

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



Rise Park Primary



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





Monday **Tuesday** **Wednesday** **Thursday** **Friday**




Main

Spaghetti Bolognese with Baguette Chunk and Carrots

 Cumberland Vegan Sausage & Mash with Gravy and Carrots


 Cheese Sandwich served with Crunchy Carrot & Cucumber Sticks


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

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


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


 Egg Mayonnaise Sub Roll with 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

MSC Salmon Fishcake served with Oven Chips and Baked Beans 

 Cheese Snack served with Oven Chips and Baked Beans

 Jacket Potato served with Cheese & Baked Beans

Dessert

Sponge & Custard

Flapjack

Fresh Fruit Salad

Butterscotch Tart

Shortbread Biscuit

Fresh Fruit Salad

Oaty Cookie with Milk

Jelly & Fruit

Fresh Fruit Salad

Fruity Flapjack

Chocolate Muffin

Fresh Fruit Salad

Lemon Drizzle Muffin

Chocolate Crispy cake


Fresh Fruit Salad



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.  = Vegetarian

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



Monday

Tuesday

Wednesday

Thursday

Friday

Main


Sausage & Mashed Potato with Gravy and Peas


BBQ Chicken with Rice and Salad


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

Jacket Potato with Bacon served with Baked Beans


MSC Fish served with Oven Chips Mushy Peas or Carrots

 Tomato & Mascarpone Pasta served with Baguette Chunk and Peas

 Cheese & Tomato Pizza served with Homemade Coleslaw or Salad

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


 Veggie Chilli on Jacket Potato with Sweetcorn


 Veggie Meatballs with Tomato Sauce, Oven Chips and Peas

Cheese Sub Roll served with Crunchy Carrot & Cucumber Sticks

Jacket Potato served with Tuna Mayonnaise and Salad

Ham Sandwich served with Salad

 Cheese & Tomato Panini served with Baked Beans or Sweetcorn

 Tomato & Basil Pasta served with Baguette Chunk and Peas

Dessert

Orange Muffin

Angel Delight

Shortbread with Milk

Sticky Toffee Pudding and Custard

Banana & Custard

Flapjack

Oaty cookie

Apple Muffin

Chocolate Crispy Cake

Chocolate Shortbread

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad



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



Rise Park Primary

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



Monday

Tuesday

Wednesday

Thursday

Friday

Main

✓ Butternut Squash & Chickpea Tagine served with Rice and Carrots

Tuna Pastry Parcel served with Boiled Potatoes and Sweetcorn

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

Sausage & Mash served with Gravy and Broccoli

MSC Fish Fingers served with Oven Chips and Baked Beans

✓ Tomato & Mascarpone Pasta with Baguette Chunk and Carrots

✓ Cheese & Tomato Pizza served with Sweetcorn & Mixed Salad

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

✓ Cumberland Vegan Sausage served with Gravy and Mash and Broccoli

✓ Jacket Potato served with Cheese & Baked Beans

✓ Cheese Sandwich served with Crunchy Apple Wedges & Red Pepper Sticks

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

✓ Jacket Potato served with Cheese and Sweetcorn

Tuna Panini served with Mixed Salad

Ham Sub Roll served with Carrot & cucumber Sticks

Dessert

Jelly & Fruit Milk

Oaty Cookie (apricot)

Fruit Muffin & Milk

Plum Shortcake Slice & Custard

Chocolate Sponge & Chocolate Custard

Shortbread Biscuit

Chocolate Muffin

Flapjack

Chocolate Crispy cake

Oaty Cookie

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

