

SEBRIGHT CHILDREN'S CENTRE MENU WEEK 1 - January – April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Rice krispies with milk _(Mk) or wholemeal toast _(G) Apples, milk	Breakfast: Cornflakes _(G) with milk _(Mk) , Raisins _(Su) , Milk	Breakfast: Toasted bagel _(G) with spread, Oranges Milk	Breakfast: Porridge _(G,Mk) with bananas or toasted white bread _(G) , spread & jam _(Su) Milk	Breakfast: Rice krispies with milk _(Mk) , Pears Milk
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: 5 a day lasagne with quorn & lentils _(G,E,Mk) Steamed cabbage & carrots Crispy lettuce, cucumber & peppers Apple & cinnamon wholemeal crumble _(G) vanilla custard _(Mk) Fresh fruits, water	Lunch: Rosemary & lemon chicken drumsticks Homemade gravy _(Ce) Roasted potatoes Steamed broccoli & peas Spinach, orange, dill & tomatoes Fresh fruit salad Water	Lunch: Traditional homemade beef meatballs _(G,Ce) Spaghetti _(G) Green beans & cauliflower Lettuce, carrots & chives Coconut sponge _(G,E) with vanilla custard _(Mk) Fresh fruits, water	Lunch: Spanish diced quorn with aubergines & peppers _(E) Yellow rice 50/50 Corn on the cob Lettuce, avocado, peas & lime Spiced banana cake _(G, E) & custard _(Mk) Fresh fruits, water	Lunch: Homemade Salmon & tuna fishcakes with mixed potatoes & leeks _(G,F) Baked beans Beetroot, tomato & basil Homemade banana yogurt _(Mk) Fresh fruits, water
Mid-afternoon snack: 2:00PM Toasted crumpets _(G) with spread, banana	Mid-afternoon snack: 2:00PM Cheese slices _(Mk) , cream crackers _(G)	Mid-afternoon snack: 2:00PM Wholemeal pitta bread _(G) , berry yogurt _(Mk)	Mid-afternoon snack: 2:00PM Bread sticks _(G,Mk,Se) , homemade hummus	Mid-afternoon snack: 2:00PM Toasted bagels _(G) , orange wedges
Tea: Tuna & sweetcorn wraps/ rolls _(G,F,E) Sliced cucumber Seasonal fruits, milk _(Mk)	Tea: Mixed vegetables chunky soup with lentils _(Ce) Bread roll _(G) Seasonal fruits, milk _(Mk)	Tea: Baked beans on choice of white/wholemeal Toast _(G) Seasonal fruits, milk _(Mk)	Tea: Tuna, tomatoes & green beans pasta salad _(G,F) Seasonal fruits, water _(Mk)	Tea: Chicken, cheese _(Mk) , tuna _(F,E) & hummus selection on choice of bread _(G) , fruits & milk _(Mk)

SEBRIGHT CHILDREN'S CENTRE MENU WEEK 2 - January – April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Cornflakes ^(G) with milk ^(Mk) or wholemeal toast ^(G) Oranges, milk	Breakfast: Weetabix ^(G) with milk ^(Mk) , Bananas Milk	Breakfast: Toasted crumpets ^(G) with spread Apples, Milk	Breakfast: Rice krispies with milk ^(Mk) , Pears, Milk	Breakfast: Toasted tea cakes ^(G,E) with spread, Plums, Milk
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 filo parcels with lentils ^(G) Creamy dill mash potatoes ^(Mk) Cabbage, leeks & corn Cucumber & cress ^(Mu) Vegan rice pudding ^(Sb) with fruit compote Fresh fruits, water	Lunch: Lamb, vegetables and herbs in tomato sauce ^(G) Spaghetti ^(G) Roasted carrots & parsnips Lettuce, radish & peppers Strawberry & orange jelly Fresh fruits, water	Lunch: Homemade chicken korma with vegetables ^(G,Mk) Mixed rice 50/50 Green beans, cabbage Carrots, cress & cucumber ^(Mu) Fresh fruits salad, water	Lunch: Spaghetti with tuna, salmon & corn ^(G,F) Cauliflower & carrot cheese ^(G,Mk) Lettuce, olives & pomegranate Homemade mix fruits yogurt ^(Mk) Fresh fruits, water	Lunch: Homemade cottage pie ^(Ce,Mk) Green beans, sprouts & peas Chef's salad Pear wholemeal crumble ^(G) with vanilla custard ^(Mk) Fresh fruits, water
Mid-afternoon snack: 2:00PM Crackers ^(G) with cheese slices ^(Mk)	Mid-afternoon snack: 2:00PM Homemade cheese & chive scones ^(G,E,Mk) spread	Mid-afternoon snack: 2:00PM Wholemeal pitta bread ^(G) , tropical yogurt ^(Mk)	Mid-afternoon snack: 2:00PM Toasted bagel ^(G) , orange wedges	Mid-afternoon snack: 2:00PM Bread sticks ^(G,Mk,Se) , sweet potato dip
Tea: Tuna & crunchy veg pasta salad ^(G,F) 50/50 Spinata ^(G) Seasonal fruits, milk ^(Mk)	Tea: Baked beans on choice of white/wholemeal Toast ^(G) Seasonal fruits, milk ^(Mk)	Tea: Cheese & salad ^(G,Mk) , egg & tomato ^(G,E) , humus & salad bread rolls ^(G) Seasonal fruits, water	Tea: Mixed vegetables & beans soup with baguette ^(G) Seasonal fruits, water	Tea: Tuna ^(F,E) , chicken ^(E) , cheese ^(Mk) / humus salad on selection of bread ^(G) Seasonal fruit, milk ^(Mk)

