

## 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  
KT21 2RE

Phone: 01372 385439

email: [ashteadpre-prep@downsend.co.uk](mailto:ashteadpre-prep@downsend.co.uk)



**DOWNSEND**  
SCHOOL  
PRE-PREP ASHTEAD

## 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 Bolognese 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