

## 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



Spring Term

2020

## Week One

### Monday

'Hidden veg' tomato and basil tricolore pasta (G)  
Homemade fresh bread (G), crudities  
Sugar free healthy honey cake (E) and fresh fruit  
Dairy free option available

### Tuesday

Roast gammon, roast potatoes, carrots, sweetcorn  
and gravy  
Yoghurts (D) and fresh fruit  
Vegetarian (V,E) /dairy free option available

### Wednesday

Chicken curry, brown rice  
Naan bread (G), crudities  
Fresh fruit platter  
Vegetarian option available (V)

### Thursday

'Hidden veg' spaghetti bolognese (G)  
Homemade garlic bread (G)  
Vegetarian option available (V)  
Healthy beetroot brownies (G,E) and fresh fruit

### Friday

Fish fingers (F,G), chips and baked beans  
Homemade fresh bread (G), crudities  
Rice pudding with raisins (D)  
Vegetarian option available (V)

## Week Two

### Monday

Wholemeal pasta in creamy pesto (nut free)  
sauce (G,D)  
Homemade fresh bread (G), crudities  
Fresh fruit platter  
Dairy free option available (V)

### Tuesday

Roast chicken, roast potatoes, carrots, peas  
and gravy  
Dairy free, reduced sugar red velvet cake (G)  
Vegetarian option available (V,E)

### Wednesday

Cumberland sausages (G), mashed potatoes  
and green beans  
Homemade fresh (G) bread, crudities  
Yoghurts (D) and fresh fruit  
Vegetarian (V) /dairy free option available

### Thursday

Macaroni cheese (G,D) and broccoli  
Homemade fresh bread (G), crudities  
Yoghurts (D) and fresh fruit  
Dairy free option available (V)

### Friday

Fish cakes (F,G) roasted new potatoes and  
sweetcorn  
Homemade fresh bread (G), crudities  
Cheese, crackers (G,D) and fresh fruit  
Vegetarian option available (V)

## Week Three

### Monday

Roasted pepper and tomato tricolore pasta (G)  
Homemade fresh bread (G), crudities  
Peach and oat crumble with custard (G,D) and  
fresh fruit

### Tuesday

Roast gammon, roast potatoes, carrots, cabbage  
and gravy  
Fresh fruit platter  
Vegetarian option available (V,E)

### Wednesday

Sweet and sour chicken, egg noodles (E,G),  
mixed vegetables  
Fruit jelly and fresh fruit  
Vegetarian option available (E,V)

### Thursday

Chilli con carne, brown rice and peas  
Homemade fresh bread (G), crudities  
Healthy banana flapjack and fresh fruit  
Vegetarian (V) /dairy free option available

### Friday

Cod goujons (F,G) seasoned potato wedges and  
sweetcorn  
Homemade fresh bread (G), crudities  
Coconut and raisin slice (G) and fresh fruit  
Vegetarian option available (V)

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