

## 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

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**DOWNSEND**  
PRE-PREP SCHOOL  
— Leatherhead —

## LUNCH MENU



Autumn Term  
2019

## **Week One**

### **Monday**

Pasta with a tomato and basil sauce and peas

Grated cheese

Homemade fresh bread

Crudities

Sponge cake with icing and fresh fruit

### **Tuesday**

Roast chicken, roast potatoes, carrots, sweetcorn and

Gravy

Vegetarian quorn fillet available

Yoghurts and fresh fruit

### **Wednesday**

Sausages, Yorkshire pudding and baked beans

Vegetarian sausage available

Homemade fresh bread

Crudities

Banana cake and fresh fruit

### **Thursday**

Spaghetti Bolognese and peas

Grated cheese

Homemade fresh bread

Crudities

Vegetarian quorn mince available

Strawberry jelly and fresh fruit

### **Friday**

Fish fingers, chips and sweetcorn

Homemade fresh bread

Vegetarian sausage/burger available

Crudities

Chocolate cake and custard and fresh fruit

## **Week Two**

### **Monday**

Pasta in a creamy tomato sauce and sweetcorn

Grated cheese

Homemade fresh bread

Crudities

Mandarin cake and fresh fruit

### **Tuesday**

Roast gammon, roast potatoes, carrots, broccoli and

gravy

Vegetarian quorn fillet available

Strawberry whip and fresh fruit

### **Wednesday**

Chilli con carne, rice and green beans

Homemade fresh bread

Crudities

Vegetarian quorn mince available

Lemon drizzle cake and fresh fruit

### **Thursday**

Jacket potato, cheese, beans and ham

Homemade garlic bread

Crudities

Yoghurts and fresh fruit

### **Friday**

Fish goujons, seasoned wedges and peas

Homemade fresh bread

Vegetarian burger/sausage available

Crudities

Fridge cake and fresh fruit

## **Week Three**

### **Monday**

Pasta with a tomato and basil sauce and green beans

Grated cheese

Homemade fresh bread

Crudities

Chocolate cake and fresh fruit

### **Tuesday**

Roast chicken, roast potatoes, carrots, peas and

Gravy

Vegetarian option quorn fillet available

Yoghurts and fresh fruit

### **Wednesday**

Pork and apple burgers, seasoned wedges and sweetcorn

Homemade fresh bread

Crudities

Vegetarian burger available

Butter cream cake and fresh fruit

### **Thursday**

Beef meatballs and pasta in tomato sauce and broccoli

Grated cheese

Homemade fresh bread

Crudities

Vegetarian option available

Homemade biscuit and fresh fruit

### **Friday**

Fish fingers, chips and peas

Homemade fresh bread

Vegetable burger/sausage available

Crudities

Ginger cake with custard and fresh fruit