

## 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

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**DOWNSEND**  
PRE-PREP SCHOOL  
Ashtead

## 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