

Weekly Menu Detail

September 2021 Wk 3 Rise Park

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
<p>Pasta with Tomato Mascarpone Sauce* Contains Cereals containing Gluten Contains Milk Contains Wheat</p> <p>Butternut squash & chickpea tagine* May Contains Cereals containing Gluten</p> <p>Cheese Sandwich* Contains Cereals containing Gluten Contains Milk Contains Wheat</p> <p>Cheese Sandwich* 50/50 Contains Cereals containing Gluten Contains Soybean Contains Milk</p> <p>Sides</p>	<p>Pasta with Tomato & Basil sauce (Quorn) * Contains Cereals containing Gluten Contains Eggs Contains Wheat</p> <p>Pasta with Tomato & Basil sauce * Contains Cereals containing Gluten Contains Milk Contains Wheat</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*</p>	<p>Sage & Onion Stuffing sub Contains Cereals containing Gluten Contains Wheat</p> <p>Jacket Potato with Cheese* Contains Milk</p> <p>Quorn Roast & Gravy* Contains Eggs Contains Milk</p> <p>Roast Chicken Fresh & Stuffing* Contains Cereals containing Gluten Contains Wheat</p> <p>Sides</p> <hr/> <p>Sweetcorn*</p> <p>Roast Potatoes Org*</p> <p>Vegetable Medley*</p>	<p>Cumberland Veg Sausage GF, Df, EF* Contains Soybean Contains added Sulphur dioxide and/ or sulphites at a level >10mg/kg</p> <p>Tuna Panini 1/2* Contains Cereals containing Gluten Contains Fish Contains Eggs Contains Milk Contains Wheat May Contains Barley May Contains Oats</p> <p>Sausages Thin Maloney* Contains Cereals containing Gluten Contains added Sulphur dioxide and/ or sulphites at a level >10mg/kg Contains Wheat</p>	<p>Jacket Potato with Beans & Cheese (60)* Contains Milk</p> <p>Fish Fingers* Contains Cereals containing Gluten Contains Fish Contains Wheat</p> <p>Ham Sub roll 1/2* White Contains Cereals containing Gluten Contains Wheat</p> <p>Ham Sub roll 1/3* Brown Contains Cereals containing Gluten Contains Wheat Contains Oats</p> <p>Sides</p> <hr/> <p>Baked Beans*</p> <p>Oven chips*</p> <p>Dessert</p>

Baguette Chunks*	Contains Cereals containing Gluten	Dessert	Sides	Chocolate sponge & Chocolate Custard*
Contains Cereals containing Gluten	Contains Milk	Milk*	Mashed Potatoes*	Contains Cereals containing Gluten
Contains Milk	Contains Wheat	Contains Milk	Contains Milk	Contains Eggs
Contains Wheat	Cheese & Tomato Pizza (bap Mix)*	Carrot & Pineapple Muffins *	Gravy*	Contains Milk
May Contains Barley	Contains Cereals containing Gluten	Contains Cereals containing Gluten	Mixed Salad*	Contains Wheat
May Contains Oats	Contains Soybean	Contains Eggs	Fresh Broccoli*	Fresh Fruit Salad*
Carrots*	May Contains Eggs	Contains Wheat	Dessert	Oaty Cookies*
White Rice*	Contains Milk	Flapjack*	Fresh custard*	Contains Cereals containing Gluten
	Contains Wheat	Contains Cereals containing Gluten	Contains Milk	Contains Milk
Apple wedges & pepper sticks*	Tuna Jalousie (slice)*	Contains Oats	Fresh Fruit Salad*	Contains Wheat
Dessert	Contains Cereals containing Gluten		Plum Shortcake	Contains Oats
Fresh Fruit Salad*	Contains Fish		Contains Cereals containing Gluten	
Jelly & Fruit *	Contains Milk		Contains Wheat	
	Contains Wheat		Chocolate Crunchies*	
Shortbread Cookie*	Sides			
Contains Cereals containing Gluten	Baguette Chunks*			
Contains Wheat	Contains Cereals containing Gluten			
	Contains Milk			
	Contains Wheat			
	May Contains Barley			
	May Contains Oats			
	Boiled potatoes*			

Sweetcorn*

Mixed Salad*

[Dessert](#)

Oaty Cookie Apricot*

Contains Cereals containing

Gluten

Contains Milk

Contains added Sulphur dioxide
and/ or sulphites at a level

>10mg/kg

Contains Wheat

Contains Oats

Fresh Fruit Salad*

Chocolate Muffin DF*

Contains Cereals containing

Gluten

Contains Soybean

Contains Eggs

Contains Wheat