SEBRIGHT CHILDREN'S CENTRE MENU WEEK 3 - January – April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Weetabix ^(G) with milk ^(Mk) or wholemeal toast ^(G) with spread & jam ^(Su) Bananas, milk	Breakfast: Porridge ^(G,Mk) with raisins ^(Su) , Pears, Milk	Breakfast: Mixed toast ^(G) with spread & jam ^(Su) Apples, Milk	Breakfast: Cornflakes ^(G) with milk ^(Mk) , Oranges, Milk	Breakfast: Rice krispies ^(G) with milk ^(Mk) , Bananas, Milk
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: Mac& cheese with spinach & chickpeas pesto ^(G,Mk) Steamed broccoli & peas Lettuce, corn & tomato salad Raspberry ripple cake ^(G,E) & custard ^(Mk) Fresh fruits, water	Lunch: Peri peri chicken drumsticks, gravy Mexican rice 50/50 Cauliflower, leek & green beans Spinach, beetroot and apple salad Fresh fruit salad Fresh fruits, water	Lunch: Quorn Cornish pie with diced vegetables topped puff pastry ^(Ce,G) , gravy Creamy mash potatoes ^(Mk) Roasted carrots & swede Lollo rosso, fennel & corn Mixed fruit crumble ^(G) & custard ^(Mk) Fresh fruits, water	Lunch: Minted lamb stew with chick peas & potatoes ^(Ce) Mixed rice 50/50 Sauté cabbage & peas Coleslaw ^(E) Banana & strawberry yogurt ^(Mk) Fresh fruits, water	Lunch: Breaded white fish ^(G,E,F) Steamed new potatoes Baked beans Mixed lettuce, olives, sweetcorn & peppers Carrot cake ^(G,E) with vanilla custard ^(Mk) Fresh fruits, water
Mid-afternoon snack: 2:00PM Toasted bagels ^(G) , oranges	Mid-afternoon snack: 2:00PM Wholemeal pitta bread ^(G) , banana yogurt ^(Mk)	Mid-afternoon snack: 2:00PM Apple & rosemary scones ^(G,E,Mk)	Mid-afternoon snack: 2:00PM Butternut squash dip, bread sticks ^(G,Mk,Se)	Mid-afternoon snack: 2:00PM Cream crackers ^(G) , Apple wedges
Tea: Homemade vegetarian sausage sandwich ^(G,Sb,Su) Cucumber sticks Seasonal fruits, milk	Tea: Cheese ^(Mk) & salad wrap/Egg ^(E) & salad/ humus & salad on mixed bread ^(G) , fruits & milk ^(Mk)	Tea: Tomato & basil soup, sliced ciabatta ^(G) Seasonal fruit, milk ^(Mk)	Tea: Baked beans on choice of white/wholemeal Toast ^(G) Seasonal fruits, milk ^(Mk)	Tea: Finally chopped chicken, roasted veg & peas pasta salad ^(G) Seasonal fruits & milk ^(Mk)

SEBRIGHT CHILDREN'S CENTRE MENU WEEK 4 - January – April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Porridge ^(G,Mk) raisins ^(Su) or wholemeal toast ^(G) with spread Oranges, milk	Breakfast: Toasted bagel ^(G) Pears, Milk	Breakfast: Cornflakes ^(G) with milk ^(Mk) Kiwis, Milk	Breakfast: Toasted crumpets ^(G) with spread & jam ^(Su) Bananas Milk	Breakfast: Rice krispies with milk ^(Mk) Apples, Milk
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 ^(G,E,Mk) Potato wedges Corn on the cob Crispy salad Mixed fruit jelly Fresh fruits, water	Lunch: Mediterranean chicken in tomato sauce& veg Spaghetti ^(G) Baby carrots &peas Mixed leaf, sweet potato Wholemeal fruits crumble ^(G) & custard ^(Mk) Fresh fruits, water	Lunch: Beef burguignon with mushrooms& carrots ^(Ce) Creamy chive mash potato ^(Mk) Green beans& broccoli Tomato& lettuce salad Mixed fruits yogurt ^(Mk) Fresh fruits, water	Lunch: Veggieballs tagine with apricots ^(G,Su) White& brown rice Cumin carrots Minted mixed salad Lemon sponge ^(G,E) & custard ^(Mk) Fresh fruits, water	Lunch: Tuna mayo ^(E,F) Cheese ^(Mk) Jacket potato Broccoli& peas Roasted vegetable salad with feta ^(Mk) Fresh fruit salad Fresh fruits, water
Mid-afternoon snack: 2:00PM Wholemeal pitta bread ^(G) , Pear yogurt ^(Mk)	Mid-afternoon snack: 2:00PM Toasted crumpets ^(G) , orange wedges	Mid-afternoon snack: 2:00PM Cream crackers ^(G) , cheese ^(Mk) & tomatoes	Mid-afternoon snack: 2:00PM Toasted bagel ^(G) , apple wedges	Mid-afternoon snack: 2:00PM Bread sticks ^(G,Mk,Se) , homemade humus
Tea: Finally chopped chicken, roasted peppers& tomato pasta salad ^(G) Seasonal fruit, milk ^(Mk)	Tea: Baked beans on choice of white/wholemeal Toast ^(G) Seasonal fruits, milk ^(Mk)	Tea: Mixed vegetable and lentil soup, sliced bloomer ^(G) Seasonal fruit, milk ^(Mk)	Tea: Cheese &baby gem ^(G,Mk) / sliced egg& tomato ^(G,E) wrap, cucumber slices Seasonal fruits, milk ^(Mk)	Tea: Homemade Vegetarian sausage roll ^(G,Sb,Su) Tomato wedges Seasonal fruits, milk ^(Mk)

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 a drinking water.