



Our Weekly Menu

Updated; Sep. 2022

At Sunrise all our meals are freshly prepared and we carefully plan our menu to provide wholesome vegetarian / vegan meals to ensure that the children have a balanced diet. At Sunrise the children eat in a warm and friendly environment together with their class teachers looking after them.

Day	Morning snack 10.30am	Lunch 11.45 Upstairs/12.30 Downstairs	Afternoon snack 3.30pm
Monday	Fresh fruit (Apple, Banana, Orange, Pear, Kiwi) and seasonal fruit.	<ul style="list-style-type: none"> • Couscous with vegetables, and chickpea-sauce • Salad (Cucumber, Carrot sticks, Tomato, Peppers Green Peas and corn) • Grated cheese for those non-vegan children. • Pancakes • Water and occasionally juice 	<ul style="list-style-type: none"> • Fresh fruit (Apple, Banana, Orange, Pear, Kiwi) and seasonal fruit. • Alternatively we also offer dry fruit and crackers, or bread with sugar-free jam
Tuesday	Fresh fruit (Apple, Banana, Orange, Pear, Kiwi) and	<ul style="list-style-type: none"> • Pasta with tomato sauce mixed with chickpeas and vegetables. • Salad (Cucumber, Carrot 	<ul style="list-style-type: none"> • Fresh fruit (Apple, Banana, Orange, Pear, Kiwi) and seasonal fruit.

	seasonal fruit.	<p>sticks, Tomato, Peppers)</p> <ul style="list-style-type: none"> • Grated cheese for non-vegan children. <p>Water and occasionally juice</p> <ul style="list-style-type: none"> • Grated cheese for non-vegan children. • Water and occasionally juice 	<ul style="list-style-type: none"> • Alternatively we also offer dry fruit and crackers, or bread with sugar-free jam
Wednesday	Fresh fruit (Apple, Banana, Orange, Pear, Kiwi) and seasonal fruit.	<ul style="list-style-type: none"> • Lentils and rice, steamed broccoli • Salad (Cucumber, Carrot sticks, Tomato, Peppers) 	<ul style="list-style-type: none"> • Fresh fruit (Apple, Banana, Orange, Pear, Kiwi) and seasonal fruit. • Alternatively we also offer dry fruit and crackers, or bread with sugar-free jam
Thursday	Fresh fruit (Apple, Banana, Orange, Pear, Kiwi) and seasonal fruit.	<ul style="list-style-type: none"> • Spaghetti with sauce with red kidney beans and vegetables • Salad (Cucumber, Carrot sticks, Tomato, Peppers) • Grated cheese for those non-vegan children. • Water and occasionally juice 	<ul style="list-style-type: none"> • Fresh fruit (Apple, Banana, Orange, Pear, Kiwi) and seasonal fruit. • Alternatively we also offer dry fruit and crackers, or bread with sugar-free jam
Friday	Fresh fruit (Apple, Banana, Orange, Pear, Kiwi) and	<ul style="list-style-type: none"> • Rice and lentils, mixed vegetables alternatively Soup • Salad (Cucumber, Carrot 	<ul style="list-style-type: none"> • Fresh fruit (Apple, Banana, Orange, Pear, Kiwi) and seasonal fruit.

	seasonal fruit.	sticks, Tomato, Peppers) <ul style="list-style-type: none"> • Grated cheese for those non-vegan children. • Water and occasionally juice 	<ul style="list-style-type: none"> • Alternatively we also offer dry fruit and crackers, or bread with sugar-free jam
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PROTEIN:

Our children have 1 portion of vegetable protein foods, such as tofu, soya, chickpeas, lentils, and beans.

FATS: They can have 1 small portion of cheese.

CARBOHYDRATES:

The children have pasta or rice with every meal.

VITAMINS & MINERALS & FIBRE:

The children are offered a variety of fruit twice a day, at morning and afternoon snack times.

They eat tomato sauce, or a mixed vegetable sauce with their rice or pasta every day. They are also offered salad, comprising of raw cucumber, raw carrot, and raw tomato with their meal.

DRINKS OF FLUID: The children can drink water throughout the day on demand.

We believe that the vegetarian diet is healthy and suits families from all religious beliefs. We do not use food colouring or any other additives or preservatives in the food we use, we cook from fresh foods every day using fresh vegetables, and we use whole grain pasta or rice several times a week.