

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

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

Sausages & mash with Carrots Or Sweetcorn


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




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

 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

Dessert

Iced Ginger Shortcake with Custard

Chocolate Orange Muffin

Cornflake Tart & Custard

Angel Delight with Fruit

Oaty Cookie with Fruit Wedge

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad



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.



Main

Monday

Tuesday

Wednesday

Thursday

Friday

Beef Cottage Pie served with Broccoli

Tuna Jalousie (Pasty) served with Boiled Potato and Carrots

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

Sausage served with Mashed Potatoes and Baked Beans

MSC Fish served with Oven Chips Mushy Peas or Carrots

✓ Mac & Cheese served with Baguette Chunk & Mixed Salad

✓ Cheese & Tomato Pizza served with Homemade Coleslaw or Salad

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

✓ Veggie Sausage served with Mashed Potatoes and Baked Beans

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

Dessert

Chocolate Brownie

Chocolate Crunchies

Ice Cream served with Fruit

Caramel Tart
 Fruit Wedges

Fruity Flapjack
 Milk

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad


Fresh Fruit Salad



Week: 3

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



Main

Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognese served with Baguette Chunk and Carrots  Quorn 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 Medley  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  Cheese Snack served with Oven Chips and Baked Beans
Muffin	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

