

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

Rise Park Family Service

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



Monday


Tuesday

Wednesday


Thursday

Friday


Spaghetti Bolognaise with Baguette Chunk and Carrots

 Cumberland 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

 Quorn Roast & Gravy 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 Beans

 Cheese Snack served with Oven Chips and Baked Beans



Main

Sponge & Custard

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


Dessert



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



Rise Park Family Service

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.



Main

Dessert



	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Sausage & Mashed Potato with Gravy and Peas  Tomato & Mascarpone Pasta served with Baguette Chunk and Peas	BBQ Chicken with Rice and Salad  Cheese & Tomato Pizza served with Homemade Coleslaw or 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	Jacket Potato with Bacon served with Baked Beans  Veggie Chilli on Jacket Potato with Sweetcorn	MSC Fish served with Oven Chips Mushy Peas or Carrots  Veggie Meatballs with Tomato Sauce, Oven Chips and Peas
Dessert	Orange Muffin Fresh Fruit Salad	Angel Delight Fresh Fruit Salad	Shortbread with Milk Fresh Fruit Salad	Sticky Toffee Pudding and Custard Fresh Fruit Salad	Banana & Custard 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

Dessert

Jelly & Fruit Milk

Oaty Cookie (apricot)

Fruit Muffin & Milk

Plum Shortcake Slice & Custard

Chocolate Sponge & Chocolate Custard

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

