

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



Rise Park Family Service

Monday

Tuesday

Wednesday

Thursday

Friday



Main

Spaghetti Bolognaise with Baguette Chunk and Carrots

VCumberland Vegan Sausage & Mash with **Gravy and Carrots**

Chicken Wrap - hot Served with Mixed Salad & Sweetcorn

Cheese & Tomato Pizza served with Mixed Salad and Sweetcorn

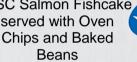
Roast Pork & Stuffing, Gravy served with Organic Roast Potato & Vegetable Medley

VOuorn Roast & Gravv served with **Organic Roast Potato** & Vegetable Medley

Chicken Curry with Rice, Flatbread and Broccoli

Vegetable Lasagne with Baguette Chunk and Broccoli

MSC Salmon Fishcake served with Oven Chips and Baked



V Cheese Snack served with Oven Chips and Baked Beans



Fresh Fruit Salad

Butterscotch Tart

Fresh Fruit Salad

Oaty Cookie with Milk

Fresh Fruit Salad

Fruity Flapjack

Fresh Fruit Salad

Lemon Drizzle Muffin

Fresh Fruit Salad







Main

Dessert

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

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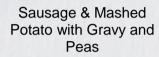
Monday

Tuesday

Wednesday

Thursday

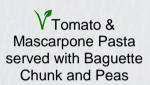
Friday



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



V Cheese & Tomato Pizza served with Homemade Coleslaw or Salad

VQuorn 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

Orange Muffin

Angel Delight

Shortbread with Milk

Sticky Toffee Pudding and Custard

Banana & Custard

Fresh Fruit Salad





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

Rise Park Primary

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Monday

Tuesday

Wednesday

Thursday

Friday



V Butternut Squash & Chickpea Tagine served with Rice and Carrots

VTomato & Mascarpone Pasta with Baguette Chunk and Carrots

Tuna Pastry Parcel served with Boiled Potatoes and Sweetcorn

Cheese & Tomato Pizza served with Sweetcorn & Mixed 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

Sausage & Mash served with Gravy and Broccoli

Cumberland Vegan Sausage served with Gravy and Mash and Broccoli

MSC Fish Fingers served with Oven Chips and Baked Beans

V Jacket Potato served with Cheese &

Baked Beans



Main

Jelly & Fruit Milk

Fresh Fruit Salad

Oaty Cookie (apricot)

Fresh Fruit Salad

Fruit Muffin & Milk

Fresh Fruit Salad

Plum Shortcake Slice & Custard

Fresh Fruit Salad

Chocolate Sponge & Chocolate Custard

Fresh Fruit Salad



