

Week 1 Menu Spring 2026



RYDES HILL
PRE-PREP & NURSERY SCHOOL

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSIC	Beef bolognaise with garlic bread	Creamy pesto chicken	Roast gammon with maple gravy	Jacket potato with baked beans & cheddar cheese	Breaded MSC fish
NOURISH	Lentil bolognaise with garlic bread	Baked courgette ratatouille with mozzarella	Roast Quorn fillet with gravy		Plant-based fish fingers
ON THE SIDE	Spaghetti Sweetcorn	Couscous Carrots & swede	Parsley potatoes Broccoli & cauliflower	Green beans	Potato wedges Peas
JACKET POTATO	Freshly baked jacket potato with beans, cheese & daily special filling				
DESSERT	Baked coconut rice pudding	Greek yoghurt & fruit	Peaches & custard	Greek yoghurt & fruit	Fruity oat square
EVERY DAY	Salad bar, wholemeal bread, fresh baked white bread, yoghurt, jelly & fresh fruit				
MORNING SNACK Fresh sliced fruit 🍏 AFTERNOON SNACK Fresh sliced fruit 🍇 STAY & PLAY Sweet or savoury snack					
SUPPER	Tomato, ham & sweetcorn pasta	Ham & cheese panini	Wholemeal chicken sandwiches	Sweet potato, carrot & butterbean soup with toast fingers	Cheddar cheese wraps
Served with crudité's, fresh fruit, sweet treat					

Please note, this menu may be subject to change

Week 2 Menu Spring 2026



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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSIC	Cumberland pork sausages & gravy	Chicken tikka with spring onion raita	Macaroni cheese	Soy & ginger chicken	Battered MSC fish with lemon wedges & tartare sauce
NOURISH	Quorn sausages with gravy	Bean, spinach & sweet potato ragu	Tomato, basil & mozzarella pasta	Mushroom & tofu stir-fry	Creamy rocket & herb tortellini
ON THE SIDE	Buttery mashed potato Roasted carrots & peas	50/50 Rice Green beans	Mixed salad Broccoli florets	Noodles Baby corn & carrots	Chunky chips Peas
JACKET POTATO	Freshly baked jacket potato with beans, cheese & daily special filling				
DESSERT	Greek yoghurt & fruit	Sunflower seed & apricot square	Greek yoghurt & fruit	Pear & plum crumble with custard	Carrot & coconut cookies
EVERY DAY	Little pots of vegetable crudités, fresh wholemeal bread & fruit				
MORNING SNACK Fresh sliced fruit 🍏 AFTERNOON SNACK Fresh sliced fruit 🍇 STAY & PLAY Sweet or savoury snack					
SUPPER	Wholemeal ham sandwiches	Pizza filled English muffin	Mini jacket potato & baked beans	Tomato, sweetcorn & ham pasta	Cheddar cheese wraps
Served with crudités, fresh fruit, sweet treat					

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Week 3 Menu Spring 2026



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PRE-PREP & NURSERY SCHOOL

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSIC	Hungarian beef goulash with potato & roasted peppers	Thyme & orange roast chicken with stuffing	Cumberland pork hotdog with tomato relish	Sicilian chicken with olives	Tomato, mozzarella & basil pizza
NOURISH	Mushroom stroganoff with broccoli	Roasted carrot tart with pesto	Plant based sausage hotdog with tomato relish	Mexican bean enchiladas	
ON THE SIDE	Turmeric rice Broccoli florets	Baked new potatoes Glazed carrots & peas	Potato wedges Sweetcorn	Couscous Green beans	French fries Peas
JACKET POTATO	Freshly baked jacket potato with beans, cheese & daily special filling				
DESSERT	Greek yoghurt & fruit	Blueberry oat square	Carrot & banana muffin	Greek yoghurt & fruit	Pear & custard
EVERY DAY	Little pots of vegetable crudités, fresh wholemeal bread & fruit				
MORNING SNACK Fresh sliced fruit 🍏 AFTERNOON SNACK Fresh sliced fruit 🍇 STAY & PLAY Sweet or savoury snack					
SUPPER	Ham & cheese baguettes	Chicken wraps	Baked beans & wholemeal toast	Sweet potato, carrot & cannellini bean soup	Salmon & tomato pasta with mixed salad
Served with crudités, fresh fruit, sweet treat					

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