



RISE PRE-SCHOOL MENU AUTUMN TERM 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Sausages Sweet Potato Fries Beans Fresh Peppers Fruit Yogurt	Meatballs Pasta Garlic Bread Tomatoes & Cucumber Chef's Biscuit	Roast Chicken Roast Potatoes Cauliflower Broccoli Gravy Angel Delight	Macaroni Cheese Crusty Bread Carrot sticks Marble Cake	Battered Fish Roast Potato Cubes Peas Sweetcorn Cup Cake
WEEK 2	Chicken Curry Rice Poppadom's Jam Tray Bake	Fish Fingers Potato Wedges Beans Carrot Sticks Cucumber sticks Krispie Cakes	Spaghetti Bolognese Garlic Bread Sugar Snap Peas Short Bread Biscuit	Roast Beef Roast Potatoes Yorkshire Pudding Green Beans Carrots Gravy Fruit & Yogurt	Jacket Potatoes Spaghetti Hoops Cheese Tomatoes Cucumber Ice Cream Sauce & Sprinkles
WEEK 3	Fish Cakes Chips Sweetcorn Peas Honey & Yoghurt	Pizza Carrot Sticks Cucumber Sticks Humus Jelly	Sausages Boiled Potatoes Beans Fresh Peppers Iced Tray Bake	Pasta Bolognese Grated Cheese Bread & Butter Chefs Biscuit	Roast Gammon Roast Potatoes Cauliflower Broccoli Gravy Jam Tart

NOTE: ALTERNATIVES WILL BE PROVIDED FOR DIETARY REQUIREMENTS