

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



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





Monday **Tuesday** **Wednesday** **Thursday** **Friday**

Main


Dessert

Sausages & mash with Carrots Or Sweetcorn

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

 Cheese Sandwich served with Salad

Beef Lasagne served with Homemade Garlic Bread & Mixed Salad

 Cheese & Tomato Pizza served with Mixed Salad and Carrot Batons


Ham Sub Roll served with Salad


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

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


Tuna Panini served with Salad


Cajun Chicken served with Rice and Green Beans or Carrots

 Veggie Sausage and Bean Pastry served with Boiled Potatoes & Carrots

 Jacket Potato served with Baked Beans and Salad

MSC Salmon Fish served with Oven Chips and Peas

 Cheese Flan served with Oven Chips and Peas

 Cheese Spread Sandwich with Salad

Apricot Shortbread Slice with Custard

Fresh Fruit Salad

Chocolate Orange Muffin

Fresh Fruit Salad

Cornflake Tart & Custard

Fresh Fruit Salad

Angel Delight with Fruit

Fresh Fruit Salad


Oaty Cookie

Fresh Fruit Salad

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



Rise Park Primary

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 **Tuesday** **Wednesday** **Thursday** **Friday**

Main


Dessert

Beef Cottage Pie served with Broccoli

 Mac & Cheese served with Baguette Chunk & Mixed Salad

 Chinese Quorn Wrap served with Salad

Tuna Jalousie (Pasty) served with Boiled Potato and Carrots

 Cheese & Tomato Pizza served with Homemade Coleslaw or Salad


Ham Sandwich served with Salad


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


 Cheese Panini served with Salad


Sausage served with Mashed Potatoes and Baked Beans

 Veggie Sausage served with Mashed Potatoes and Baked Beans

 Jacket Potato served with Baked Beans and Cheese

MSC Fish served with Oven Chips Mushy Peas or Carrots

 Vegetable Curry (Balti) served with Rice, Flatbread & Peas or Carrots

 Cheese Sandwich served with Salad

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 Primary

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



Monday

Tuesday

Wednesday

Thursday

Friday

Main


Spaghetti Bolognese served with Baguette Chunk and Carrots


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


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


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


MSC Fish Fingers served with Oven Chips and Baked Beans

 Quorn Burrito stuffed with Rice and served with Carrots


 Cheese & Tomato Pizza served with Sweetcorn & Mixed Salad

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

 Veggie Balls in a Tomato Sauce served with Pasta and Sweetcorn


 Cheese Snack served with Oven Chips and Baked Beans

Tuna Sub Roll served with Salad

 Egg Sandwich served with Salad

Ham Baguette served with Salad

Sliced Turkey Wrap with Salad

 Jacket Potato served with Baked Beans and Cheese

Dessert

Carrot Cake

Shortbread Cookie with Fruit Wedges

Gingerbread Biscuit

Lemon Drizzle Cake and Custard

Yoghurt with Fruit

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

