

**SEBRIGHT CHILDREN'S CENTRE MENU WEEK1**

**September – December 2020**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast: Rice krispies with milk <sub>(Mk)</sub> or wholemeal toast <sub>(G)</sub> Apples, milk (Mk)	Breakfast: Cornflakes <sub>(G)</sub> with milk <sub>(Mk)</sub> , Raisins <sub>(Su)</sub> , Milk (Mk)	Breakfast: Toasted bagel <sub>(G)</sub> with spread, Oranges Milk (Mk)	Breakfast: Porridge <sub>(G,Mk)</sub> with bananas or toasted white bread <sub>(G)</sub> , spread & jam <sub>(Su)</sub> , Milk (Mk)	Breakfast: Rice krispies with milk <sub>(Mk)</sub> , Apples Milk (Mk)
Mid-morning snack: Seasonal fruits	Mid-morning snack: Vegetables sticks	Mid-morning snack: Seasonal fruits	Mid-morning snack: Vegetables sticks	Mid-morning snack: Seasonal fruits
Lunch: Ratatouille & chick peas pasta baked 50/50 <sub>(G)</sub> Steamed Broccoli & sweetcorn Cos, peppers, carrots & herbs salad Mixed fruits wholemeal crumble <sub>(G)</sub> vanilla custard <sub>(Mk)</sub> Fresh fruits, water	Lunch: Mildly spiced chicken drumsticks Homemade gravy <sub>(Ce)</sub> Roasted potatoes Steamed green beans & carrots Rainbow coleslaw <sub>(E)</sub> Fresh fruit salad Water	Lunch: Homemade beef meatballs <sub>(E,G)</sub> Spaghetti <sub>(G)</sub> Cauliflower & peas Baby spinach, avocado, tomatoes & lime Dark ginger sponge <sub>(G,E)</sub> with vanilla custard <sub>(Mk)</sub> Fresh fruits, water	Lunch: Spanish chicken with peppers, olives & squash in rich tomato sauce Spring onion rice 50/50 Corn on the cob Grated carrots, cress & lemon <sub>(Mu)</sub> Orange and peach jelly Fresh fruits, water	Lunch: Homemade Salmon & tuna fishcakes with leek and peas <sub>(G,F)</sub> Baked beans Cucumber, dill & green beans salad Homemade banana yogurt <sub>(Mk)</sub> Fresh fruits, water
Mid-afternoon snack: 2:00PM Toasted crumpets <sub>(G)</sub> with spread, plums	Mid-afternoon snack: 2:00PM Cheese slices <sub>(Mk)</sub> , cream crackers <sub>(G)</sub>	Mid-afternoon snack: 2:00PM homemade Thyme, olive & tomato cornbread <sub>(G,E,Mk)</sub>	Mid-afternoon snack: 2:00PM ¼ wrap with homemade hummus & tomatoes <sub>(G)</sub>	Mid-afternoon snack: 2:00PM Sugar free banana fritters <sub>(G,E,Mk)</sub> orange wedges
Tea: Tuna & sweetcorn wraps/ rolls <sub>(G,F,E)</sub> Sliced cucumber Seasonal fruits, milk <sub>(Mk)</sub>	Tea: Spiced chunky squash soup with lentils <sub>(Ce)</sub> Choice of bread <sub>(G)</sub> Seasonal fruits, milk <sub>(Mk)</sub>	Tea: Baked beans on choice of white/wholemeal Toast <sub>(G)</sub> Seasonal fruits, milk <sub>(Mk)</sub>	Tea: Tuna, cucumber, pepper & peas pasta salad <sub>(G,F)</sub> Seasonal fruits, milk <sub>(Mk)</sub>	Tea: Chicken, cheese <sub>(Mk)</sub> , tuna <sub>(F,E)</sub> & hummus on choice of bread <sub>(G)</sub> , fruits, milk (Mk)

