

LUNCH



RYDES HILL
PREPARATORY SCHOOL & NURSERY

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Cut fruit & crudités				
Soup	Freshly made soup with croutons & seeds				
Classic	Sweet and Sour Turkey	Beef Chilli Con Carne	Honey roasted pork with gravy	Beef lasagne	Breaded chicken goujon
Nourish	Gnocchi with tomato & basil sauce	Sweet potato & chickpea dhal	Hasselback squash with red pepper sauce	Parmesan white bean risotto with crispy kale	Cheesy bean quesadilla
On the side	Steamed noodles Stir-fried vegetables Green beans	Rice Sweetcorn Courgettes	Roast potatoes Carrots Broccoli florets	Garlic Bread Sweetcorn Mixed salad	Chips Baked beans Peas Grilled tomatoes
Jacket potato	Freshly baked jacket potato with beans, cheese & daily special filling				
Salad bar	Daily selection of simple & complex salads, protein items, dressings & toppings				
Dessert	Boost it flapjack Yoghurt & fruit	Yoghurt, jelly & fruit	Oaty apple crumble with custard Yoghurt, jelly & fruit	Yoghurt, jelly & fruit	Chocolate cupcakes Yoghurt, Jelly & fruit
Afternoon snack	Meatballs and pasta	BBQ pulled pork wrap with coleslaw	Chicken goujons and wedges	Sausage and mash	Jacket potato with fillings
	Whole fruit & crudités				

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning break	Cut fruit & crudités				
Soup	Freshly made soup with croutons & seeds				
Classic	Chicken and leek puff pie	Pork meatballs Tomato sauce	Roast turkey Yorkshire puddings Gravy	Beef Bolognese	Macaroni cheese
Nourish	Vegan sausage roll	Spinach and cream cheese cannelloni	Couscous Stuffed Roasted Pepper	Potato & crushed bean cake with fried egg & herb dressing	Mushroom & bean chilli with sour cream
On the side	Buttered New Potatoes Garden Peas Steamed cabbage	Mash Potato Green beans Cauliflower	Roasted Potatoes Battered carrots Broccoli florets	Wholemeal spaghetti Italian salad Sugar snaps Garlic bread	Sweetcorn Grilled tomatoes Garlic bread sticks
Jacket potatoes	Freshly baked jacket potato with beans, cheese & daily special filling				
Salad bar	Daily selection of simple & complex salads, protein items, dressings & toppings				
Dessert	Orange drizzle cake yoghurt and fruit	Yoghurt, jelly & fruit	Jam 50 /50 biscuits yoghurt, jelly & fruit	Yoghurt, jelly & fruit	Black bean brownie jelly & fruit
Afternoon snack	Pork & lentil sausage roll	Fish finger wraps	Pasta bar with choice of sauces	Pitta wholemeal pizza	Chicken burger with oven baked chips
	Whole fruit & crudités				

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Cut fruit & crudités				
Soup	Freshly made soup with croutons & seeds				
Classic	Chicken fajita	Cottage pie with cheesy topping	Roast chicken with gravy	Pork & lentil Wellington	Battered Baked Cod
Nourish	Sun blushed tomato & feta omelette	Quorn & vegetable casserole	Vegetable stir-fry	Squash & lentil quesadilla	Cheddar and red onion tart
On the side	Steamed rice Slaw Green Beans	Peas Carrot & swede mash	Roasted potatoes Green beans Batton carrots	Creamy mash Peas Red cabbage	Skin-on Fries Baked beans Mushy Peas
Jacket potato	Freshly baked jacket potato with beans, cheese & daily special filling				
Salad bar	Daily selection of simple & complex salads, protein items, dressings & toppings				
Dessert	Rice Krispie cakes Yoghurt, fruit & jelly	Yoghurt, jelly & fruit	Mixed cookies yoghurt, fruit & jelly	Yoghurt, jelly & fruit	Steamed jam pudding with custard Yoghurt, fruit & jelly
Afternoon snack	Baked ham & cheese croissant	Tomato pasta bake with garlic bread	Vegan sausage or pork sausage turnover	Pulled chicken, pepper & tomato salsa wrap	Choice of panini
	Whole fruit & crudités				