

Sebright Centre Menu September - December 2026 Week 1 😊

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8-8:30AM Wholemeal toast (G)(Ve), spread(Ve),jam (Ve) milk(Mk)(V) apple(Ve)	Breakfast 8-8:30AM Rice krispies(Ve), milk(Mk)(V), oranges (Ve)	Breakfast 8-8:30AM Weetabix(G)(Ve), milk (Mk)(V), bananas(Ve)	Breakfast 8-8:30AM Toasted bagels(G)(Ve) spread (Ve) pears(Ve)	Breakfast 8-8:30AM Scramble eggs (E)(V) on toast(G)(Ve) milk (Mk)(V) apples (Ve)
Mid-morning snack 10.00am Fresh fruits (Ve)	Mid-morning snack 10.00am Vegetable crudité (Ve)	Mid-morning snack 10.00am Fresh fruits (Ve)	Mid-morning snack 10.00am Vegetable crudité (Ve)	Mid-morning snack 10.00am Fresh fruits (Ve)
Lunch 11.45 -12.15PM Roasted squash mac& cheese 50/50 with toasted seeds(G,Mk)(V) Steamed broccoli (Ve) Sliced bloomer (G)(Ve) Wholemeal apple& berry crumble(G)(Ve), with vanilla custard (Mk)(V) Milk (Mk)(V), fruits(Ve)	Lunch 11.45 -12.15PM Rainbow special fried rice with chicken (G,Sb) Steamed carrots (Ve) Pitta bread (G)(Ve) Homemade banana &mango yogurt (Mk,Sb)(V) Milk (Mk)(V), fruits (Ve)	Lunch 11.45 -12.15PM Slow cooked beef& lentils Bolognese (Ce) spaghetti (Ve), sliced bread (G)(Ve), Steamed green beans (Ve) Homemade fruit jelly 50% fruits (Ve) Milk (Mk)(V), fruits (Ve)	Lunch 11.45 -12.15PM Jacket potatoes (Ve) Homemade baked beans (Ve) Cheese (Mk)(V) Tomato wedges (Ve) Sliced cucumber (Ve) Bananas, oranges (Ve) Milk (Mk)(V)	Lunch 11.45 -12.15PM MSC Fish fingers (G,F) Potato wedges (Ve) Steamed peas and corn (Ve) Coconut rice pudding (Sb)(Ve) with berry compote (Ve) Milk (Mk)(V), fruits(Ve)
Mid-afternoon snack 2.00PM Bread sticks(G)(Ve), crudité (Ve)	Mid-afternoon snack 2.00PM Toasted bagels (G)(Ve), sliced tomatoes (Ve)	Mid-afternoon snack 2.00PM Homemade berry yogurt (Mk)(V), pitta bread(G)(Ve)	Mid-afternoon snack 2.00PM Homemade egg muffins (G,E,Mk)(V)	Mid-afternoon snack 2.00PM Carrots, cucumber (Ve) bread sticks (G)(Ve)
Tea: 4.00P Tuna and tomato (F)(V) or egg and cress (E,Mu)(V) on mixed bread (G)(Ve) Fresh fruits (Ve), milk (Mk)(V)	Tea: 4.00PM Homemade baked beans (Ve) on mixed toast (G)(Ve) Fresh fruits (Ve), milk (Mk)(V)	Tea: 4.00PM Homemade tomato, mascarpone &beans pasta Mixed bread (G)(Ve) Fresh fruits (Ve), milk (Mk)(V)	Tea: 4.00PM Tuna& corn (F), cheese& cucumber (Mk)(V), sandwiches(G)(Ve) Fresh fruits (Ve), milk (Mk)(V)	Tea: 4.00PM Homemade traditional Italian deep pan tomato, cheese and corn pizza (G,Mk)(V) Fresh fruits (Ve), milk (Mk)(V)

Sebright Centre Menu September – December 2026 Week 2 😊

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8-8:30AM Rice krispies(Ve), milk(Mk)(V), oranges (Ve)	Breakfast 8-8:30AM Toasted bagels(G)(Ve), spread(Ve), milk(Mk)(V) apples (Ve)	Breakfast 8-8:30AM Cornflakes(G)(Ve) milk (Mk)(V) pears (Ve)	Breakfast 8-8:30AM Weetabix(G)(Ve), milk (Mk)(V), bananas(Ve)	Breakfast 8-8:30AM Baked banana & raisin oatmeal (G,Mk)(V) Oranges (Ve)
Mid-morning snack 10.00am Vegetable crudité (Ve)	Mid-morning snack 10.00am Fresh fruits (Ve)	Mid-morning snack 10.00am Vegetable crudité (Ve)	Mid-morning snack 10.00am Fresh fruits (Ve)	Mid-morning snack 10.00am Fresh fruits (Ve)
Lunch 11.45 -12.15PM Homemade tomato pesto spaghetti with toasted seeds (G)(V) Cucumber& corn (Ve) Sliced bread (G)(Ve) Bananas with vanilla custard (Mk)(V) Milk (Mk)(V), fruits (Ve)	Lunch 11.45 -12.15PM Roasted chicken pieces Homemade gravy (Ve) Jollof rice 50/50 (Ve) Steamed carrots (Ve) Homemade banana and peach yogurt (Mk)(V) Milk (Mk)(V), fruits (Ve)	Lunch 11.45 -12.15PM Homemade baked beans (Ve) Jacket potatoes (Ve) Cheese (Mk)(V) Steamed broccoli (Ve) Reduced sugar apple & cinnamon sponge (G,E)(V) custard (Mk)(V) Milk (Mk)(V) fruits (Ve)	Lunch 11.45 -12.15PM Tuna, salmon & herbs pasta bake 50/50 (G,F,Mk)(V) Sliced bread (G)(Ve) Steamed peas and green beans Fruit jelly (Ve) Milk (Mk)(V)	Lunch 11.45 -12.15PM Rainbow veggies and beans egg fried rice (G,E,Sb)(V) Steamed baby carrots (Ve) Peach with homemade raspberry sauce (Ve) Milk (Mk)(V), fruits (Ve)
Mid-afternoon snack 2.00PM Toasted crumpets (G)(Ve) sliced tomatoes (Ve)	Mid-afternoon snack 2.00PM Crackers(G)(Ve), spread (Ve) cucumber slices (Ve)	Mid-afternoon snack 2.00PM Homemade egg muffins (G,E,Mk) (V)	Mid-afternoon snack 2.00PM Homemade berry yogurt (Mk)(V), pitta bread(G)(Ve)	Mid-afternoon snack 2.00PM Homemade tortilla ‘crisps’(G) with crudité
Tea: 4.00PM Egg (E)(V) cheese& tomato (Mk)(V), humus (Ve) sandwiches(G)(V) Fresh fruits (Ve), milk(Mk)(V)	Tea: 4.00PM Smooth & creamy pumpkin pasta (G)(Ve) Mixed bread (G)(Ve) Fresh fruits (Ve), milk(Mk)(V)	Tea: 4.00P Tuna mayo (F), cheese (Mk)(V) on mixed bread (G)(Ve), tomato wedges (Ve) Fresh fruits (Ve), milk(Mk)(V)	Tea: 4.00PM Chicken bites (G,E), tomato rice salad (Ve), homemade ketchup (Ve), corn (Ve) Fresh fruits (Ve), milk(Mk)(V)	Tea: 4.00PM Homemade baked beans (Ve) on mixed toast (G)(Ve) Fresh fruits (Ve), milk(Mk)(V)

