


Week: 1
 Date: 21st February, 14th March, 19th April,
 9th May, 6th June, 27th June, 18th July

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



Monday

Tuesday

Wednesday

Thursday

Friday



Main

Sausage & Mash with Gravy and Carrots


Cajun Chicken with New Potatoes & Broccoli


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


Chicken Curry with Rice, Flatbread and Broccoli


MSC Salmon Fish Fingers served with Oven Chips and Baked Beans





 Veggie Spaghetti Bolognese with Baguette Chunk and Carrots

 Cheese & Tomato Pizza served with Mixed Salad and Sweetcorn


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

 Vegetable Lasagne with Baguette Chunk and Broccoli


 Cheese Snack served with Oven Chips and Baked Beans

 Cheese Sub Roll served with Carrot & Cucumber Sticks

Jacket Potato served with Tuna Mayonnaise and Sweetcorn

 Cheese Panini served with Mixed Salad

Ham Sandwich served with Crunchy Carrot & Cucumber Sticks

 Jacket Potato served with Cheese & Baked Beans

Dessert

Ice Cream & Fruit

Lemon drizzle Cake

Shortbread Cookie with Milk

Fruit Flapjack

Chocolate Sponge & Custard

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad




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Week: 2
 Date: 28th February, 21st March, 25th April,
 16th May, 13th June, 4th July, 25th July

Rise Park









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
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Main

Beef Lasagne with Baguette chunk and Peas	BBQ Chicken served 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 & Basil Pasta served with Baguette Chunk and Peas	 Cheese & Tomato Pizza served with Homemade Coleslaw and Sweetcorn	 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	 Tomato & Mascarpone Pasta served with Baguette Chunk and Sweetcorn	 Cheese & Tomato Panini served with Peas or Mixed Salad

Dessert

Angel Delight & Fruit	Chocolate Muffin & Fruit	Shortbread with Milk	Cornflake Tart & Custard	Chocolate Crunchies & Milk
Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad



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Week: 3
 Date: 7th March, 28th March, 2nd May,
 23rd May, 20th June, 11th July








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








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

Main

Cheese Flan served with New Potatoes and Mixed Salad or Coleslaw	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
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 Tomato & Mascarpone Pasta with Baguette Chunk and Mixed Salad	 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	 Vegan Mini Burger with Oven Chips and Baked Beans
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 Jacket Potato served with Cheese & Mixed Salad	 Tomato & Basil Pasta served with Baguette Chunk & Mixed Salad	 Jacket Potato served with Cheese and Sweetcorn	 Cheese Spread Sandwich served with Carrot & Cucumber Sticks	 Jacket Potato served with Cheese & Baked Beans
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Dessert

 Jelly & Fruit	Oaty Cookie (apricot)	Butterscotch Tart & Custard	Chocolate Brownie & Custard	Victoria Sponge (with Jam + Cream)
Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad



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