

Week: 1 Date: 1st & 20th September, 11th October, 15th November, 6th December, 10th & 31st January,

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 Bolognaise with Baguette Chunk and Carrots

VCumberland Vegan Sausage & Mash with Gravy and Carrots

Cheese Sandwich served with Crunchy Carrot & Cucumber **Sticks**

Sponge & Custard

Flapjack

Fresh Fruit Salad

Chicken Wrap - hot Served with Mixed Salad & Sweetcorn

Cheese & Tomato Pizza served with Mixed Salad and Sweetcorn

Jacket Potato served with Tuna Mayonnaise and Sweetcorn

Butterscotch Tart

Shortbread Biscuit

Fresh Fruit Salad

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

Ouorn Roast & Gravy served with **Organic Roast Potato** & Vegetable Medley

V Egg Mayonnaise Sub Roll with Salad

Oaty Cookie with Milk

Jelly & Fruit

Fresh Fruit Salad

Chicken Curry with Rice, Flatbread and Broccoli

Vegetable Lasagne with Baguette Chunk and Broccoli (check protein)

Ham Sandwich served with Crunchy Carrot & Cucumber Sticks

Fruity Flapjack

Chocolate Muffin

Fresh Fruit Salad

MSC Salmon Fishcake served with Oven Chips and Baked Beans

> Cheese Snack served with Oven Chips and Baked Beans

V Jacket Potato served with Cheese & **Baked Beans**

Lemon Drizzle Muffin

Chocolate Crispy cake

Fresh Fruit Salad



Main







Week: 2 Date: 6th & 27th September, 1st & 22nd November, 13th December, 17th January, 7th February



Rise Park Primary

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

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







Monday

Tuesday

Wednesday

Thursday

Friday

Sausage & Mashed Potato with Gravy and Peas

Tomato &
Mascarpone Pasta
served with Baguette
Chunk and Peas

Cheese Sub Roll served with Crunchy Carrot & Cucumber Sticks BBQ Chicken with Rice and Salad

V Cheese & Tomato Pizza served with Homemade Coleslaw or Salad

Jacket Potato served with Tuna Mayonnaise and Salad

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

Quorn Roast, Yorkshire Pudding With Gravy served with Organic Roast Potatoes and Vegetable Medley

Ham Sandwich served with Salad

Jacket Potato with Bacon served with Baked Beans

Veggie Chilli on Jacket Potato with Sweetcorn

VCheese & Tomato Panini served with Baked Beans or Sweetcorn

Sticky Toffee Pudding and Custard

Chocolate Crispy Cake

Fresh Fruit Salad

MSC Fish served with Oven Chips Mushy Peas or Carrots

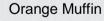
Veggie Meatballs with Tomato Sauce, Oven Chips and Peas

V Tomato & Basil Pasta served with Baguette Chunk and Peas

Banana & Custard

Chocolate Shortbread

Fresh Fruit Salad



Flapjack

Fresh Fruit Salad

Angel Delight

Oaty cookie

Fresh Fruit Salad

Shortbread with Milk

Apple Muffin

Fresh Fruit Salad

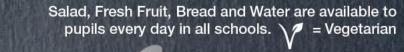
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Main



Week: 3 Date: 13th September, 4th October, 8th & 29th November, 4th & 24th January



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



Monday

Tuesday

Wednesday

Rise Park Primary

Thursday

Friday



V Butternut Squash & Chickpea Tagine served with Rice and Carrots

VTomato & Mascarpone Pasta with Baguette Chunk and Carrots

Cheese Sandwich served with Crunchy Apple Wedges & Red Pepper Sticks

> Jelly & Fruit Milk

Shortbread Biscuit

Fresh Fruit Salad

Tuna Pastry Parcel served with Boiled Potatoes and Sweetcorn

Cheese & Tomato Pizza served with Sweetcorn & Mixed Salad

V Tomato & Basil Pasta served with Baguette Chunk & Mixed Salad

> Oaty Cookie (apricot)

Chocolate Muffin

Fresh Fruit Salad

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

V Quorn Roast served with Gravy, Stuffing and **Organic Roast Potatoes** & Vegetable Medley

V.Jacket Potato served Cheese and Sweetcorn

Fruit Muffin & Milk

Flapjack

Fresh Fruit Salad

Sausage & Mash served with Gravy and Broccoli

Cumberland Vegan Sausage served with Gravy and Mash and Broccoli

Tuna Panini served with Mixed Salad

Plum Shortcake Slice & Custard

Chocolate Crispy cake

Fresh Fruit Salad

MSC Fish Fingers served with Oven Chips and Baked Beans

V Jacket Potato served with Cheese & **Baked Beans**

Ham Sub Roll served with Carrot 7 cucumber Sticks

Chocolate Sponge & **Chocolate Custard**

Oaty Cookie

Fresh Fruit Salad



Main



