



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






# Rise Park






## Monday Tuesday Wednesday Thursday Friday



Main

 Beef Stew & Dumplings served with Gravy, Mashed Potato and Minted Peas or Carrots	Chicken & Tomato Pasta Bake served with Baguette Slice and Sweetcorn	Roast Pork & Stuffing, Gravy served with Organic Roast Potato & Fresh Vegetable Medley	 Beef Spaghetti Bolognese served with Baguette Slice & Peas	MSC Salmon Cakes served with Oven Chips Tomato Sauce and Broccoli 
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 Veggie Balls served with Mashed Potato, Gravy and Minted Peas or Carrots	 Cheese & Tomato Pizza served with Mixed Salad and Sweetcorn	  Quorn Roast, Stuffing & Gravy served with Organic Roast Potato & Fresh Vegetable Medley	  Quorn Cottage Pie with Gravy and Peas	 Macaroni & Cheese served with Baguette Slice and Broccoli
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 Tomato & Basil Pasta served with Baguette Slice and Peas or Carrots	Jacket Potato served with Tuna Mayonnaise and Sweetcorn	 Cheese Panini served with Mixed Salad	Tuna Salad Wrap served with Carrot sticks & Cherry Tomatoes	 Jacket Potato & Cheese, served with Baked Beans
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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: 12<sup>th</sup> September, 3<sup>rd</sup> October, 7<sup>th</sup> November,  
 28<sup>th</sup> November, 19<sup>th</sup> December & 5<sup>th</sup> January,  
 23<sup>rd</sup> 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

### Monday

### Tuesday


### Wednesday


### Thursday


### Friday


Main


Tomato Mascarpone Pasta served with Baguette Slice & Carrots


 Chicken Korma Curry served with Flatbread, Rice and Sweetcorn

 Roast Turkey served with Gravy, Yorkshire Pudding and Organic Roast Potatoes & Fresh Vegetable Medley


 Homemade Sausage Roll served with Mashed Potatoes & Baked Beans


MSC Fish served with Oven Chips, Peas with Tomato sauce 

 Savoury mince Pie with Gravy, Mashed Potatoes and Carrots


 Cheese & Tomato Pizza served with Homemade Coleslaw and Sweetcorn


 Veggie Loaf, Yorkshire Pudding With Gravy served with Organic Roast Potatoes and Fresh Vegetable Medley


 Cheese & Tomato Snack served with Mashed Potatoes & Baked Beans


 Mexican Veggie Sausage Pasta served with Baguette Slice & Peas

Jacket Potato served with Tuna Mayonnaise & Mixed Salad

 Tomato & Basil Pasta served with Flatbread and Mixed Salad

 Cheese & Tomato Panini served with Mixed Salad

 Jacket Potato & Cheese, served with Baked Beans

 Fajita Quorn Wrap with Oven Chips and Peas

Dessert

Lemon Shortbread Slice & Custard

Jelly & Fruit

Cornflake Flapjack Milk

Pineapple Upside Down & Custard

Bakewell Muffin Custard/Milk

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad




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



### Monday

### Tuesday

### Wednesday

### Thursday


### Friday

Main


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


Tandoori Chicken served with Rice and Sweetcorn



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


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


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


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


 Cheese & Tomato Pizza served with Sweetcorn & Mixed Salad

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


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


 Veggie Bean Wrap served with Oven Chips and Sweetcorn

 Jacket Potato served with Cheese & Coleslaw

 Tomato & Basil Pasta served with Baguette Slice and Sweetcorn

Tuna & Cheese Panini served with Mixed Salad

 Tomato & Basil Pasta served with Baguette Slice and Mixed Salad

 Jacket Potato & Cheese, served with Baked Beans

Dessert

Peach Yoghurt Flapjack Desert

Canadian Date Cake & Custard

Oaty Cookie Milk

Chocolate Sponge & Chocolate Custard

Chocolate Krispie Cake

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad



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