

Sebright and Daubeney Primary School Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Traditional English sausage casserole (G,Sb,Ce,Su) served with Mash potato (Mk)</p> <p>Potato and beans curry served with plain rice 50/50</p> <p>Steamed peas and green beans</p> <p>Sliced bloomer (G) Cucumber and dill</p> <p>Cos lettuce, carrots and red onion</p> <p>Apple wedges</p> <p>Homemade wholemeal mixed fruit crumble (G) served with vanilla custard (Mk)</p>	<p>Chilli cheese mac 'n' cheese (G,E,Mk)</p> <p>Black beans and vegetables stir fried rice 50/50 (Sb)</p> <p>Steamed broccoli and corn</p> <p>Sliced spinata (G)</p> <p>Grated carrots with pineapple & lemon</p> <p>Mixed lettuce, pomegranate and avocado</p> <p>Orange wedges Lemon and lime drizzle cake (G,E) with vanilla custard (Mk)</p>	<p>Roasted chicken drumsticks Homemade gravy (Ce)</p> <p>Roasted quorn (E)</p> <p>Blackeye beans stew</p> <p>Jollof rice 50/50 Sliced bread (G)</p> <p>Coleslaw</p> <p>Pasta salad (G)</p> <p>Crispy lettuce and sweetcorn</p> <p>Bananas</p> <p>Homemade fruit yogurt (Mk,Sb) Homemade fruit salad (Su)</p>	<p>Beef meatballs in rich tomato and basil sauce served with spaghetti (G)</p> <p>Homemade spinach and basil pesto pasta shells with roasted pumpkin (G)</p> <p>Sliced baguette (G)</p> <p>Mixed lettuce with red peppers</p> <p>New potato salad (E)</p> <p>Tomato, beetroot and basil salad</p> <p>Homemade fruit yogurt (Mk,Sb) Orange wedges Chocolate cake (G,Sb) Vanilla custard (Mk)</p>	<p>MSC Fish of the day (G,F)</p> <p>Roasted vegetables tart (G,E,Mk)</p> <p>Nuggets (G)</p> <p>Chips</p> <p>Reduced sugar Baked beans Mixed bread (G)</p> <p>Chef's salad</p> <p>Pasta salad (G)</p> <p>Mixed fruit</p> <p>Orange and strawberry jelly</p>

Sebright and Daubeney Primary School Menu Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Quorn, lentil and sweet potato lasagne (G,E,Mk)</p> <p>Black beans chilli served with steamed rice 50/50</p> <p>Sliced baguette (G)</p> <p>Cucumber sticks</p> <p>Spinach, roasted chick peas & carrots</p> <p>Tomato and roasted fennel salad</p> <p>Apple wedges</p> <p>Pineapple upside down cake (G,E) served with vanilla custard (Mk)</p>	<p>Chicken, onion and mayo (Mu)</p> <p>Reduced sugar Baked beans Cheese (Mk)</p> <p>Jacket potato</p> <p>Sliced bread</p> <p>Homemade coleslaw (E)</p> <p>Crispy lettuce and chives</p> <p>Bananas</p> <p>Homemade fruit yogurt (Mk,Sb)</p> <p>Fruit jelly</p>	<p>Piri piri chicken Homemade gravy (Ce)</p> <p>Vegetarian fingers (G)</p> <p>Chips</p> <p>Sliced bloomer (G)</p> <p>Steamed broccoli and green beans</p> <p>Pasta salad (G)</p> <p>Sweet potato, peppers, pears and feta salad (Mk)</p> <p>Orange wedges Homemade fruit yogurt (Mk, Sb)</p> <p>Homemade fruit salad (Su)</p>	<p>Lamb curry with pumpkin, potatoes and spinach served with rice 50/50</p> <p>Veggie Noodle stir fry (G,E,Sb)</p> <p>Veggieballs tagine served with rice 50/50</p> <p>Pitta bread (G)</p> <p>Minted lettuce, peas and onion salad</p> <p>Cucumber and tomatoes salad</p> <p>Apple wedges Choice of homemade fruit yogurt (Mk,Sb)</p>	<p>Creamy tuna, salmon and corn pasta (G,F,Mk)</p> <p>Peas, avocado and rocket pesto pasta with cherry tomatoes and olives (G)</p> <p>Mixed bread (G)</p> <p>Chefs choice of steamed vegetables</p> <p>Chef's salad</p> <p>Grated carrot, ginger and mustard cress (Mu)</p> <p>Mixed fruits</p> <p>Ice cream (Mk) with homemade coulis</p>

Sebright and Daubeney Primary School Menu Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mac 'n' cheese with creamed squash and herby crumbs (G,Mk)</p> <p>Tomato, basil & butter beans spaghetti (G)</p> <p>Sliced tiger baguette (G)</p> <p>Diced beetroot with dill</p> <p>Grated carrot and orange</p> <p>Mixed leaves with roasted red onion</p> <p>Orange wedges</p> <p>Homemade wholemeal fruit crumble (G) with vanilla custard (Mk)</p>	<p>Homemade chicken biryani</p> <p>Roasted aubergine and tomato curry</p> <p>Samosa (G) served with coconut rice</p> <p>Steamed green beans and peas</p> <p>Sliced bloomer (G)</p> <p>New potato salad (Mu)</p> <p>Herby roasted vegetable salad (Mk)</p> <p>Shredded crispy lettuce</p> <p>Apple wedges</p> <p>Homemade fruit yogurt</p> <p>Dark banana sponge (G,E) with vanilla custard (Mk)</p>	<p>Homemade beef Bolognese (Ce)</p> <p>Veggieballs in sun blushed tomato sauce with spinach and olives (G)</p> <p>Spaghetti (G)</p> <p>Chef's choice of bread (G)</p> <p>Traffic light couscous (G)</p> <p>Crispy iceberg, sliced cucumber and orange pepper</p> <p>Grated carrots & herbs</p> <p>Pears wedges</p> <p>Homemade fruit yogurt (Mk,Sb)</p> <p>Bananas or stewed apples and custard (Mk)</p>	<p>Yummy roasted chicken drums</p> <p>Everyones favourite homemade gravy (Ce)</p> <p>Roasted sausages</p> <p>Mash potatoes (Mk)</p> <p>Steamed baby carrots and broccoli</p> <p>Sliced bloomer (G)</p> <p>The best rice salad</p> <p>Cos lettuce with tomatoes and mint</p> <p>Cucumber sticks</p> <p>Bananas</p> <p>Homemade fruit yogurt (Mk,Sb)</p> <p>Mixed fruit jelly</p>	<p>'Fish dog' MSC Ketchup/ tartare sauce (Mu)</p> <p>'Veggie dog'</p> <p>Chips</p> <p>Mixed bread (G)</p> <p>Chefs salad</p> <p>Spinach, avocado and roasted peppers</p> <p>Mixed fruits</p> <p>Jam sponge (G,E) with vanilla custard (Mk)</p>

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.

