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

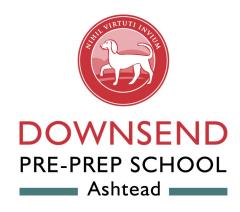
Our School Lunches Encourage & Develop:

- 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

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LUNCH MENUS



Summer Term 2018

Week One

Monday

Wholewheat Pasta, Tomato, Courgettes, Olives, Peppers, Crusty Bread (V)

Peach Melba Cake Squares with Cream or Fresh Fruit

Tuesday

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

Yoghurt with Fruit Compote / Granola or Fresh Fruit

Wednesday

Pork, Sage & Apple Casserole, Herb Potatoes, Roast Parsnips Vegetarian Version (V)

Date Crumble Slice or Fresh Fruit

Thursday

Lamb Koftas, Humous, Pitta Bread, Greek Salad, Raisin & Beetroot Coleslaw Vegetarian Version (V)

> Berry Smoothies or Fresh Fruit

Friday

Spaghetti Bolognese, Broccoli Vegetarian Version (V)

Choc Ice or Fresh Fruit

Week Two

Monday

Creamy Nut Free Pesto Pasta, Green Beans, Garlic Bread (V)

Lemon & Poppy Seed Cake or Fresh Fruit

Tuesday

Roast Gammon, Roast Potatoes, Carrots, Courgettes Vegetarian Version (V)

Yoghurt with Fruit Compote / Granola or Fresh Fruit

Wednesday

Chicken Provençale, Couscous, Mixed Salad Leaves Vegetarian Version (V)

> Cheesecake Pots or Fresh Fruit

Thursday

Thai Beef & Vegetable Curry, Rice, Baby Corn Vegetarian Version (V)

Fresh Fruit Salad or Fresh Fruit

Friday

Fish Fingers, Tartar Sauce, Oven Chips, Peas, Sweetcorn Vegetarian Version (V)

Beetroot Brownies or Fresh Fruit

Week Three

Monday

Sun Dried Tomato & Chorizo Pasta, Broccoli, Crusty Bread Vegetarian Version (V)

Mandarin Sponge with Cream Cheese Frosting or Fresh Fruit

Tuesday

Roast Chicken, Gravy, Roast Potatoes, Carrots, Cauliflower Vegetarian Version (V)

Yoghurt with Fruit Compote / Granola or Fresh Fruit

Wednesday

Turkey & Sweetcorn Pie, Baby New Potatoes, French Beans Vegetarian Version (V)

Fresh Cream Sponge or Fresh Fruit

Thursday

Chili Con Carne, Rice, Carrot Salad Vegetarian Version (V)

Ice Cream or Fresh Fruit

Friday

Jacket Potatoes, Cheese, Beans (V)

Jelly or Fresh Fruit