

Sebright and Daubeney Primary School menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade pesto mac& cheese (G,Mk,V)	Sweet chilli chicken fried rice with sweetcorn and spring onion (Sb)	Rich slow cooked Bolognese (Ce) served with spaghetti (G,Ve)	Tandoori chicken (Mk) Curry sauce (Mu,Ve)	MSC Fish of the day (G,F)
Potatoes stuffed with corn, broccoli and cheese (Mk,V)	Mixed beans and sweet potato chilli (Ve) served with rice (Ve) and minted yogurt (Mk,V)	Green pesto, roasted carrots and peppers penne (G,Ve)	Sausage sizzle (G,Sb,Su,Ve)	Roasted pepper and spinach quiche (G,E,Mk,V)
Tomato, beans and pepper pasta shells (G,Ve)	Steamed broccoli (Ve)	Tiger baguette slices (G,Ve)	Coconut rice 50/50 (Ve)	Crispy nuggets (G,Ve)
Baguette slices (G,Ve)	Sliced bloomer (G,Ve)	Greek salad (Mk,V)	Steamed green beans and peas (Ve)	Chips (Ve)
Grated carrot, lemon & dill (Ve)	Cucumber and dill (Ve)	Lemon and herb marinated olives (Ve)	Naan bread (G,Ve)	Reduced sugar baked beans (Ve)
Shredded lettuce (Ve)	Summer pasta salad (G,Ve)	Lettuce and chives (Ve)	Green goddess salad (Ve)	Choice of bread (G,Ve)
Tomato, red onion and basil (Ve)	Homemade fruit yogurt (Mk,Sb,V)	Homemade fruit yogurt (Mk,Sb,V)	Grated carrot, ginger and lime (Ve)	Sliced gherkins (Mu,Ve)
Apple wedges (Ve)	Orange wedges (Ve)	Bananas, oranges, apples (Ve)	Bananas (Ve)	Chef's salad (Ve)
Reduced sugar Victoria sponge (G,E,V)	Choice of ice cream (Mk,V) with fruit coulis (Ve)		Fruit jelly 50% fruits (Ve)	Reduced sugar vanilla and raspberry sponge (G,E,V) with vanilla custard (Mk,V)

Sebright and Daubeney Primary School menu Week2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Quorn, and crunchy vegetable stir fried noodles (G,Sb,E,V)</p> <p>Punjabi mushrooms and chickpeas curry (Ve) served with rice 50/50 (Ve)</p> <p>Steamed broccoli & baby carrots (Ve)</p> <p>Sliced bloomer (G,Ve)</p> <p>Minted cucumber (Ve)</p> <p>Green beans, sundried tomatoes& roasted red onion (Ve)</p> <p>Apple wedges (Ve)</p> <p>Homemade wholemeal mixed fruit crumble (G,Ve)with vanilla custard (Mk,V)</p>	<p>Taco Tuesday 😊 Slow cooked chilli con carne, cheese (Mk,V)</p> <p>Black beans and sweet potato chilli(Ve), cheese (Mk,V)</p> <p>Rice 50/50 (Ve)</p> <p>Taco shells (G,Ve)</p> <p>Pea and lime guacamole (Ve)</p> <p>Corn salsa (Ve)</p> <p>Citrus coleslaw (Ve) Sour cream (Mk,V)</p> <p>Homemade fruit yogurt (Mk,Sb,V)</p> <p>Orange wedges (Ve) Reduced sugar lime sponge (G,E,V) and vanilla custard (Mk,V)</p>	<p><u>Picnic day</u> Choice of chicken, tuna(F), cheese(Mk,V), egg(E,V), vegan cheese(Ve)</p> <p>On mix of rolls, sliced bread, bloomer and wraps (G,Ve)</p> <p>Tomato and basil pasta salad (G,Ve)</p> <p>Traditional potato salad(Ve)</p> <p>Sliced cucumber (Ve)</p> <p>Sliced tomatoes (Ve)</p> <p>Shredded lettuce (Ve)</p> <p>Homemade fruit yogurt (Mk,Sb,V)</p> <p>Bananas (Ve)</p> <p>Fruit jelly (Ve)</p>	<p>Homemade BBQ chicken</p> <p>Homemade BBQ sausages (Sb,G,Su,Ve)</p> <p>Chips (Ve)</p> <p>Tiger baguette (G,Ve)</p> <p>Summery green coleslaw (Ve)</p> <p>Melon, peas, mint and feta (Mk,V)</p> <p>Mixed lettuce and grated carrots (Ve)</p> <p>Choice of apple wedges, orange wedges or bananas (Ve)</p>	<p>Tuna, salmon, dill and lemon pasta bake (G,F,Mk)</p> <p>Mixed vegetables and pineapple fried rice (Sb,Ve)</p> <p>Steamed green beans and peas (Ve)</p> <p>Choice of bread (G,Ve)</p> <p>Chef's salad (Ve)</p> <p>Roasted sweet potatoes, beans &feta (Mk,V)</p> <p>Apple wedges (Ve)</p> <p>Choice of homemade fruit yogurts (Mk,Sb,V)</p>

Monday	Tuesday	Wednesday	Thursday	Friday
Hotdogs with fried onion and ketchup (G,Sb,Su,Ve)	Roasted chicken, homemade gravy (Ce,Ve)	Marinated lamb curry with chickpeas, spinach and carrots (Ce) served with steamed rice 50/50 (Ve)	Creamy chicken, corn & spinach pasta bake (G,Mk)	MSC Fish of the day (G,F)
Rich tomato, beans and basil sauce with penne pasta(G,Ve), sliced baguette (G,Ve)	Cheese & chives quiche (G,E,Mk,V)	Peppers, red onion and powerballs fusilli pasta (G,Sb,Su,Ve)	Mild biryani with carrots, beans, onions (Ve)& minted yogurt (Mk,Sb,V)	Golden nuggets (G,Ve)
Tomato and cucumber salad (Ve)	Samosa (G,Ve)	Steamed peas & green beans (Ve)	Sliced baguette (G,Ve)	Chips (Ve)
Mixed lettuce and sweetcorn (Ve)	Rice and peas (Ve)	Naan bread (G,Ve)	Tex mex salad (Ve)	Reduced sugar baked beans (Ve)
Eastern European potato salad (Mu,Ve)	Steamed broccoli and baby carrots (Ve)	Citrus couscous (G,Sb,Mu,Ve)	Cucumber, radish& dill (Ve)	Mixed bread (G,Ve)
Homemade fruit yogurt (Mk,Sb,V)	Sliced bloomer (G,Ve)	Tomato, beetroot and mint (Ve)	Grated carrot and pineapple (Ve)	Sliced gherkins (Mu,Ve)
Apple wedges (Ve)	Traditional coleslaw (Ve)	Homemade fruit yogurt (Mk, Sb,V)	Bananas (Ve)	Chefs' salad (Ve)
Reduced sugar orange drizzle sponge(G,E,V) and vanilla custard (Mk,V)	Pasta salad (G,Ve)	Choice of apples, oranges & bananas (Ve)	Reduced sugar chocolate cake (G,E,V) with custard (Mk,V)	Lettuce and carrots (Ve)
	Bananas or orange wedges (Ve)			Homemade fruit yogurt (Mk,Sb,V)
	Choice of ice cream (Mk,V) with fruit coulis (Ve)			Choice of fruits (Ve)
				Jelly 50% fruits (Ve)

This information is correct, but it is subject to change as we rely on information given to us by our suppliers. Daily allergy information is 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 the menu at short notice as we are experiencing food shortages as well as a sharp increase in price. If that happens, we will notify you of the changes on the day by text.

