

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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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



Spring Term

2020



Week One



Meat Free Monday

Jacket potato, cheese and beans/spaghetti hoops
(G,D)

Fresh homemade bread (G)

Assorted fruit

Roasty Toasty Tuesday

Roast gammon/chicken, roast potatoes, cauliflower
cheese and carrot batons (D, G)

Sultana sponge and custard (D,G, E)

Fruit

Wonderful Wednesday

Mrs T's pepperoni pizza with mixed vegetables (G,D)

Crudités (C)

Carrot muffin (D, E, G)

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, peas and sweetcorn (F, G)

Yoghurt (D)

Fruit



Week Two



Meat Free Monday

Vegetarian chili con carne (C)

Fresh homemade bread (G)

Assorted fruit

Roasty Tuesday

Roast beef/chicken, Yorkshire pudding, roast
potatoes, broccoli florets, carrot batons and gravy
(D, G, E)

Apple sponge and custard (D,G,E)

Fruit

Wonderful Wednesday

Cumberland Sausages with creamy mashed
potatoes, peas and onion gravy (G, D)

Banana muffins (E,D)

Fruit

World Food Thursday

To be decided weekly

Parents will be informed in the weekly newsletters

And Fruit

Fishy Friday

Cod fishcakes with chunky homemade chips, baked
beans/spaghetti hoops (F,G)

Yoghurt (D)

Fruit

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



Week Three



Meat Free Monday

Vegetable korma with pilau rice (G,D)

Naan bread (G)

Assorted fruit

Roasty Tuesday

Roast chicken, roast potatoes, shredded cabbage,
carrot batons and gravy

Lemon sponge and custard (G,D,E)

Fruit

Wonderful Wednesday

Pasta bolognaise/lentils
Fresh homemade bread (G,D, C)

Crudités (C)

Coconut flapjack and 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 herby diced
potatoes, peas and carrots (G, F)

Yoghurt (D)

Fruit

