

Our school lunches encourage & develop

- Social skills
- Excellent table manners
- Confidence and a sense of adventure to try new things
- A healthy approach to eating

Downsend Pre Prep Epsom

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Facts

- We offer 3 different menus that are rotated weekly. A new menu is designed each term.
- Our menu is nutritionally balanced ensuring portions of fruit and vegetables are always included in every meal along with freshly baked bread.
- We only use top-quality local suppliers and all food is prepared fresh daily by our catering team on site.
- We cater to a variety of dietary requirements and provide vegetarian, gluten free and dairy free options
- We are a nut free school and offer alternatives for food allergies.
- Our kitchen is to the highest standard. We are proud to hold a 5 Food Hygiene Rating from Food Standards Agency
- Children love our Meat Free Monday and World Food Thursday!



DOWNSEND
PRE-PREP SCHOOL
Epsom

LUNCH MENU



Autumn Term

2019



Week One



Meat Free Monday

Basil and Tomato Mascarpone Sauce with Wholewheat Pasta (G,D)

Fresh Wholemeal Bread (G)

Crudités and Fruit Segments

Tuesday – Traditional Favourites

Mrs T's Half & Half Pepperoni Pizza (G,D)

Crudités and sweetcorn (C)

Banana Flapjack (D)

Fruit

Roasty Wednesday

Roast Chicken/Quorn with Roast Potatoes, Shredded Cabbage, Diced Carrots and Gravy (D)

Apple and Sultana Pie and Custard (D)

Fruit

World Food Thursday

To be decided weekly

Parents will be informed in the weekly newsletters

And Fruit

Fishy Friday

Homemade Salmon Fishcake, with Homemade Chunky Chips and Peas (F)

Wholemeal Bread (G)

Peach Yoghurt (D)

Crudités and Fruit



Week Two



Meat Free Monday

Curry, Peas with New Potato Basmati Rice and Naan Bread (G)

Fruit segments

Tuesday– Traditional Favourites

Cumberland Sausages/Quorn/Chicken with Creamy Mashed Potatoes, Fine Green Beans and Gravy (D)

Beetroot Muffins (E,D)

Fruit

Roasty Wednesday

Roast Beef/Chicken/Quorn with Roast Potatoes, Broccoli florets, Carrot Batons, Yorkshire Pudding and Gravy (E)

Ginger Cake and Vanilla Sauce (D,G,E)

Fruit

World Food Thursday

To be decided weekly

Parents will be informed in the weekly newsletters

And Fruit

Fishy Friday

100% Cod Fillet Fish Fingers with Seasoned Potato Wedges and Baked Beans/Spaghetti Hoops (F,G)

Wholemeal Bread (G)

Crudités

Mango Yoghurt and Fruit (D)

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



Week Three



Meat Free Monday

Red Lentil Bolognese with Wholewheat Pasta (CG)

Fresh Wholemeal Bread (G)

Crudités, Sweetcorn and Fruit segments

Tuesday– Traditional Favourites

Shepherds Pie / Lentils with Diced Swede and Gravy (GD)

Date and Parsnip Cake (G,D,E)

Fruit

Roasty Wednesday

Roast Turkey/Quorn with Roast Potatoes, Cauliflower florets, Diced Carrots and Gravy

Oaty Peach Crumble & Custard (GD)

Fruit

World Food Thursday

To be decided weekly

Parents will be informed in the weekly newsletters

And Fruit

Fishy Friday

Lip Smacking Salmon (Indian) with New Potatoes Couscous Salad (F,G)

Naan Bread

Crudites

Passionfruit Yoghurt and Fruit (D)