**SEBRIGHT CHILDREN'S CENTRE MENU WEEK2**

**September – December 2020**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast: Cornflakes <sup>(G)</sup> with milk <sup>(Mk)</sup> or wholemeal toast <sup>(G)</sup> Oranges, milk (Mk)	Breakfast: Weetabix <sup>(G)</sup> with milk <sup>(Mk)</sup> , Bananas Milk (Mk)	Breakfast: Toasted crumpets <sup>(G)</sup> with spread Apples, Milk (Mk)	Breakfast: Rice krispies <sup>(G)</sup> with milk <sup>(Mk)</sup> , Pears, Milk (Mk)	Breakfast: Toasted tea cakes <sup>(G,Se)</sup> with spread, Plums, Milk (Mk)
Mid-morning snack: Vegetable sticks	Mid-morning snack: Seasonal fruits	Mid-morning snack: Seasonal fruits	Mid-morning snack: Vegetable sticks	Mid-morning snack: Seasonal fruits
Lunch: Vegetarian sausage cassoulet <sup>(G,Su,Sb)</sup> Creamy dill mash potatoes <sup>(Mk)</sup> Steamed cabbage & roasted carrots Tomato, beetroot & basil Strawberry & peach jelly Fresh fruits, water	Lunch: Lamb & vegetables pasta bake 50/50 <sup>(G,,Mk)</sup> Tiger baguette <sup>(G)</sup> Green beans & roasted sprouts Corn, olives, radish & mint Jam sponge <sup>(G,E)</sup> & custard (Mk), Fresh fruits, water	Lunch: Sticky soy chicken drumsticks Carrot rice 50/50 Broccoli & sweetcorn Chinese cabbage, cucumber, radish & yellow pepper Fresh fruits salad, Water	Lunch: Tuna mayo <sup>(F,E)</sup> Grated cheese <sup>(Mk)</sup> Jacket potato Steamed peas Tomato, beetroot & basil salad Homemade winter fruits yogurt <sup>(Mk)</sup> Fresh fruits, water	Lunch: Homemade beef Bolognese <sup>(Ce)</sup> Spaghetti <sup>(G)</sup> Sweetcorn & green beans Lettuce, olives & carrots Pear and apple wholemeal crumble <sup>(G)</sup> with vanilla custard <sup>(Mk)</sup> Fresh fruits, water
Mid-afternoon snack: 2:00PM Crackers <sup>(G)</sup> , spread & cucumber & carrot	Mid-afternoon snack: 2:00PM Homemade cheese & chive scones <sup>(G,E,Mk)</sup> spread	Mid-afternoon snack: 2:00PM Wholemeal pitta bread <sup>(G)</sup> , tropical yogurt <sup>(Mk)</sup>	Mid-afternoon snack: 2:00PM Toasted bagels with spread & cucumber sticks	Mid-afternoon snack: 2:00PM Bread sticks <sup>(G,Mk,Se)</sup> , sweet potato dip
Tea: Tuna & crunchy veg pasta salad <sup>(G,F)</sup> 50/50 Spinata <sup>(G)</sup> Seasonal fruits, milk <sup>(Mk)</sup>	Tea: Baked beans on choice of white/wholemeal Toast <sup>(G)</sup> Seasonal fruits, milk <sup>(Mk)</sup>	Tea: Cheese & salad <sup>(G,Mk)</sup> , egg & tomato <sup>(G,E)</sup> , humus & salad bread rolls <sup>(G)</sup> Seasonal fruits, milk <sup>(Mk)</sup>	Tea: Root vegetables & beans soup <sup>(Ce)</sup> with baguette <sup>(G)</sup> Seasonal fruits, milk <sup>(Mk)</sup>	Tea: Tuna <sup>(F,E)</sup> , chicken <sup>(E)</sup> , cheese <sup>(Mk)</sup> / humus salad on selection of bread <sup>(G)</sup> Seasonal fruit, milk <sup>(Mk)</sup>

