



# Rivendell Flying High Academy School Menu.

Spring 2026.

**Week commencing:**

5th January, 19th January,  
2nd February,  
16th February, 2nd March,  
16th March.

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Tortelloni Formaggio Gluten Egg Milk in a tomato & basil sauce with garlic bread Gluten Soya Milk	Hot Dog Gluten Sesame Sulphur dioxide with oven chips, tomato ketchup & peas	Cheesy tomato pizza Gluten Milk Soya Sesame With Diced potatoes & Baked beans	Sausage casserole Gluten sulphur dioxide With Mashed potatoes & peas	MSC Fish fingers Gluten Fish with bread & butter Gluten Soya Milk, tomato ketchup, oven chips & peas
Option 2	Served daily: Tomato pasta Gluten Mustard soya <b>OR</b> cheesy tomato pasta Gluten Mustard Soya Milk With garlic bread Gluten soya Milk & mixed salad				
Pudding	Classic iced 'school' cake Gluten Egg Milk	Apple crumble Gluten With custard Milk	Pinwheel cookie Gluten	Donut Soya Milk Gluten Egg Sesame	Golden syrup flapjack Gluten

Week  
2

# Rivendell Flying High Academy School menu.

Spring 2026.

Week commencing:

12th January, 26th January

9th February 23rd February,

9th March, 23rd March.

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### Option 1

Vegetarian roll  
Gluten milk soya  
With  
potato balls,  
Sweetcorn  
&  
peas

All day brunch  
Nottinghamshire  
sausage  
Gluten Sulphur Dioxide  
&  
bacon  
with  
hash browns,  
baked beans  
&  
Tomato ketchup

Roast chicken  
with  
Yorkshire  
pudding  
Milk Egg Gluten  
roast potatoes,  
carrots,  
peas  
&  
gravy

Beef lasagne  
Milk Gluten Soya  
Mustard Egg  
With  
Garlic bread  
Gluten Soya Milk  
&  
Corn on the cob

Chip shop style  
fish 'n' chips  
Gluten Fish  
with  
curry sauce  
Celery, Egg, Milk,  
Mustard, Soya, Gluten  
&  
peas

### Option 2

#### Served daily:

Tomato pasta

Gluten Mustard soya

#### OR

cheesy tomato pasta

Gluten Mustard Soya Milk

With garlic bread

Gluten soya Milk

&

mixed salad

### Pudding

Chocolate  
&  
orange cookie  
Gluten

New York  
cheesecake  
Gluten Soya milk

Vanilla muffin  
Gluten Egg

Chocolate brownie  
Gluten Milk

Butterscotch tart  
Gluten Milk