	Pasta salad (G)	Homemade coleslaw	Tomato, beetroot and salad	Chef's salad
Apple wedges	Spinach and tomato salad	Orange wedges Homemade fruit yogurt (Mk,Sb)	Choice of fruit yogurts (Mk,Sb)	Sweetcorn, peppers and radish
Wholemeal fruit crumble (G) with vanilla custard (Mk)	Homemade fruit yogurt (Mk,Sb) Bananas Orange wedges	Jam and coconut sponge (G,E) With vanilla custard (Mk)	Bananas or apple wedges	Choice of fruits
				Rice pudding (Mk) With berry compote

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**

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.