**SEBRIGHT CHILDREN'S CENTRE MENU WEEK3**

**September - December 2020**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast: Weetabix <sub>(G)</sub> with milk <sub>(Mk)</sub> or wholemeal toast <sub>(G)</sub> with spread Bananas, milk <sub>(Mk)</sub>	Breakfast: Porridge <sub>(G,Mk)</sub> with homemade plum jam, Pears, Milk <sub>(Mk)</sub>	Breakfast: Mixed toast <sub>(G)</sub> with spread & jam <sub>(Su)</sub> Apples, Milk <sub>(Mk)</sub>	Breakfast: Cornflakes <sub>(G)</sub> with milk <sub>(Mk)</sub> , Oranges, Milk <sub>(Mk)</sub>	Breakfast: Rice krispies <sub>(G)</sub> with milk <sub>(Mk)</sub> , Bananas, Milk <sub>(Mk)</sub>
Mid-morning snack: Seasonal fruits	Mid-morning snack: Vegetable sticks	Mid-morning snack: Seasonal fruits	Mid-morning snack: Seasonal fruits	Mid-morning snack: Vegetable sticks
Lunch: Vegetarian lasagne with quorn and lentils <sub>(G,E,Mk)</sub> Sliced spinata <sub>(G)</sub> Carrots& green beans Cos, cucumber, dill & sweetcorn Plum sponge <sub>(G,E)</sub> & custard <sub>(Mk)</sub> Fresh fruits, water	Lunch: Peri peri chicken drumsticks Mexican rice 50/50 Homemade gravy <sub>(Ce)</sub> Cauliflower cheese <sub>(G,Mk)</sub> Sweet potato, feta, chick peas & pear salad <sub>(Mk)</sub> Fresh fruit salad Water	Lunch: Homemade beef pie with carrots& onions topped with pastry <sub>(G,Ce)</sub> , creamy mash potatoes <sub>(Mk)</sub> Cabbage & broccoli Homemade coleslaw Mixed fruit crumble <sub>(G)</sub> & custard <sub>(Mk)</sub> Fresh fruits, water	Lunch: Mac& cheese with spinach, basil and chick peas pesto 50/50 <sub>(G,Mk)</sub> Sliced baguette <sub>(G)</sub> Cauliflower & corn Crispy chef's salad Banana & raspberry yogurt <sub>(Mk)</sub> Fresh fruits, water	Lunch: Breaded white fish <sub>(G,E,F)</sub> Steamed new potatoes Baked beans Crispy lettuce, peas& fennel Chocolate cake <sub>(G,E)</sub> with chocolate custard <sub>(Mk)</sub> Fresh fruits, water
Mid-afternoon snack: 2:00PM Sugar free Apple fritters <sub>(G,E,Mk)</sub> orange wedges	Mid-afternoon snack: 2:00PM Wholemeal pitta bread <sub>(G)</sub> ,banana yogurt <sub>(Mk)</sub>	Mid-afternoon snack: 2:00PM Homemade tomato& basil scones <sub>(G,E,Mk)</sub>	Mid-afternoon snack: 2:00PM Roasted squash dip, bread sticks <sub>(G,Mk,Se)</sub>	Mid-afternoon snack: 2:00PM Homemade potato& cheese frittata <sub>(E,Mk)</sub>
Tea: Vegetarian sausage rolls/sandwich <sub>(G,Sb,Su)</sub> Tomato wedges Seasonal fruits, milk <sub>(Mk)</sub>	Tea: Cheese <sub>(Mk)</sub> & salad wrap/Egg <sub>(E)</sub> & salad/ humus& salad on mixed bread <sub>(G)</sub> , fruits& milk <sub>(Mk)</sub>	Tea: Tomato, lentil & basil soup, sliced ciabatta <sub>(G)</sub> Seasonal fruit, milk <sub>(Mk)</sub>	Tea: Baked beans on choice of white /wholemeal toast <sub>(G)</sub> Seasonal fruits, milk <sub>(Mk)</sub>	Tea: Finally chopped chicken, roasted veg& corn pasta salad <sub>(G)</sub> Seasonal fruits& milk <sub>(Mk)</sub>

