			EEK 1		
= <u> </u>	Monday	Tuesday	Wednesday	Thursday	Friday
Option One	BEEF BURGER POTATO WEDGES BBQ BEANS	BEEF CUMBERLAND PIE POTATOES CARROTS	ROAST TURKEY POTATOES CABBAGE GRAVY	CHICKEN & BEAN CHILLI	HOME-MADE BATTERED FISH FILLE & CHIPS WITH PEAS
Option Two	VEG BOLOGNESE PASTA (v)	ARRABIATA PASTA(v)	CHUNKY VEG PASTA	NEW YORK QUORN DOG	MARGHERITA PIZZA(v)
Desert	BANOFFEE PIE	GINGERBREAD CAKE	JELLY	CHOCOLATE AND RASPBERRY SWIRL	CHOCOLATE ICE CREAM
Rise SCHOOL					LU //\ // Char

	Monday	Tuesday	Wednesday	Thursday	Friday
Option One	CHICKEN MAYO BURGER POTATO WEDGES REDSLAW	CHILLI BEEF RICE SWEETCORN	ROAST TURKEY POTATOES CABBAGE GRAVY	BEEF LASAGNE	HOME-MADE BATTERED FISH FILLET & CHIPS WITH PEAS
Option Two	BEANY PASTA	CHEESEY PIZZA	VEGETABLE BURRITO	MARGHERITA PIZZA	ITALIAN CHICKEN PASTA
Desert	MANGO FROZEN YOGHURT	CHOCOLATE SLICE	JELLY	BANOFFEE PIE	VANILLA ICE CREAM

		WE	EK 3		
	Monday	Tuesday	Wednesday	Thursday	Friday
Option One	CHICKEN KORMA NAAN BREAD PEAS	COTTAGE PIE PEAS	ROAST TURKEY POTATOES CABBAGE GRAVY	CHINESE CHICKEN NOODLES GREEN BEANS	HOME-MADE BATTERED FISH F CHIPS WITH PEAS
Option Two	ARRABIATA PASTA	VEG & BEAN QUESADILLA	MAC 'N' CHEESE	VEGEBALL CARBONARA PASTA	MARGHERITA PIZZA
Desert	LEMON DRIZZLE	BANOFFEE PIE	JELLY	CHOCOLATE SLICE	STRAWBERRY ICE CREA