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 threeweek cycle and provide up to three choices per day. They change twice per year to reflect seasonal fruit and vegetables

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

More Information

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













Week: 1

Date: 22nd Feb, 15th March, 19th April, 10th May,

7th June, 28th June, 19th July

Main



Rise Park Primary



Monday

Tuesday

Wednesday

Thursday

Friday



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

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

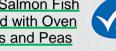
Tuna Panini served with Salad

Cajun Chicken served with Rice and Green **Beans or Carrots**

Veggie Sausage and Bean Pastry served with Boiled Potatoes & Carrots

V 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

Main



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



Beef Cottage Pie served with Broccoli

VMac & Cheese served with Baquette Chunk & Mixed Salad

VChinese Quorn Wrap served with Salad

Chocolate Brownie

Tuna Jalousie (Pastv) served with Boiled Potato and Carrots

Cheese & Tomato Pizza served with Homemade Coleslaw or Salad

Ham Sandwich served with Salad

Chocolate Crunchies

Fresh Fruit Salad

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

VQuorn Roast, Stuffing With Gravy served with Organic Roast Potatoes and Vegetable Medley

> Cheese Panini served with Salad

Ice Cream served with Fruit

Fresh Fruit 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

Pear and Ginger Sponge with Custard

Fresh Fruit Salad

MSC Fish served with Oven Chips Mushy

Peas or Carrots

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

VCheese Sandwich served with Salad

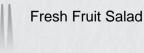
> Fruity Flapjack Milk

Fresh Fruit Salad











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



Rise Park Primary

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



Spaghetti Bolognese served with Baquette **Chunk and Carrots**

V Quorn Burrito stuffed with Rice and served with Carrots

Tuna Sub Roll served with Salad

Carrot Cake

Fresh Fruit Salad

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

Cheese & Tomato Pizza served with Sweetcorn & Mixed Salad

> VEga Sandwich served with Salad

Shortbread Cookie with Fruit Wedges

Fresh Fruit Salad

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

Veggie Sausage served with Gravv. Yorkshire Pudding and Organic Roast Potatoes & Vegetable Medley

Ham Baquette served with Salad

Gingerbread Biscuit

Fresh Fruit Salad

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

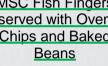
Veggie Balls in a Tomato Sauce served with Pasta and Sweetcorn

Sliced Turkey Wrap with Salad

Lemon Drizzle Cake and Custard

Fresh Fruit Salad

MSC Fish Fingers served with Oven Chips and Baked



V Cheese Snack served with Oven Chips and Baked Beans

VJacket Potato served with Baked Beans and Cheese

Yoghurt with Fruit

Fresh Fruit Salad



Main



