

FACT

- ◆ 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



Autumn Term

2018

Week One

Meat Free Monday

Homemade Basil and Mascarpone Pasta **D E**

Pitta Bread **G**

Crudités **C**

Fruit segments

Tuesday – Children’s Favourites

Mrs T’s Margarita/Pepperoni pizza **G D**

Sweetcorn crudités **C**

Fruit Flapjack

Roasty Wednesday

Roast Beef/Chicken/Quorn with shredded Savoy Cabbage, Carrot Batons & Gravy and Roast Potatoes

Ginger Cake with Vanilla Sauce **D G E**
or Fruit

World Food Thursday

Mexican Spicy Chicken Tacos **G**

Salsa

Carrot Cake **G D E**

Fishy Friday

Plaice Goujons with Seasoned Potato **G**

Wedges and Peas **G F**

Crudités **C**

Shortbread Biscuit **D**

Week Two

Meat Free Monday

Jacket Potato, Cheese and Beans/

Whole-wheat Spaghetti **G D**

Crudités **C**

Fruit segments

Tuesday– Children’s Favourites

Homemade Basil and Tomato Pasta with
Homemade Bread **G**

Sweetcorn Crudités

Blueberry and Raspberry Yoghurt or Fruit **D**

Roasty Wednesday

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

Blackberry and Apple Crumble and Custard **G D**
or Fruit **D**

World Food Thursday

Katsu Chicken/Quorn with Sticky Jasmine Rice and
Naan Bread **G D**

Beetroot Cake **G E**
or Fruit

Fishy Friday

Cod Fish Cakes with Herby New Potatoes
and Peas **F**

Crudités **C**

Choc Chip Cookie **G D**

Week Three

Meat Free Monday

Lentil Bolognese Pasta **G C**

Tear and Share Garlic Cheese Bread **G D**

Crudités **C**

Fruit Segments

Tuesday– Children’s Favourites

Cumberland Chipolatas with Mashed Potato, Peas
and Onion Gravy **G**

Chocolate Brownie Gluten Free **D**
or Fruit

Roasty Wednesday

Roast Gammon/Chicken/Quorn, Roast Potatoes,
Cauliflower Cheese and Carrot Batons **G D**

Lemon Surprise Pudding and Custard **D G**
or Fruit

World Food Thursday

Hungarian Beef Goulash with Long Grain Rice **G**

Banana Bread **G**
or Fruit

Fishy Friday

100% Cod Fillet Fish/Quorn Fingers with Chunky
Homemade Chips **G F**

Baked Beans/Whole-wheat Spaghetti **G**

Crudités **C**

Melting Moment Biscuit **G**