

SEBRIGHT SCHOOL MENU - WEEK ONE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|------------------------------------|---------------------------------------|--------------------------------------|----------------------------|---|
| MEAT | Beef & basil Bolognese | Lemongrass, ginger and pepper chicken | Creamy salmon and lemon pasta | Lamb rogan josh | Chicken & salad or Tuna and salad wrap |
| VEGETARIAN | Quorn Bolognese | Stuffed potatoes | Summer ratatouille served with pasta | Quiche | Cheese and tomato wrap |
| STARCHY | Spaghetti | New potatoes | | Carrot rice Naan bread | Chips |
| VEGETABLE | Broccoli & carrots | Vegetable medley | Steamed peas | Steamed green beans | Chunky vegetables |
| FRESH BREAD AND SALAD BAR OFFERED EVERY DAY | | | | | |
| DESSERT | Chocolate marble cake with custard | Fruit salad | Cherry and coconut cake with custard | Orange and pineapple jelly | Fruits of the forest and apple crumble with custard |

SEBRIGHT SCHOOL MENU - WEEK TWO

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|-------------------------------------|
| MEAT | Lamb moussaka | <u>Caribbean day</u> Jerk chicken | Beef pasta bake | Moroccan chicken | Fish goujons |
| VEGETARIAN | Vegan sausage served with new potatoes | Black eyed peas, sweet potato & coconut curry | Butternut squash and ricotta cannelloni | Moroccan meatballs | Carrot peas and onion spiced samosa |
| STARCHY | Baguette | Rice and peas | | Olives and lemon couscous | Chips |
| VEGETABLE | Roasted vegetables | Green beans with cherry tomatoes | Broccoli and carrots | Steamed vegetables | Honey and thyme carrots |
| FRESH BREAD AND SALAD BAR OFFERED EVERY DAY | | | | | |
| DESSERT | Apricot and lemon sponge with custard | Banana and coconut cake with custard | Fresh fruit salad | Raspberry and vanilla cake with custard | Ice cream with fruit coulis |

SEBRIGHT SCHOOL MENU - WEEK THREE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--------------------------------|--------------------------------------|------------------|----------------------------------|
| MEAT | Mexican chilli | Puff pastry fish pie | Mild lamb and spinach curry | BBQ chicken | Vegetarian day |
| VEGETARIAN | Butternut squash risotto | Aubergine parmigiana | Chunky vegetables stir fry | BBQ Quorn steaks | Tomato and mascarpone pasta bake |
| STARCHY | Coriander rice | Dressed new potato salad | Steamed basmati rice | Chips | Baguette |
| VEGETABLE | Cauliflower and peas | Summer vegetables | Julienne carrots | Corn on the cob | Green beans and peas |
| FRESH BREAD AND SALAD BAR OFFERED EVERY DAY | | | | | |
| DESSERT | Blueberry and coconut cake with custard | Strawberry and pineapple jelly | Peach and mandarin cake with custard | Trifle | Fresh fruit salad |