**SEBRIGHT CHILDREN'S CENTRE MENU WEEK4**

**September – December 2020**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast: Porridge <sup>(G,Mk)</sup> raisins <sup>(Su)</sup> or wholemeal toast <sup>(G)</sup> with spread Oranges, milk <sup>(Mk)</sup>	Breakfast: Toasted bagel <sup>(G)</sup> Pears, Milk <sup>(Mk)</sup>	Breakfast: Cornflakes <sup>(G)</sup> with milk <sup>(Mk)</sup> Kiwis, Milk <sup>(Mk)</sup>	Breakfast: Toasted crumpets <sup>(G)</sup> with spread & jam <sup>(Su)</sup> Bananas Milk <sup>(Mk)</sup>	Breakfast: Rice krispies with milk <sup>(Mk)</sup> Apples, Milk <sup>(Mk)</sup>
Mid-morning snack: Vegetables sticks	Mid-morning snack: Seasonal fruits	Mid-morning snack: Seasonal fruits	Mid-morning snack: Vegetable sticks	Mid-morning snack: Seasonal fruits
Lunch: Quorn& dice vegetables pizza with mixed cheese <sup>(G,E,Mk)</sup> Potato wedges Corn on the cob Crispy salad Mixed fruit jelly Fresh fruits, water	Lunch: Seasoned chicken drums Jollof rice50/50, Gravy (Ce) Broccoli& corn Cucumber&pomegranate Cinnamon sponge <sup>(G,E)</sup> & custard <sup>(Mk)</sup> Fresh fruits, water	Lunch: Beef chilli con carne <sup>(Ce)</sup> Cheese <sup>(Mk)</sup> Jacket potato Coleslaw (E) Garden salad Mixed fruits yogurt <sup>(Mk)</sup> Fresh fruits, water	Lunch: Tuna& salmon macaroni bake 50/50 <sup>(G,F,Mk)</sup> Roasted beetroot & sprouts Iceberg, carrots& apple Pear sponge <sup>(G,E)</sup> & custard <sup>(Mk)</sup> Fresh fruits, water	Lunch: Homemade vegetable& beans empanadas <sup>(G)</sup> Potato wedges Cauliflower cheese <sup>(G,Mk)</sup> Tomato, onion& basil Fresh fruit salad Water
Mid-afternoon snack: 2:00PM Wholemeal pitta bread <sup>(G)</sup> , Fruit yogurt <sup>(Mk)</sup>	Mid-afternoon snack: 2:00PM Pesto& red Leicester pinwheels <sup>(G,Mk)</sup>	Mid-afternoon snack: 2:00PM Sugar free Banana fritters <sup>(G,E,Mk)</sup> , apples	Mid-afternoon snack: 2:00PM Toasted bagel <sup>(G)</sup> , orange wedges	Mid-afternoon snack: 2:00PM Bread sticks <sup>(G,Mk,Se)</sup> , homemade humus
Tea: Finally chopped chicken, roasted greens& tomato pasta salad <sup>(G)</sup> Seasonal fruit, milk <sup>(Mk)</sup>	Tea: Baked beans on choice of white/wholemeal Toast <sup>(G)</sup> Seasonal fruits, milk <sup>(Mk)</sup>	Tea: Autumn vegetable and lentil soup, sliced bloomer <sup>(G)</sup> Seasonal fruit, milk <sup>(Mk)</sup>	Tea: Cheese & baby gem <sup>(G,Mk)</sup> / sliced egg& tomato <sup>(G,E)</sup> wrap, cucumber slices Seasonal fruits, milk <sup>(Mk)</sup>	Tea: Vegetarian sausage & tomato ketchup on choice of bread <sup>(G,Sb,Su)</sup> Seasonal fruits, milk <sup>(Mk)</sup>

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

Throughout the menu rice is always 50/50 white/wholegrain, as well as all our bread selection is a variety of different products such as: sliced bread, bloomer, pitta, rolls, and wraps all in white and wholemeal.

All of our pesto is homemade and always contains chick peas or other bean and is nut free.

Throughout the day children have access to drinking water.