

Week 1 Menu Autumn 2026



RYDES HILL
PREP & NURSERY SCHOOL

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSIC	Vegetable tomato pasta bake	Teriyaki fish & mixed vegetables	Roast chicken, gravy & Yorkshire puddings	Sausage cassoulet Under 2s sausage meat	Freshly breaded fish goujons
NOURISH		Teriyaki tofu & mixed vegetable stirfy	Butter bean broccoli & cauliflower cheese bake	Mixed bean lentil cassoulet	Spinach & roasted pepper frittata
ON THE SIDE	Wholemeal garlic focaccia fingers Green beans Carrot batons	Noodles Broccoli	Roasted quartered new potatoes Carrots Peas	Sweet potato mash Cauliflower Sweetcorn	Seasoned wedges Garden peas Baked beans
JACKET POTATO	Freshly baked jacket potato with beans, cheese & daily special filling				
MORNING SNACK	Cheese & crackers 🧀 AFTERNOON SNACK Fresh sliced fruit 🍇 STAY & PLAY Sweet or savoury snack				
SUPPER CLUB	Tuna sandwiches and cucumber sticks Under 2s Pea falafel with houmous	Tomato soup with crusty roll Under 2s Scrambled egg	Jacket potato served with beans and cheese Under 2s Mashed potato with cheese and beans	Cheese and tomato pitta pizza with carrot sticks Under 2s Mac 'n cheese	Spinach and chickpea curry served with naan

Please note, this menu may be subject to change. All children will be served the main meal.

Exceptions will be made for children with allergies, intolerances, religious or cultural requirements, or for those with particularly strong food aversions.

Week 2 Menu Autumn 2026



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PREP & NURSERY SCHOOL

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSIC	Macaroni & broccoli cheese bake	Chicken stir fry	Sweet potato, chickpea & spinach curry served with naan pieces	Spaghetti & grated vegetable bolognese	Freshly made fish cakes & tomato sauce
NOURISH	Tomato & vegetable ragu	Sweet & sour tofu		Quorn bolognese	Roasted vegetable bean lasagna
ON THE SIDE	Garlic dough bites Sweetcorn	Egg noodles Chinese vegetables	50/50 rice Cauliflower	Spaghetti Green beans Carrot sticks	Baked chips Garden peas Grilled tomatoes
JACKET POTATO	Freshly baked jacket potato with beans, cheese & daily special filling				
MORNING SNACK	Cheese & crackers  AFTERNOON SNACK Fresh sliced fruit  STAY & PLAY Sweet or savoury snack				
SUPPER CLUB	5 bean chilli con carne served with homemade wedges	Tomato, sweetcorn & ham pasta	Jacket potato served with tuna and cheese Under 2s Cheesy mash with broccoli	Freshly made turkey goujons served with baby potatoes & carrot sticks Under 2s Turkey mince with sauce	Hot mozzarella & tomato wrap Under 2s Cauliflower & broccoli cheese

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Week 3 Menu Autumn 2026



RYDES HILL
PREP & NURSERY SCHOOL

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSIC	Tomato and basil pasta topped with mozzarella	Chicken korma with naan bread	Orange glazed roast gammon	Jerk chicken with slaw	Freshly made chicken burger & tomato salsa on the side Under 2s Minced chicken in tomato sauce
NOURISH		Lentil red pepper & paneer curry with mini poppadums	Vegetarian Cumberland sausages with gravy	Jerk jackfruit with slaw	Bean burger
ON THE SIDE	Wild farmed garlic dough bites Broccoli Crushed butternut squash	50/50 rice Cauliflower Green beans	Mashed new potatoes Celeriac Carrots	New potatoes Flatbreads Sweetcorn	Sweet potato wedges Baked beans Garden peas
JACKET POTATO	Freshly baked jacket potato with beans, cheese & daily special filling				
MORNING SNACK	Cheese & crackers  AFTERNOON SNACK Fresh sliced fruit  STAY & PLAY Sweet or savoury snack				
SUPPER CLUB	Assorted toasted sandwiches Under 2s Omelette	Cheese and tomato wraps Under 2s Banana and avocado	Baked beans & wholemeal toast	Sweet potato, carrot & cannelloni bean soup Under 2s Chickpea fritter	Ham & tomato pasta with mixed salad Under 2s No salad

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