

FACTS

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

Our School Lunches encourage & develop

- Social skills
- Excellent table manners
- Confidence to try something new
- A healthy approach to eating

Downsend Pre Prep Epsom

6 Norman Avenue

Epsom

KT17 3AB

01372 385438

Email: epsompre-prep@downsend.co.uk



DOWNSEND
PRE-PREP SCHOOL
Epsom

LUNCH MENU



Summer Term
2018

Week One

Monday

Jacket Potato, Cheese and Beans **D**

Crudités **C**

Fresh Fruit

Tuesday

Quorn / Spaghetti Bolognese
with homemade bread **G C**

Homemade Bread **G**

Crudités **C**

Flapjack **G**

Wednesday

Roast Gammon/Chicken/Quorn with
Roast Potato, Cauliflower, Carrot Batons & Gravy

Apple Cake and Custard **D G**

Thursday

Chicken Katsu Curry with Sticky Rice **G E**

Naan Bread **G**

Rice Crispie cake with white chocolate **G D**

Friday

100% Cod Fillet Fish Fingers with Homemade
Chunky Chips and Peas **G F**

Blueberry and Raspberry Smoothie **D**

Week Two

Monday

Basil & Tomato Pasta with Homemade Bread **G C**

Crudités **C**

Fresh Fruit

Tuesday

Mrs T's Margarita Pizza **G**

Sweet corn and Crudités **C**

Choc chip cookie **G D**

Wednesday

Roast Beef/Chicken/ Quorn with
Roast Potatoes, Broccoli, Carrot Batons & Gravy

Toffee Yoghurt **D**

Thursday

Sweet'n'Sour Chicken/Quorn with Long Grain Rice **G**

Toffee Sponge Pudding **G E**

Friday

Fish Cakes with Seasoned Potato Wedges **G F**

Sweet corn crudités **C**

Fruit Jelly

D- DAIRY G-GLUTEN F-FISH E-EGGS C- CELERY

Week Three

Monday

Sausages with mashed Potato, Peas and Gravy **G**

Fresh Fruit

Tuesday

Homemade Meatballs & Pasta in Tomato
& Basil Sauce **G D**

Crudités

Carrot Cake

Wednesday

Roast Chicken / Quorn with Savoy Cabbage, Carrot
Batons, Roast Potatoes and Gravy **G**

Toffee Yoghurt **D G**

Thursday

Chilli Con Carne / Lentils with Long Grain Rice **G**

Pitta Bread **G**

Butterscotch Tart **D G**

Friday

Plaice Goujons with Herby Potatoes
and Baked Beans **G F**

Crudités **C**

Ice cream **D**