

RYDE SCHOOL WITH UPPER CHINE

Lunch Menu - Spring Term - Menu 1

W/C 08/01,29/02,19/02, 11/03	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Boarders Lunch	Sunday Boarders Lunch
Soup See Specials Board	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	_	_
Classic Main	Crispy Chicken with Green Pepper & Sweet & Sour Sauce (GF) Option Available	Margarita Pizza Ricotta Tortellini	Chicken Tikka Masala Curry (GF)	Roast Topside of Beef Yorkshire Pudding Roast Gravy (GF)	Cod Fillet Fish Fingers Homemade Fishermans Pie (GF) Steak Pie & Gravy	Chefs Hot & Cold Buffet Sellection	Sunday Brunch
Vegan & Vegetarian	Vegan Crispy Quorn Bites with Green Pepper & Sweet & Sour Sauce (GF) (VE)	Vegan Margarita Pizza (GF)(VE)	Vegan Vegetable Masala Curry (GF)(VE)	Roasted Quorn Fillet or Roasted Hasselback Butternut Squash With Salsa Verdi Sauce (GF) (VE)	Fishless Fish Fingers or Quorn & Bean Chilli (GF) (VE)	Chefs Hot & Cold Buffet Sellection	Sunday Brunch
On the Side	Steamed Rice Seasonal Vegetables	Penne Pasta with Tomato Sauce Garlic Bread, Garden Peas Roasted Vegetables	Bombay Potatoes Steamed Rice, Naan Bread Assorted Pickles	Roast Potatoes Seasonal Vegetables Gravy	Steakhouse Chips Minted Peas Baked Beans Homemade Tartare Sauce		-
Self Serve Noodle, Pasta & Rice Bar	Noodle Bar	Rice Bar	Pasta Bar	Noodle Bar	Pasta Bar		-
Jacket Potatoes & Fillings	Jacket Potato with a Choice of Grated Mature Cheddar Cheese, Tuna Mayonnaise & Baked Beans					_	_
Filled Breads Boxed Salads & Pastas	Freshly Prepared Filled Baguettes, Wraps, Pre-Boxed Salads & Pasta Pots A Selection of Gluten Free Options Available					A selection of Filled Breads	-
Desserts of the day	Oaty Flapjack (GF) & Custard	Chocolate Cake & Cream	Lemon Cheesecake	Coconut Rice Pudding	Caramel Apple Crumble & Cream	Homemade Cakes	Fresh Fruit
Fruit Pot Desserts & Cakes	A Selection of Whole & Cut Seasonal Fresh Fruits, Yoghurt Pots, Jelly, Mousses & Pot Desserts Homemade Cakes & Baked Doughnuts A Selection of Gluten Free Options Available				A Selection of Pot Desserts	Yoghurts	



