

Weekly Menu Detail

September 2021 Wk 1 Rise Park

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
<p>Cumberland Veg Sausage GF, Df, EF* Contains Soybean Contains added Sulphur dioxide and/ or sulphites at a level >10mg/kg</p> <p>Cheese Sandwich* Contains Cereals containing Gluten Contains Milk Contains Wheat</p> <p>Cheese Sandwich* white bread Contains Cereals containing Gluten Contains Milk Contains Wheat</p> <p>Beef Spaghetti Bolognese (inc spaghetti) * Contains Cereals containing Gluten Contains Wheat</p>	<p>Chicken Fajitas* Contains Cereals containing Gluten Contains Wheat</p> <p>Jacket Potato with Tuna Mayonnaise (60)* Contains Fish Contains Eggs</p> <p>Cheese & Tomato Pizza (frozen base) 6* Contains Cereals containing Gluten May Contains Eggs Contains Milk Contains Wheat</p> <p>Cheese & tomato pizza brown base 12* Contains Cereals containing Gluten Contains Milk Contains Wheat</p>	<p>Egg Mayonnaise Sub Roll 1/2 white* Contains Cereals containing Gluten Contains Eggs Contains Wheat</p> <p>Quorn Roast & Gravy* Contains Eggs Contains Milk</p> <p>Roast Pork, Gravy & Stuffing (Primary) sliced* Contains Cereals containing Gluten Contains Wheat</p> <p>Egg Mayonnaise Sub Roll 1/3 brown* Contains Cereals containing Gluten Contains Eggs Contains Wheat Contains Oats</p>	<p>Veggie Lasagne* Contains Cereals containing Gluten Contains Celery /Celeriac Contains Milk Contains Mustard Contains Wheat</p> <p>Ham Sandwich* Contains Cereals containing Gluten Contains Wheat</p> <p>Chicken curry Punjabi * Contains added Sulphur dioxide and/ or sulphites at a level >10mg/kg</p> <p>Baguette Chunks* Contains Cereals containing Gluten Contains Milk Contains Wheat</p>	<p>Jacket Potato with Beans & Cheese (60)* Contains Milk</p> <p>Cheese Snack* Contains Cereals containing Gluten Contains Milk Contains Wheat</p> <p>HR Salmon & Sweet Potato Fish Cake Contains Cereals containing Gluten Contains Fish Contains Wheat</p> <p>Sides</p> <p>Baked Beans*</p> <p>Oven chips*</p> <p>Dessert</p> <p>Fresh Fruit Salad*</p> <p>Lemon Drizzle Cup Cakes*</p>

Sides

Baguette Chunks*

Contains Cereals containing
Gluten
Contains Milk
Contains Wheat
May Contains Barley
May Contains Oats

Carrots*

Mashed Potatoes*

Contains Milk

Gravy*

Carrot & Cucumber Stick*

Dessert

Fresh custard*

Contains Milk

Fresh Fruit Salad*

Fresh custard*

Contains Milk

Orange Sponge

Contains Cereals containing
Gluten
Contains Eggs

Cheese & Tomato Pizza (bap Mix)*

Contains Cereals containing
Gluten
Contains Soybean
May Contains Eggs
Contains Milk
Contains Wheat

Sides

Sweetcorn*

Mixed Salad*

Dessert

Butterscotch Tart*

Contains Cereals containing
Gluten
Contains Milk
Contains Wheat

Fresh Fruit Salad*

Shortbread Cookie*

Contains Cereals containing
Gluten
Contains Wheat

Sides

Roast Potatoes Org*

Vegetable Medley*

Mixed Salad*

Dessert

Milk*

Contains Milk

Oaty Cookies*

Contains Cereals containing
Gluten
Contains Milk
Contains Wheat
Contains Oats

Jelly & Fruit *

May Contains Barley

May Contains Oats

Flatbread*

Contains Cereals containing
Gluten
Contains Milk
Contains Wheat

Carrot & Cucumber Stick*

Fresh Broccoli*

White Rice*

Dessert

Fresh Fruit Salad*

Fruit Flapjack*

Contains Cereals containing
Gluten
Contains Oats

Chocolate Muffin DF*

Contains Cereals containing
Gluten
Contains Soybean
Contains Eggs
Contains Wheat

Contains Cereals containing Gluten
Contains Eggs
Contains Milk
Contains Wheat

Chocolate Crunchies*

Contains Wheat

Flapjack*

Contains Cereals containing

Gluten

Contains Oats