



DOWNSEND SCHOOL

Inspiring Young Minds

LUNCH AT DOWNSEND

WEEK 1

FRESHLY PREPARED DAILY
ACCOMPANIED BY SALADS, JACKET POTATOES, SOUP AND PASTA
FRUIT PLATTER AND YOGURT

TASTY MAINS

VEGETARIAN

ON THE SIDE

DESSERT

MON

SAUSAGE,
MASH AND GRAVY

VEGGIE SAUSAGE,
MASH AND GRAVY

CABBAGE,
FRENCH BEANS

CREAMY
WHITE CHOCOLATE
RICE PUDDING

TUE

TRADITIONAL
COTTAGE PIE

BAKED CHEDDAR
AND SUN DRIED
TOMATO FRITATTA

CARROTS,
GARDEN PEAS

BANOFFEE PIE

WED

CUMBERLAND
SAUSAGE
WELLINGTON

FINNISH STYLE
'NO NUT'
NUT ROAST

ROAST
POTATOES,
STEAMED
BROCCOLI,
CAULIFLOWER

DOUBLE
CHOCOLATE
BROWNIE

THU

CHICKEN
KATSU CURRY

QUORN FILLET
KATSU

STICKY RICE,
PICKLED
SHREDDED
CARROT
AND MOOLI

TROPICAL FRUIT
AND YOGHURT
BAR

FRI

BREADED FISH
OF THE DAY

CHARGRILLED
HALLOUMI
BURGER

SKINNY FRIES,
GARDEN PEAS,
BBQ BEANS

ICED RAINBOW
SPONGE
CAKE





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WEEK 2

FRESHLY PREPARED DAILY
ACCOMPANIED BY SALADS, JACKET POTATOES, SOUP AND PASTA
FRUIT PLATTER AND YOGURT

TASTY MAINS

VEGETARIAN

ON THE SIDE

DESSERT

MON

ITALIAN PASTA BAR
SELECTION OF
SAUCES
GARLIC FOCCACIA

ITALIAN PASTA BAR
ROASTED CHERRY
TOMATO SAUCE

GARLIC FOCCACIA,
BIG LEAF SALAD,
ANCHOVIES,
MARINATED OLIVES

STICKY TOFFEE
PUDDING

TUE

CHICKEN TIKKA

CAULIFLOWER,
SPINACH AND
POTATO TIKKA

PILAU RICE,
NAAN BREAD,
MANGO CHUTNEY

CARROT CAKE

WED

HONEY GLAZED
GAMMON

MOZZARELLA AND
ROASTED PEPPER
STACKS

ROAST
POTATOES,
STEAMED
BROCCOLI,
CARROTS

CHERRY
FLAPJACK

THU

MEXICAN WRAP
BAR

JACKET SKINS
STUFFED WITH
ROAST MED VEG
AND MOZZARELLA

ROASTED
SWEETCORN,
COLESLAW,
LEAF SALAD

TROPICAL FRUIT
AND YOGHURT
BAR

FRI

PORTUGUESE
'DANDOS'
CHICKEN

FETA AND SUN-
DRIED CHERRY
TOMATO FALAFEL
SERVED
WITH PITTA

CURLY FRIES,
GARDEN PEAS,
COLESLAW

MARBLE
SPONGE CAKE





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WEEK 3

FRESHLY PREPARED DAILY
ACCOMPANIED BY SALADS, JACKET POTATOES, SOUP AND PASTA
FRUIT PLATTER AND YOGURT

TASTY MAINS

VEGETARIAN

ON THE SIDE

DESSERT

MON

CHICKEN AND
CHORIZO PASTA
WITH GARLIC
BREAD

ROASTED
VEGETABLE
LASAGNE

GARLIC BREAD,
PEAS,
ROASTED ZUCCHINI

CHOCOLATE
SPONGE WITH
CHOCOLATE SAUCE

TUE

LAMB CURRY

LENTIL AND
SWEET POTATO
CURRY

PILAU RICE,
POPADOM,
MANGO CHUTNEY,
MINTED YOGHURT

CHOCOLATE CHIP
COOKIE

WED

BRAISED THEN
ROASTED BEEF
BRISKET

RED ONION
MARMALADE
AND FETA TART

ROAST
POTATOES,
GREEN BEANS,
CARROTS

OATY TOPPED
APPLE CRUMBLE
WITH CUSTARD

THU

STICKY TERIYAKI
CHICKEN NOODLES

COUS COUS
STUFFED FIELD
MUSHROOM

GLAZED CARROTS,
MIXED STIR-
FRIED
VEG

FRUIT AND
YOGHURT BAR

FRI

HAM AND
MOZZARELLA /
MOZZARELLA
AND TOMATO
PANINI

HOUMOUS,
BREAD AND
CRUDITES
DIPPING PLATTER

CHIPS,
GARDEN PEAS,
BAKED BEANS

TREACLE TART

