# **FACTS**

- Our three menus are rotated weekly
- Our menus change every term
- Our menus are nutritionally balanced
- Fresh produce is delivered weekly
- We use top quality suppliers
- Our qualified chef cooks on the premises
- We cater for health-related dietary needs
- Please note, menu can be subject to change

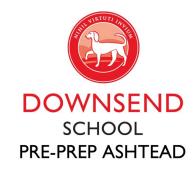
# Our school lunches encourage & develop

- Good social skills
- excellent table manners
- confidence to try something new
- a healthy approach to eating

Downsend School Pre-Prep Ashtead
22 Oakfield Road
Ashtead
Surrey
KT2 | 2RE

Phone: 01372 385439

email: ashteadpre-prep@downsend.co.uk



# LUNCH MENUS



Summer Term 2017

# Week One

#### Monday

Creamy Tomato Pasta with Broccoli & French Bread (V)

Bananas & Custard or Fresh Fruit

#### **Tuesday**

Roast Chicken, Roast Potatoes, Carrots & Curly Kale Vegetarian Version (V)

> Yoghurt or Fresh Fruit

#### Wednesday

Spaghetti Bolognaise with Cucumber Batons Vegetarian Version (V)

Strawberry Buttermilk Cake or Fresh Fruit

# Thursday

Spicy Chicken Strips with Mushrooms & Buttered Noodles & Salad Vegetarian Version (V)

Fruit Salad & Cream or Fresh Fruit

#### Friday

Fish Fingers and Chips with Peas & Corn (V)

Choc Ice or Fresh Fruit

# Week Two

#### **Monday**

Roast Vegetable Pasta with Tomato & Basil Sauce and Garlic Bread (V)

Lime & Coconut Cake or Fresh Fruit

#### Tuesday

Roast Gammon, Roast Potatoes, Carrots & Sweetcorn Vegetarian Version (V)

> Yoghurt or Fresh Fruit

#### Wednesday

Chicken Biryani with Rice & Green Beans Vegetarian Version (V)

Chocolate Chip Cake Squares or Fresh Fruit

# Thursday

Cowboy Casserole with Mashed Potato Vegetarian Version (V)

Jelly & Sprinkles or Fresh Fruit

#### Friday

Mini Meatballs with Potato Wedges & Sweetcorn (V)

Eton Mess or Fresh Fruit

# Week Three

#### Monday

Roast Butternut Squash & Red Pepper Pasta with French Bread (V)

Cherry Sponge & Cream or Fresh Fruit

#### Tuesday

Roast Chicken, Roast Potatoes,, Carrots & Peas Vegetarian Version (V)

> Yoghurt or Fresh Fruit

#### Wednesday

Chorizo Chickpea & Sausage Tagine Couscous Vegetarian Version (V)

Cheese, Fruit & Crackers or Fresh Fruit

# Thursday

Jacket Potato with Tuna Mayo/Cheese/Coleslaw/Cucumber Vegetarian Version (V)

Ice Cream or Fresh Fruit

# Friday

Lamb Kofta with Pitta Bread & Salad (V)

Rocky Road or Fresh Fruit