

# Rishworth School

## LUNCH WEEK 1

Available Daily:  
Fresh salad bar, jacket potatoes, soup with fresh bread, fruit, yoghurts & freshly made desserts

### MONDAY

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- Moroccan chicken with mediterranean vegetables & cous cous
- Mac & cheese topped with golden bread crumbs
- Skin on wedges, garden peas & cauliflower

### TUESDAY

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- Turkey & ham carbonara & garlic cheese bread
- Sweet potato, chickpea & spinach curry & long grain rice
- Baked beans, jacket potato & roasted vegetables

### WEDNESDAY

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- Southern American style bbq chicken
- Chinese sweet & sour vegetables & noodles
- Spicy diced potatoes, sweetcorn & courgette batons

### THURSDAY

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- Roast of the day with traditional accompaniments
- Homemade cheese & onion quiche
- Roast potatoes, carrots julienne & savoy cabbage

### FRIDAY

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- Breaded haddock
- Burger selection; vegetarian & meat
- Chips, baked beans & garden peas



# Rishworth School

## LUNCH WEEK 2

Available Daily:  
Fresh salad bar, jacket potatoes, soup with fresh bread, fruit, yoghurts & freshly made desserts

### MONDAY

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- Braised sausages in a rich onion gravy
- Tomato & fresh basil pasta with cheesy garlic bread
- Creamed potatoes, fresh broccoli & sweetcorn

### TUESDAY

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- Chicken jalfrezi served with vegetable rice
- Tuna pasta bake topped with melted cheddar cheese & chives
- Paprika wedges, cauliflower & green beans

### WEDNESDAY

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- All day 'full monty' breakfast

### THURSDAY

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- Chicken & tarragon pie topped with puff pastry
- Chilli sin carne served with long grain rice
- New potatoes, carrots julienne & savoy cabbage

### FRIDAY

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- Classic fish finger
- Roasted vegetable lasagne
- Chips, baked beans & garden peas



# Rishworth School

## LUNCH WEEK 3

Available Daily:  
Fresh salad bar, jacket potatoes, soup with fresh bread, fruit, yoghurts & freshly made desserts

### MONDAY

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- Grilled bacon chops served with pineapple salsa
- Authentic Italian arrabiata pasta
- New potatoes, sweetcorn & baked beans

### TUESDAY

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- Oven roasted tandoori chicken leg
- Quorn sausage braised in a rich onion gravy
- Creamed potatoes, carrots julienne, oven roasted courgettes

### WEDNESDAY

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- Pizza selection
- Thai green vegetable curry served with basmati rice
- Garden peas & oven baked wedges

### THURSDAY

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- Beef stir-fry & noodles
- Shepherdess pie with quorn in a rich gravy topped with creamy mash
- Diced potatoes, broccoli & savoy cabbage

### FRIDAY

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- Deep fried haddock in a crispy golden batter
- Homemade cheese & onion pie
- Mushy peas, chipped potatoes & baked beans



# Rishworth School

## LUNCH WEEK 4

Available Daily:  
Fresh salad bar, jacket potatoes, soup with fresh bread, fruit, yoghurts & freshly made desserts

### MONDAY

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- Cuban Beef & long grain rice
- Roasted vegetable & cheese omelette
- Skin on wedges, garden peas & cauliflower

### TUESDAY

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- Italian style beef & tomato pasta bake
- Vegetable biryani & katsu curry sauce
- Baked beans, jacket potatoes & roasted vegetables

### WEDNESDAY

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- Jerk chicken & basmati rice
- Macaroni & broccoli bake topped with melted cheese & chives
- Spicy diced potatoes, sweetcorn & courgette batons

### THURSDAY

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- Roast of the day with traditional accompaniments
- Quornish slice served with quorn rich gravy
- Roast potatoes, carrots julienne & savoy cabbage

### FRIDAY

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- Breaded Haddock
- Burger Selection Vegetarian & Meat
- Chips, baked beans & garden peas



# Rishworth School

## LUNCH WEEK 5

Available Daily:  
Fresh salad bar, jacket potatoes, soup with fresh bread, fruit, yoghurts & freshly made desserts

### MONDAY

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- Beef keema & long grain rice
- Pomodoro pasta
- Skin on wedges, garden peas & cauliflower

### TUESDAY

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- Braised Cumberland sausage in a rich onion gravy
- Five bean smoky chilli & rice
- Baked beans, jacket potatoes & roasted vegetables

### WEDNESDAY

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- Selection of pizza
- Oven baked fish cakes with a tomato & salsa sauce
- Spicy diced potatoes, sweetcorn & courgette batons

### THURSDAY

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- Cornish slice
- Oriental vegetables, noodles & black bean sauce
- Roast potatoes, carrots julienne & savoy cabbage

### FRIDAY

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- Classic fish finger buttie
- Roasted vegetable quiche
- Chips, baked beans & garden peas



# Rishworth School

## LUNCH WEEK 6

Available Daily:  
Fresh salad bar, jacket potatoes, soup with fresh bread, fruit, yoghurts & freshly made desserts

### MONDAY

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- Beef madras long grain rice & naan bread
- Authentic arrabiata pasta
- New potatoes & sweetcorn

### TUESDAY

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- Hot and kicking chicken served with sweetcorn relish
- Vegetable lasagne
- Garden peas, skin on oven baked wedges, roasted vegetables

### WEDNESDAY

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- Sausage ragu & pasta
- Broccoli, potato & cheese bake
- Creamed potatoes, carrots julienne & courgette batons

### THURSDAY

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- Chicken and sweetcorn pie topped with golden shortcrust pastry
- Quorn sausage in a rich onion gravy
- Roast potatoes, cauliflower & mange tout

### FRIDAY

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- Classic fish finger buttie
- Roasted vegetable quiche
- Chips, baked beans & garden peas

