

SEBRIGHT CHILDREN'S CENTRE MENU WEEK1

January - April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Rice krispies with milk _(Mk) or wholemeal toast _(G) Apples, milk (Mk)	Breakfast: Cornflakes _(G) with milk _(Mk) , Raisins _(Su) , Milk (Mk)	Breakfast: Toasted bagel _(G) with spread, Oranges Milk (Mk)	Breakfast: Porridge _(G,Mk) with bananas or toasted white bread _(G) , spread & jam _(Su) , Milk (Mk)	Breakfast: Rice krispies with milk _(Mk) , 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: Mac & cheese with pesto & roasted squash _(G,Mk) Steamed broccoli & sweetcorn Tiger baguette (G) Mixed fruits wholemeal crumble _(G) vanilla custard _(Mk) Fresh fruits Water	Lunch: Rosemary & garlic roasted chicken drumsticks Homemade gravy _(Ce) Roasted new potatoes Steamed cauliflower & green beans Orange & apple wedges Water	Lunch: Homemade beef, lentils, carrots & basil Bolognese _(Ce) Spaghetti _(G) Steamed green beans & peas Apple & cinnamon cake _(G,E) with vanilla custard _(Mk) Fresh fruits, water	Lunch: Creamy chicken curry with chick peas, spinach and sweet potatoes (Sb) Steamed basmati rice 50/50 Steamed broccoli Orange jelly Fresh fruits, water	Lunch: Homemade Salmon & whitefish fishcakes with leek & lime _(G,F) Baked beans Steamed carrots Homemade banana yogurt _(Mk) Fresh fruits, water
Mid-afternoon snack: 2:00PM Toasted crumpets _(G) with spread, apples	Mid-afternoon snack: 2:00PM Homemade yogurt _(Mk) , cream crackers _(G)	Mid-afternoon snack: 2:00PM Lemon & paprika humus, bread sticks _(G,Mk,Se)	Mid-afternoon snack: 2:00PM Homemade herb and cheese scones _(G,E,Mk)	Mid-afternoon snack: 2:00PM Toasted bagel _(G) orange wedges
Tea: Tuna & sweetcorn sandwich/rolls _(G,F,E) Sliced cucumber	Tea: Cream of root vegetables & white bean soup _(Ce) Choice of bread _(G)	Tea: Tuna, cucumber, lime & corn pasta salad _(G,F) Sliced baguette (G)	Tea: Baked beans on choice of white/wholemeal Toast _(G)	Tea: Potato, mixed vegetables and beans soup, choice

Seasonal fruits, milk _(Mk)	Seasonal fruits, milk _(Mk)	Seasonal fruits, milk _(Mk)	Seasonal fruits, milk _(mk)	of bread _(G) , fruits, milk (Mk)
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SEBRIGHT CHILDREN'S CENTRE MENU WEEK2

January – April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Cornflakes _(G) with milk _(Mk) or wholemeal toast _(G) Oranges, milk (Mk)	Breakfast: Weetabix _(G) with milk _(Mk) , Bananas Milk (Mk)	Breakfast: Toasted bagel _(G) with spread Apples, Milk (Mk)	Breakfast: Rice krispies _(G) with milk _(Mk) , Pears, Milk (Mk)	Breakfast: Toasted tea cakes _(G,Se) with spread, Oranges, Milk (Mk)
Mid-morning snack: Vegetable sticks	Mid-morning snack: Seasonal fruits	Mid-morning snack: Vegetable sticks	Mid-morning snack: Seasonal fruits	Mid-morning snack: Seasonal fruits
Lunch: Sausage roll (G,Sb) Homemade gravy Creamy chive mash potatoes _(Mk) Steamed peas Strawberry jelly Fresh fruits, water	Lunch: Tuna, salmon, dill & carrot pasta _(G,Mk,F) Tiger baguette _(G) Iceberg, cucumber & corn Orange drizzle cake _(G,E) & vanilla custard (Mk) Fresh fruits, water	Lunch: Homemade chicken katsu (G,E,Mk) Steamed rice 50/50 Steamed broccoli & green beans Apple/orange / banana Water	Lunch: Quorn nuggets (G) Sweet potato wedges Lettuce, corn & tomatoes Homemade banana and raspberry yogurt _(Mk) Fresh fruits, water	Lunch: Homemade slow cooked beef meatballs _(Ce) Spaghetti _(G) Steamed peas & carrots Homemade mixed fruit crumble _(G) with vanilla custard _(Mk) Fresh fruits, water
Mid-afternoon snack: 2:00PM Homemade cheese & tomatoes scones _(G,E,Mk) spread	Mid-afternoon snack: 2:00PM Crackers _(G) , spread _(Mk) , carrots	Mid-afternoon snack: 2:00PM Wholemeal pitta bread _(G) , fruit yogurt _(Mk)	Mid-afternoon snack: 2:00PM Homemade pesto pinwheels (G,Mk)	Mid-afternoon snack: 2:00PM Bread sticks _(G,Mk,Se) , mixed vegetables humus
Tea: Tuna & roasted veg pasta salad _(G,F) 50/50	Tea:	Tea: Baked beans on choice of white/wholemeal	Tea:	Tea:

