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

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.

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Monday

Tuesday

Wednesday

Rise Park Family Service

Thursday

Friday



Sausages & mash with Carrots Or Sweetcorn

V Tomato & Basil Pasta served with Baguette Chunk, Sweetcorn and Mixed Salad Beef Lasagne served with Homemade Garlic Bread & Mixed Salad

Cheese & Tomato
Pizza served with
Mixed Salad and
Carrot Batons

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

VQuorn Roast & Gravy served with Organic Roast Potato & Vegetable Medley Cajun Chicken served with Rice and Green Beans or Carrots

Veggie Sausage and Bean Pastry served with Boiled Potatoes & Carrots MSC Salmon Fish served with Oven Chips and Peas



VCheese Flan served with Oven Chips and Peas

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 with Fruit Wedge

Fresh Fruit Salad







Week: 2

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

17th May, 14th June, 5th July

Main



of the catering team. Rise Park Family Service





Monday

Tuesday

Wednesday

Thursday

Friday



Beef Cottage Pie served with Broccoli

Mac & Cheese served with Baguette Chunk & Mixed Salad Tuna Jalousie (Pasty) served with Boiled Potato and Carrots

Cheese & Tomato Pizza served with Homemade Coleslaw or Salad

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

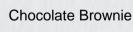
Sausage served with Mashed Potatoes and **Baked Beans**

V Veggie Sausage served with Mashed Potatoes and Baked Beans

MSC Fish served with Oven Chips Mushy Peas or Carrots



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



Fresh Fruit Salad

Chocolate Crunchies

Fresh Fruit Salad

Ice Cream served with Fruit

Fresh Fruit Salad

Caramel Tart Fruit Wedges

Fresh Fruit Salad

Fruity Flapjack Milk

Fresh Fruit Salad







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

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

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

FOOD STATE OF THE PARTY OF THE

Monday

Tuesday

Wednesday

Rise Park Family Service

Thursday

Friday



Spaghetti Bolognese served with Baguette Chunk and Carrots

VQuorn Burrito stuffed with Rice and served with Carrots

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

Cheese & Tomato
Pizza
served with Sweetcorn
& Mixed Salad

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

Veggie Sausage served with Gravy, Yorkshire Pudding and Organic Roast Potatoes & Vegetable Medley Pork and Carrot Meatballs in a Tomato Sauce served with Pasta and Sweetcorn

Veggie Balls in a Tomato Sauce served with Pasta and Sweetcorn MSC Fish Fingers served with Oven Chips and Baked Beans



V Cheese Snack served with Oven Chips and Baked Beans

Muffin

Fresh Fruit Salad

Shortbread Cookie with Fruit Wedges

Fresh Fruit Salad

Gingerbread Biscuit

Fresh Fruit Salad

Lemon Drizzle Cake and Custard

Fresh Fruit Salad

Yoghurt with Fruit

Fresh Fruit Salad



Main

