# 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 <a href="https://www.eatculture.co.uk/parents">www.eatculture.co.uk/parents</a>













Week: 1

Date: 22<sup>nd</sup> Feb, 15<sup>th</sup> March, 19<sup>th</sup> April, 10<sup>th</sup> May,

7<sup>th</sup> June, 28<sup>th</sup> June, 19<sup>th</sup> July

Main



**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**



Sausages & mash with Carrots Or Sweetcorn

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

V 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

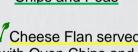
Tuna Panini served with Salad

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

Iced Ginger Shortcake 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 & Fruit Wedge

Fresh Fruit Salad







Week: 2

Date: 1st March, 22nd March, 26th April,

17<sup>th</sup> May, 14<sup>th</sup> June, 5<sup>th</sup> July

Main



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

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# **Monday**

# Tuesday

Tuna Jalousie (Pastv)

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

V Quorn Roast, Stuffing

With Gravy served with

**Organic Roast Potatoes** 

and Vegetable Medley

# Thursday

# **Friday**

Beef Cottage Pie served with Broccoli

> VMac & Cheese served with Baquette

Chunk & Mixed Salad

V Chinese Quorn Wrap served with Salad

with Salad

Ham Sandwich served

Cheese Panini served with Salad

Mashed Potatoes and **Baked Beans** 

Sausage served with

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

Jacket Potato served with Baked Beans and Cheese

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

Chocolate Brownie

Fresh Fruit Salad

**Chocolate Crunchies** 

Fresh Fruit Salad

Ice Cream served with Fruit

Fresh Fruit Salad

Caramel Tart Fruit Wedges

Fruity Flapjack Milk

Fresh Fruit Salad







Week: 3 Date: 8th March, 29th March, 3rd May, 24<sup>th</sup> May, 21<sup>st</sup> June, 12<sup>th</sup> 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**



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

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

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

Veggie Balls in a

Tomato Sauce served

with Pasta and

MSC Fish Fingers served with Oven Chips and Baked **Beans** 



V Quorn Burrito stuffed with Rice and served with Carrots

**Chunk and Carrots** 

V Cheese & Tomato Pizza served with Sweetcorn & Mixed Salad

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

Sweetcorn

V Cheese Snack served with Oven Chips and Baked Beans

Tuna Sub Roll served with Salad

VEgg Sandwich served with Salad

Ham Baquette served with Salad

Sliced Turkey Wrap with Salad

V Jacket Potato served with Baked Beans and Cheese

Muffin

Shortbread Cookie with Fruit Wedges

Gingerbread Biscuit

Lemon Drizzle Cake and Custard

Yoghurt with Fruit

Fresh Fruit Salad