Sebright Centre Menu September - December 2026 Week 3 😊

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8-8:30AM Weetabix(G)(Ve), milk (Mk)(V), bananas(Ve)	Breakfast 8-8:30AM Porridge (G)(Ve), milk(Mk)(V), plums (Ve) raisins (Ve)	Breakfast 8-8:30AM Toasted bagels(G)(Ve), spread(Ve), milk(Mk)(V) apples (Ve)	Breakfast 8-8:30AM Scramble eggs (E)(V) on toast(G)(Ve) milk(Mk)(V), oranges (Ve)	Breakfast 8-8:30AM Cornflakes (Ve),milk (Mk)(V) pears (Ve)
Mid-morning snack 10.00am Fresh fruits (Ve)	Mid-morning snack 10.00am Vegetable crudité (Ve)	Mid-morning snack 10.00am Fresh fruits (Ve)	Mid-morning snack 10.00am Vegetable crudité (Ve)	Mid-morning snack 10.00am Fresh fruits (Ve)
Lunch 11.45 -12.15PM Sausage, tomatoes and veggies traybake(G,Sb)(Ve) Dill mash potatoes (Ve) Steamed broccoli (Ve) Coconut rice pudding (Mk) (V) with homemade mango coulis (Ve) Milk (Mk)(V), fruits(Ve)	Lunch 11.45 -12.15PM Rich slow cooked beef, carrots and lentils pasta bake 50/50 (G,Mk)(V) Steamed green beans (Ve) Sliced bread (G)(Ve) Bananas (Ve) Milk (Mk)(V)	Lunch 11.45 -12.15PM Herb &paprika roasted chicken Rosemary roasted potatoes (Ve) Homemade gravy (Ve) Steamed peas &carrots (Ve) Homemade apple &vanilla yogurt (Mk)(V) Milk (Mk)(V), fruits (Ve)	Lunch 11.45 -12.15PM Creamy squash& chickpeas spaghetti (G) Sliced bloomer (G)(Ve) Diced tomatoes& corn (Ve) Sliced bread (G)(Ve) Reduced sugar plum sponge (G,E)(V) vanilla custard (Mk)(V) Milk (Mk)(V) fruits (Ve)	Lunch 11.45 -12.15PM MSC oven baked Fish fingers (F,G) Steamed new potatoes (Ve) Homemade baked beans (Ve) Mixed fruit jelly (Ve) Milk (Mk)(V), fruits (Ve)
Mid-afternoon snack 2.00PM Toasted crumpets (G)(Ve) Sliced cucumber, carrots sticks (Ve)	Mid-afternoon snack 2.00PM Toasted bagels (G)(Ve) sliced apples (Ve)	Mid-afternoon snack Crackers (G)(Ve), cheese (Mk)(Ve) sliced tomatoes (Ve)	Mid-afternoon snack 2.00PM Sunshine oat bars (G) (Ve)	Mid-afternoon snack 2.00PM Homemade fruit yogurt (Mk)(V)pitta bread(G)(Ve)
Tea: 4.00PM Cheese &tomato sandwich (G,Mk)(V) egg &cress sandwich(G,E,Mu)(V) cucumber sticks (Ve) Fresh fruits (Ve), milk (Mk,V)	Tea: 4.00PM Homemade reduced salt& sugar baked beans (Ve) on mixed toast (G)(Ve) Fresh fruits (Ve), milk (Mk)(V)	Tea: 4.00PM Homemade pesto pasta 50/50 salad with beans, corn &tomatoes (G)(V) pitta bread (G)(V) Fresh fruits (Ve), milk (Mk)(V)	Tea: 4.00PM Chicken mayo sandwich (G), cream cheese and tomato sandwich (G,Mk) (V) Fresh fruits (Ve), milk (Mk)(V)	Tea: 4.00PM Tuna &sweetcorn sandwich (G,F) egg mayo &tomato sandwich (G,E)(V) Fresh fruits (Ve), milk(Mk)(V)

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 when you collect your child.