



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	All our soups are homemade served with fresh bread (Gluten Free available upon request)				
MAIN	Sweet Potato Chilli with Nachos, Salsa & Avocado Dip	Pork Meatballs in a Tomato Sauce	Thyme Infused Roasted Chicken Thighs	Minced Beef Ragu	Fish Fingers
MAIN VEGETARIAN	Bean Burger with Sweet Potato Chips	Roasted Stuffed Peppers	Stuffed Aubergine	Quorn Ragu with Gnocchi	Sweet Potato Fritters & Poached Egg
DAN'S DELIGHT	Ask Chef Dan for today's special also jacket potatoes and pasta available daily				
ON THE SIDE	Rice , Sweetcorn Niblets & Carrots	Spaghetti , Broccoli & Spring Greens	Roast Potatoes, Kale & Peas	Penne Pasta, Garlic Bread & Roast Vegetables	Chips , Baked Beans & Peas
SOMETHING SWEET	Honey & Banana Biscuits	White Chocolate Pots	Fruit Salad	Apricot & Cinnamon Cake	Ice Cream Pots
DESSERT POTS	Fresh Fruit, Jelly & Yoghurt Pots.	Fresh Fruit, Jelly & Yoghurt Pots	Fresh Fruit, Jelly & Yoghurt Pots	Fresh Fruit, Jelly & Yoghurt Pots	Fresh Fruit, Jelly & Yoghurt Pots



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	All our soups are homemade served with fresh bread (Gluten Free available upon request)				
MAIN	Macaroni Cheese	Grilled Chicken Burger	Pasta and c Sauce	Slow Roasted Shoulder of Pork Apple Sauce	Dan's Fish Pie
MAIN VEGETARIAN	Sweet Potato Curry & Rice	Mushroom & Halloumi Burger	Pasta and Napolitan Sauce	Vegetable Toad in the Hole	Caponata Stew with Grilled Pesto Pitta Bread
DAN'S DELIGHT	Ask Chef Dan for today's special also jacket potatoes and pasta available daily				
ON THE SIDE	Herb Potatoes, Green Beans & Carrots	Potato Wedges, Coleslaw & Salsa	Roast Potatoes, Spring Vegetable Medley & Broccoli	Garlic Bread, Warm Tomato Salad & Kale	Minted Peas & Spring Greens
SOMETHING SWEET	Rhubarb & Pear Crumble with Custard	Half Measure Rocky Road	Fruit Salad	Iced Lemon Mousse	Half Measure Chocolate Brownie
DESSERT POTS	Fresh fruit, jelly and yogurt pots	Fresh fruit, jelly and yogurt pots	Fresh fruit, jelly and yogurt pots	Fresh fruit, jelly and yogurt pots	Fresh fruit, jelly and yogurt pots



# RYDES HILL

PREPARATORY SCHOOL & NURSERY

LUNCH MENU: W/C 11<sup>th</sup> March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	All our soups are homemade served with fresh bread (Gluten Free available upon request)				
MAIN	Vegetable Pasta Bake	Roast Gammon	Sophie's Dads Toad in the Hole	Home Made Chicken & Mushroom Pie	Breaded Fish Tartare Sauce & Lemon
MAIN VEGETARIAN	Butternut Squash & Sage Quiche	Quorn & Bortotti Bean Casserole	Vegetarian Toad in the Hole	Butternut Squash & Feta Cheese Pie	Asparagus & Potato Frittata
DAN'S DELIGHT	Ask Chef Dan for today's special also jacket potatoes and pasta available daily				
ON THE SIDE	Vegetable Medley Green Beans	Roast Potatoes, Peas & Carrots	Boiled Potatoes, Peas, Broccoli & Sweetcorn	Buttered New Potatoes, Spring Greens , Cauliflower	Herby Potato Wedges Baked Beans & Green Beans
SOMETHING SWEET	Flapjack	Banana Cake	Dairy Free Brownie	Fruit Salad	Orange Shortbread
DESSERT POTS	Fresh fruit, jelly and yogurt pots	Fresh fruit, jelly and yogurt pots	Fresh fruit, jelly and yogurt pots	Fresh fruit, jelly and yogurt pots	Fresh fruit, jelly and yogurt pots



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	All our soups are homemade served with fresh bread (Gluten Free available upon request)				
MAIN	Sweet Potato Chilli with Nachos, Salsa & Avocado Dip	Pork Meatballs in a Tomato Sauce	Thyme Infused Roasted Chicken Thighs	Minced Beef Ragu	Fish Fingers
MAIN VEGETARIAN	Bean Burger with Sweet Potato Chips	Roasted Stuffed Peppers	Stuffed Aubergine	Quorn Ragu with Gnocchi	Sweet Potato Fritters & Poached Egg
DAN'S DELIGHT	Ask Chef Dan for today's special also jacket potatoes and pasta available daily				
ON THE SIDE	Rice , Sweetcorn Niblets & Carrots	Spaghetti , Broccoli & Spring Greens	Roast Potatoes, Kale & Peas	Penne Pasta, Garlic Bread & Roast Vegetables	Chips , Baked Beans & Peas
SOMETHING SWEET	Honey & Banana Biscuits	White Chocolate Pots	Fruit Salad	Apricot & Cinnamon Cake	Ice Cream Pots
DESSERT POTS	Fresh fruit, jelly and yogurt pots	Fresh fruit, jelly and yogurt pots	Fresh fruit, jelly and yogurt pots	Fresh fruit, jelly and yogurt pots	Fresh fruit, jelly and yogurt pots



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	All our soups are homemade served with fresh bread (Gluten Free available upon request)				
MAIN	Macaroni Cheese	Grilled Chicken Burger	Slow Roasted Shoulder of Pork Apple Sauce	Home Made Beef Lasagne	Dan's Fish Pie
MAIN VEGETARIAN	Sweet Potato Curry & Rice	Mushroom & Halloumi Burger	Vegetable Toad in the Hole	Sweet Potato Lasagne	Caponata Stew with Grilled Pesto Pitta Bread
DAN'S DELIGHT	Ask Chef Dan for today's special also jacket potatoes and pasta available daily				
ON THE SIDE	Herb Potatoes, Green Beans & Carrots	Potato Wedges, Coleslaw & Salsa	Roast Potatoes, Spring Vegetable Medley & Broccoli	Garlic Bread, Warm Tomato Salad & Kale	Minted Peas & Spring Greens
SOMETHING SWEET	Rhubarb & Pear Crumble with Custard	Half Measure Rocky Road	Fruit Salad	Iced Lemon Mousse	Half Measure Chocolate Brownie
DESSERT POTS	Fresh fruit, jelly and yogurt pots	Fresh fruit, jelly and yogurt pots	Fresh fruit, jelly and yogurt pots	Fresh fruit, jelly and yogurt pots	Fresh fruit, jelly and yogurt pots