RYDE SCHOOL WITH UPPER CHINE

Lunch Menu -Spring Term - Menu 2

W/C 15/01,05/02,26/02, 18/03	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Boarders Lunch	Sunday Boarders Lunch
Soup See Specials Board	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	-	_
Classic Main	Butchers Pork Sausages (GF) Yorkshire Pudding (V) & Gravy	Baked Macaroni Cheese (V) Margaritta Pizza (V)	Beef Madras Curry (GF)	Roast Pork Roast Gravy (GF) Sage & Onion Stuffing	Cod Fillet Fish Fingers Gratin of Smoked Haddock & Spinach GF Steak Pie	Chefs Hot & Cold Buffet Selection	Sunday Brunch
Vegan & Vegetarian	Vegan Quorn Sausages (VE) Yorkshire Pudding (V) & Gravy	Vegan Baked Macaroni Cheese (GF) Vegan G/F Margarita Pizza (GF)	Vegan Madras Curry (GF) (VE)	Roast Quorn Fillet & Roast Gravy or Hassle Back Butternut Squash Topped with Salsa Verdi (GF)(VE)	Fishless Fish Fingers (VE) Vegan Vegetable Pie (VE)	Chefs Hot & Cold Buffet Selection	
On the Side	Creamed Potatoes Chive Glazed Potatoes Peas, Beans, Brocolli & Green Beans	Garlic Bread Slices Olive Oil Pasta Tomato & Basil Sauce Sweetcorn & Roasted Vegetables	Rice, Naan Bread Assorted Pickles Cauliflower & Mushroom Bhaji	Roast Potatoes Seasonal Vegetables Apple Sauce	Steakhouse Chips Garden Peas Baked Beans Homemade Tartare Sauce		_
Self Serve Noodle, Pasta & Rice Bar	Noodle Bar	Rice Bar	Pasta Bar	Noodle Bar	Pasta Bar		_
Jacket Potatoes & Fillings	Jacket Potato with a Choice of Grated Mature Cheddar Cheese, Tuna Mayonnaise & Baked Beans					-	_
Filled Breads Boxed Salads & Pastas	Freshly Prepared Filled Baguettes, Breads, Wraps, Pre-Boxed Salads & Pasta Pots A Selection of Gluten Free Options Available						_
Desserts of the day	Oaty Flapjack (GF) & Custard	Syrup Sponge & Cream	Chocolate Chip Sponge Pudding & Custard	Fragrant Rice Pudding with Mango Sauce	Apple & Cinamon Crumble & Custard	Homemade Cakes	Fresh Fruit
Fruit Pot Desserts & Cakes	A Selection of Whole and Cut Seasonal Fresh Fruits, Yoghurt Pots, Jelly, Mousse & Pot Desserts Homemade Cakes & Baked Doughnuts A Selection of Gluten Free Options Available				A Selection of Pot Desserts	Yoghurts	



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Lunch Menu - Spring Term - Menu 3

WC 22/01, 12/02 04/03 , 25/03	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Boarders Lunch	Sunday Boarders Lunch
Soup See Specials Board	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	Soup of The Day	-	-
Classic Main	Sweedish Meatballs Served with a Creamy Lingonberry Sauce	Cheese & Tomato Pasta Bake Margarita Pizza	Thai Green Chicken Curry (GF)	Beef Bolognaise (GF)	Cod Fillet Fish Fingers Breaded Cod Steak Ple G/F Fish Fingers	Chefs Hot & Cold Buffet Selection	Sunday Brunch
Vegan & Vegetarian	Vegan Meatballs with a Cream Lingonberry Sauce (GF)	Vegan Cheese & Tomato Pasta Bake (GF) Vegan Margarita Pizza	Thai Green Vegetable Curry (GF) (VE)	Vegan Vegetable Bolognaise (GF) (VE)	Fishless Fish Fingers or Vegan Dish of the Day (VE)	Chefs Hot & Cold Buffet Sellection	
On the Side	Creamed Potatoes Peas, Brocolli Garlic Glazed Potaotes	Plain Pasta Tomato Sauce Sweetcorn Roasted Vegetables	Rice, Prawn Crackers Naan Bread Stir Fried Vegetables	Spagetti Pasta Peas, Green Beans Garlic Bread Slice	Steakhouse Chips Minted Peas Baked Beans Homemade Tartare Sauce		_
Self Serve Noodle, Pasta & Rice Bar	Noodle Bar	Rice Bar	Pasta Bar	Noodle Bar	Pasta Bar		_
Jacket Potatoes & Fillings	Jacket Potato with a Choice of Grated Cheddar Cheese, Tuna Mayonnaise & Baked Beans					_	
Filled Breads Boxed Salads & Pastas	Freshly Prepared Filled Baguettes, Breads, Wraps, Pre-Boxed Salads & Pasta Pots A Selection of Gluten Free Option Available						-
Desserts of the day	Oaty Flapjack (GF) & Custard	Jam Sponge & Cream	Chocolate Orange Sponge & Custard	Rice Pudding & Raspberry Compote	Apple & Pear Crumble & Cream	Homemade Cakes	Fresh Fruit
Fruit Pot Desserts & Cakes	A Selection of Whole and Cut Seasonal Fresh Fruits, Yoghurt Pots, Jelly, Mousse & Pot Desserts Homemade Cakes & Baked Doughnuts A Selection of Gluten Free Options Available				A Selection of Pot Desserts	Yoghurts	