

Menu



RISHWORTH
SCHOOL

Daily Staples
A selection of
salads, artisan
bread, fresh fruit
and freshly made
desserts

BOARDERS MEALS

MAIN DISHES

Monday

Lamb Koftas with Rich Tomato Sauce (GF)

Tuesday

Chicken & Chorizo Risotto with Sweet Peas (GF)

Wednesday

Four Hour Belly Pork with Apple Sauce (GF) (DF)

Thursday

Mexican Chilli Con Carne (GF)

Friday

Ras el Hanout Chicken (GF) (DF)

Saturday

Pasta Bar with choice of Sauces & Meats

Sunday

Traditional Sunday Roast with all the Trimmings (GF) (DF)

Key: (GF) Gluten free, (DF) Dairy free

VEGETARIAN

Monday

Squash & Chickpea Stew with Natural Yoghurt (GF)

Tuesday

Sweet Potato & Spinach Frittata (GF)

Wednesday

Tomato & Cheese Pasta Bake

Thursday

Veggie Enchilladas

Friday

Halloumi Kebabs with Balsamic Glaze (GF)

Saturday

Jacket Potato with Various Fillings (GF)

Sunday

Leek & Potato Gratin

SIDES

Monday Cous Cous & Steamed Greens

Tuesday Rosemary Roasted Pots & Tossed Salad

Wednesday Mustard Mash & Broccoli

Thursday Steamed Rice & Nachos

Friday Lemon & Garlic Rice & Sugar Snaps

Saturday Potato Wedges & Salads

Sunday Roast Potatoes & Vegetables

BREAKFAST

Monday Omelette, Baked Beans & Hash Browns

Tuesday Traditional, Cereals & Yoghurt

Wednesday Pastries, Waffles, Cereals & Yoghurt

Thursday Traditional, Cereals & Yoghurt

Friday Baked Beans, Toast, Eggs, Waffles & Cereals