





Week: 1
Date: 5th September, 26th September,
31st October, 21st November, 12th December,
16th January, 6th February

Rise Park Family Service


Monday

 Beef Stew & Dumplings served with Gravy, Mashed Potato and Minted Peas or Carrots

 Veggie Balls served with Mashed Potato, Gravy and Minted Peas or Carrots



Tuesday

Chicken & Tomato Pasta Bake served with Baguette Slice and Sweetcorn

 Cheese & Tomato Pizza served with Mixed Salad and Sweetcorn

Wednesday

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


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


Thursday

 Beef Spaghetti Bolognese served with Baguette Slice & Peas

  Quorn Cottage Pie with Gravy and Peas

Friday

MSC Salmon Cakes served with Oven Chips Tomato Sauce and Broccoli 

 Macaroni & Cheese served with Baguette Slice and Broccoli

Main

Dessert

Angel Mousse Biscuit Dessert

Orange Muffin

Lemon & Apricot Cookie Milk

Fruit Crumble & Custard

Swiss Roll

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

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Week: 2
 Date: 12th September, 3rd October, 7th November,
 28th November, 19th December & 5th January,
 23rd January

Rise Park Family Service

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



Main

Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
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<p>Tomato Mascarpone Pasta served with Baguette Slice & Carrots</p> <p> Savoury mince Pie with Gravy, Mashed Potatoes and Carrots</p>	<p> Chicken Korma Curry served with Flatbread, Rice and Sweetcorn</p> <p> Cheese & Tomato Pizza served with Homemade Coleslaw and Sweetcorn</p>	<p> Roast Turkey served with Gravy, Yorkshire Pudding and Organic Roast Potatoes & Fresh Vegetable Medley</p> <p> Veggie Loaf, Yorkshire Pudding With Gravy served with Organic Roast Potatoes and Fresh Vegetable Medley</p>	<p> Homemade Sausage Roll served with Mashed Potatoes & Baked Beans</p> <p> Cheese & Tomato Snack served with Mashed Potatoes & Baked Beans</p>	<p>MSC Fish served with Oven Chips, Peas with Tomato sauce </p> <p> Mexican Veggie Sausage Pasta served with Baguette Slice & Peas</p>
<p>Lemon Shortbread Slice & Custard</p> <p>Fresh Fruit Salad</p>	<p>Jelly & Fruit</p> <p>Fresh Fruit Salad</p>	<p>Cornflake Flapjack Milk</p> <p>Fresh Fruit Salad</p>	<p>Pineapple Upside Down & Custard</p> <p>Fresh Fruit Salad</p>	<p>Bakewell Muffin Custard/Milk</p> <p>Fresh Fruit Salad</p>



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Week: 3
 Date: 19th September, 10th October,
 14th November, 5th December, 9th January,
 30th 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



Main

Monday

Meatballs with Pasta
 Tomato & Basil sauce
 served with Baguette
 Slice & Carrots


 Potato & Chickpea
 Curry served with
 Flatbread Bread, Rice &
 Carrots

Peach Yoghurt Flapjack
 Desert

Fresh Fruit Salad

Tuesday


Tandoori Chicken served
 with Rice and Sweetcorn

 Cheese & Tomato
 Pizza
 served with Sweetcorn &
 Mixed Salad

Canadian Date Cake &
 Custard

Fresh Fruit Salad

Wednesday



 Roast Chicken served
 with Gravy, Stuffing and
 Organic Roast Potatoes &
 Fresh Vegetable Medley


 Quorn Roast served
 with Gravy, Stuffing and
 Organic Roast Potatoes &
 Fresh Vegetable Medley

Oaty Cookie
 Milk

Fresh Fruit Salad

Thursday

  Sausage and
 Yorkshire Pudding and
 Onion Gravy, Mashed
 Potato & Peas


 Veggie Sausage and
 Yorkshire Pudding with
 Onion gravy, Mashed
 Potato & Peas

Chocolate Sponge &
 Chocolate Custard

Fresh Fruit Salad

Friday

MSC Fish Fingers served
 with Oven Chips and
 Baked Beans, Tomato
 Sauce

 Veggie Bean Wrap
 served with Oven Chips
 and Sweetcorn

Chocolate Krispie Cake

Fresh Fruit Salad



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