

FACTS

- ◆ Our three menus are rotated weekly
- ◆ Our menus change every term
- ◆ Our menus are nutritionally balanced
- ◆ Fresh produce is delivered weekly
- ◆ We use top quality suppliers
- ◆ Our qualified chef cooks on the premises
- ◆ We cater for health related dietary needs
- ◆ Please note, menu can be subject to change

Our School Lunches Encourage & Develop:

- ◆ Good social skills
- ◆ Excellent table manners
- ◆ Confidence to try something new
- ◆ A healthy approach to eating

Downsend School Pre-Prep Ashtead
22 Oakfield Road
Ashtead
Surrey
KT21 2RE

Phone: 01372 385439

email: ashteadpre-prep@downsend.co.uk



DOWNSEND
PRE-PREP SCHOOL
Ashtead

LUNCH MENUS



**Spring Term
2020**

Week One

Monday

“Cauli Boli” Spaghetti with Broccoli (V)

Banana Upside Down Cake with Custard

Tuesday

Roast Chicken,

Roast Potatoes, Mashed Swede and Carrots
Vegetarian Version (V)

Yoghurt and Granola

Wednesday

Tuna and Sweetcorn Burgers in a Bun with Roast
Vegetable and Feta Couscous and Green Salad
Vegetarian Version (V)

Mango Rice Pudding

Thursday

Lamb Hotpot with Curly Kale and Peas
Vegetarian Version (V)

Cheese, Fruit and Crackers

Friday

Pork and Kidney Bean Burritos with Corn on the Cob
and Cucumber Batons
Vegetarian Version (V)

Mixed Fruit Platter

Week Two

Monday

Sundried Tomato and Spinach Macaroni Cheese
with Garlic Bread and Sweetcorn (V)

Hot Chocolate with Apple Crumble Cookies

Tuesday

Roast Gammon, Gravy,
Roast Potatoes, Braised Red Cabbage, Carrots
Vegetarian Version (V)

Mixed Fruit Plate

Wednesday

Chicken Saag with Kale Dahl, Rice and Naan
Bread
Vegetarian Version (V)

Ginger and Sultana Buns

Thursday

Chilli Con Carne with Jacket Potatoes, Sour
Cream, Tomato Salsa and Guacamole
Vegetarian Version (V)

Yoghurt and Granola

Friday

Fish Fingers, Cheesy Mash and Baked Beans
Vegetarian Version (V)

Jelly Pots

Week Three

Monday

Tagliatelle with Creamy Pesto, leeks and garlic
mushrooms with Caraway Pitta Chips

Peach and Lemon Thyme Cake

Tuesday

Roast Loin of Pork, Roast Potatoes,
Carrots and Broccoli, Apple Sauce
Vegetarian Version (V)

Rose, Raspberry and Coconut Fool

Wednesday

Cod and Butterbean Stew with New Potatoes and
Green Beans
Vegetarian Version (V)

Yoghurt and Granola

Thursday

Teriyaki Meatballs, Noodles and Spicy Carrots
and Thai Cucumber Salad
Vegetarian Version (V)

Mixed Fruit Plate

Friday

Chicken and Orzo Ratatouille Bake with Peas
Vegetarian Version (V)

Ice Cream