Baguette (G) Seasonal fruits, milk(Mk)	Pumpkin,potato& white beans soup served with bloomer (G) Seasonal fruits, milk(Mk)	Toast (G) Seasonal fruits, milk (mk)	Cream of sweet potato, parsnip and lentil soup (Ce) with baguette (G) Seasonal fruits, milk(Mk)	Tuna(F,E), chicken(E), cheese(Mk)/ humus salad on selection of bread(G) Seasonal fruit, milk(Mk)
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SEBRIGHT CHILDREN'S CENTRE MENU WEEK3

January – April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Weetabix(G) with milk(Mk) or wholemeal toast(G) with spread Apples, milk (Mk)	Breakfast: Porridge(G,Mk) with bananas Milk (Mk)	Breakfast: Mixed toast(G) with spread & jam(Su) Apples, Milk (Mk)	Breakfast: Cornflakes(G) with milk(Mk), Oranges, Milk (Mk)	Breakfast: Toasted teacakes (G,E) Bananas, Milk (Mk)
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: Lasagne with sweet potatoes, basil & peppers (G,E,Mk) Baguette slices (G) Cos, cucumber & chives Dark banana sponge (G,E)& vanilla custard (Mk) Fresh fruits, water	Lunch: Chicken biryani with mixed vegetables 50/50 Sliced bloomer (G) Steamed broccoli and green beans Orange wedges Water	Lunch: Tuna mayo (F) Jacket potatoes Steamed peas Lettuce, tomatoes &herbs Mixed fruit crumble (G) & vanilla custard(Mk) Fresh fruits, water	Lunch: Quorn chow main with mixed vegetables and noodles (G,Mk,E,Sb) Sliced cucumber & radish Banana & mango yogurt (Mk) Fresh fruits, water	Lunch: Fish fingers (G,E,F) Steamed new potatoes Baked beans Chef's salad Jam and coconut sponge (G,E) with custard (Mk) Fresh fruits, water
Mid-afternoon snack: 2:00PM Sausage rolls(G) & carrot sticks	Mid-afternoon snack: 2:00PM Wholemeal pitta bread(G),banana yogurt(Mk)	Mid-afternoon snack: 2:00PM Homemade tomato& basil scones (G,E,Mk)	Mid-afternoon snack: 2:00PM Roasted red onion dip, bread sticks (G,Mk,Se)	Mid-afternoon snack: 2:00PM Toasted bagel(G), tomatoes

Tea: Cream of tomato and beans& basil soup with bread(G) Seasonal fruits, milk(Mk)	Tea: Cheese(Mk)& salad /Egg(E)& salad/humus&salad on mixed bread and rolls(G), Fruits& milk (Mk)	Tea: Finally chopped chicken, roasted veg& carrots pasta salad(G) bread (G) Seasonal fruit, milk(Mk)	Tea: Baked beans on choice of white /wholemeal toast(G) Seasonal fruits, milk(Mk)	Tea: Mixed vegetables and haricot beans soup (Ce) Choice of bread (G) Seasonal fruits& milk (Mk)
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SEBRIGHT CHILDREN'S CENTRE MENU WEEK4

January – April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Porridge(G,Mk) raisins(Su) or wholemeal toast(G) with spread Oranges, milk(Mk)	Breakfast: Toasted bagel(G) Pears, Milk(Mk)	Breakfast: Cornflakes(G) with milk(Mk) Plums Milk (Mk)	Breakfast: Toasted crumpets(G) with spread & jam(Su) Bananas Milk (Mk)	Breakfast: Rice krispies with milk (Mk) Apples, Milk (Mk)
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 Steamed sweetcorn Mixed fruit jelly Fresh fruits, water	Lunch: Spanish chicken with peppers and aubergines Steamed rice50/50, Steamed broccoli Orange& raisin sponge (G,E,Su) & custard(Mk) Fresh fruits, water	Lunch: Fish fingers (F,G) Roasted potatoes Steamed green beans and carrots Mixed fruits yogurt (Mk) Fresh fruits, water	Lunch: Tomato,butter beans roasted pepper& basil spaghetti (G) Steamed corn & carrots Sliced tiger baguette (G) Chocolate and orange cake(G,E)&custard(Mk) Fresh fruits, water	Lunch: Chicken, leek and carrots puff pastry pie Homemade gravy (Ce) Potato, parsnip& dill mash (Mk,Ce) Steamed peas& cabbage Fresh fruit salad(Su) Water
Mid-afternoon snack: 2:00PMWholemeal pitta bread(G),	Mid-afternoon snack: 2:00PM	Mid-afternoon snack: 2:00PM Crackers with spread	Mid-afternoon snack: 2:00PM Toasted bagel(G), bananas	Mid-afternoon snack: 2:00PM

Fruit yogurt _(Mk)	Pesto& red Leicester pinwheels (G,Mk)	(G), apples		Bread sticks _(G,Mk,Se) , homemade humus
Tea: Tuna, roasted greens& tomato pasta salad (G) Bread (G) Seasonal fruit, milk _(Mk)	Tea: Baked beans on choice of white/wholemeal Toast _(G) Seasonal fruits, milk _(Mk)	Tea: Winter vegetables and lentil soup(Ce), sliced bloomer (G)Seasonal fruit, milk _(Mk)	Tea: Cheese & baby gem _(G,Mk) / sliced egg& tomato _(G,E) sandwich, cucumber slices Seasonal fruits, milk _(Mk)	Tea: Root vegetables, potato and lentils soup choice of bread _(G,Sb,Su) 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 drinking water.

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 individual rooms on the day.

