

About your child's school meals

Your child's school meals are provided by Eat Culture Catering.

Healthy Eating

When your child has a school meal, you can rest assured they are eating a healthy nutritious meal, cooked from scratch, which will fill them up for the rest of the school day. Meat and Vegetarian options are available daily.

Dietary requirements and allergens

Dietary menus are available for children with dietary requirements (with up to date medical letter).

Our menus

Our menus operate on a three-week cycle and provide up to three choices per day. They change twice per year to reflect seasonal fruit and vegetables

More Information

For more information about our services and menus please visit www.eatculture.co.uk/parents

Our food

We are proud of the food we serve to all children.

Our Food for Life Silver accreditation means that:

- Food is sourced locally
- Meat is Red Tractor assured, meaning its traceable, safe and produced locally
- Fish is certified by the Marine Stewardship Council
- We use quality ingredients from reliable sources
- We offer healthy, nutritious, balanced meals which are low in fat, sugar and salt.
- We use Organic potatoes, pasta and eggs on our menus



Week: 1
Date: 22nd Feb, 15th March, 19th April, 10th May, 7th June, 28th June, 19th July

Rise Park Family Service



Monday


Tuesday

Wednesday

Thursday

Friday

Meat free

 Tomato & Basil Pasta served with Baguette Chunk, Sweetcorn and Mixed Salad


Beef Lasagne served with Homemade Garlic Bread & Mixed Salad


Roast Pork & Stuffing, Gravy served with Organic Roast Potato & Vegetable Medley

Cajun Chicken served with Rice and Green Beans or Carrots


MSC Salmon Fish served with Oven Chips and Peas




 Vegan mini Burger in a Bun served with Coleslaw & Sweetcorn

 Cheese & Tomato Pizza served with Mixed Salad and Carrot Batons

 Quorn Roast & Gravy served with Organic Roast Potato & Vegetable Medley

 Veggie Sausage and Bean Pastry served with Boiled Potatoes & Carrots

 Cheese Flan served with Oven Chips and Peas

Apricot Shortbread Slice with Custard

Chocolate Orange Muffin

Cornflake Tart & Custard

Angel Delight with Fruit

Oaty Cookie

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Main


Dessert



Week: 2
 Date: 1st March, 22nd March, 26th April,
 17th May, 14th June, 5th July



Rise Park Family Service

Salad, Fresh Fruit, Bread and Water are available to pupils every day in all schools.  = Vegetarian

For Allergen information please ask a member of the catering team.




Monday

Meat Free

-  Veggie Mince Chilli served with Rice and Broccoli
-  Mac & Cheese served with Baguette Chunk & Mixed Salad

Tuesday

- Tuna Jalousie (Pasty) served with Boiled Potato and Carrots
-  Cheese & Tomato Pizza served with Homemade Coleslaw or Salad


Wednesday

- Roast Sliced Chicken, Stuffing With Gravy served with Organic Roast Potatoes and Vegetable Medley
-  Quorn Roast, Stuffing With Gravy served with Organic Roast Potatoes and Vegetable Medley

Thursday

- Sausage served with Mashed Potatoes and Baked Beans
-  Veggie Sausage served with Mashed Potatoes and Baked Beans

Friday

- MSC Fish served with Oven Chips Mushy Peas or Carrots
-  Vegetable Curry (Balti) served with Rice, Flatbread & Peas or Carrots

Main

Dessert

Chocolate Brownie

Fresh Fruit Salad

Chocolate Crunchies

Fresh Fruit Salad

Ice Cream served with Fruit

Fresh Fruit Salad

Pear and Ginger Sponge with Custard

Fresh Fruit Salad

Fruity Flapjack Milk

Fresh Fruit Salad



Week: 3
 Date: 8th March, 29th March, 3rd May,
 24th May, 21st June, 12th July


Rise Park Family Service


For Allergen information please ask a member of the catering team.



Monday

Meat Free

 Vegetable Spaghetti Bolognese served with Baguette Chunk and Carrots


 Quorn Burrito stuffed with Rice and served with Carrots

Carrot Cake

Fresh Fruit Salad

Tuesday

Turkey & Vegetable Pie served with Mashed Potato, Gravy and Peas


 Cheese & Tomato Pizza served with Sweetcorn & Mixed Salad

Shortbread Cookie with Fruit Wedges

Fresh Fruit Salad

Wednesday

Roast Beef served with Gravy, Yorkshire Pudding and Organic Roast Potatoes & Vegetable Medley


 Veggie Sausage served with Gravy, Yorkshire Pudding and Organic Roast Potatoes & Vegetable Medley

Gingerbread Biscuit

Fresh Fruit Salad

Thursday

Pork and Carrot Meatballs in a Tomato Sauce served with Pasta and Sweetcorn


 Veggie Balls in a Tomato Sauce served with Pasta and Sweetcorn

Lemon Drizzle Cake and Custard

Fresh Fruit Salad

Friday

MSC Fish Fingers served with Oven Chips and Baked Beans

 Cheese Snack served with Oven Chips and Baked Beans

Yoghurt with Fruit

Fresh Fruit Salad

Main

Dessert

