



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

PESTO BAKED FISH  
WITH SPAGHETTI

SPAGHETTI WITH  
PESTO  
AND BABY  
MOZZARELLA  
BALLS

GARLIC SLICE  
PEAS

TIFFIN CAKE

TUE

STICKY BBQ  
CHICKEN

FLAT MUSHROOM  
STUFFED  
W COUSCOUS

RICE AND PEAS  
CRISPY ICEBERG

CHERRY  
FLAPJACK

WED

HONEY GLAZED  
GAMMON

ROASTED PEPPER  
AND  
MOZZARELLA  
QUESADILLA

ROASTED  
POTATOES  
BROCCOLI  
CARROTS

CHOCOLATE  
CHIP COOKIE

THU

CHINESE CRISPY  
BEEF

CHINESE CRISPY  
TOFU

NOODLES  
STIRFRY VEG

FRUIT AND  
YOGURT

FRI

GERMAN  
FRANKFURTER

VEGGIE NOT DOG

SAUTE POTATOES  
FRIED ONIONS

VANILLA AND  
COCONUT SPONGE

WEEKS COMMENCING: 06 JUNE, 27 JUNE





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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

SAUSAGE AND  
MASH

VEGGIE SAUSAGE  
AND MASH

SAVOY CABBAGE  
SWEETCORN  
GRAVY

CHOCOLATE  
BROWNIE

TUE

BEEF LASAGNE

ROAST  
MEDITERRANEAN  
VEGETABLES  
AND LENTIL  
LASAGNE

GARLIC BREAD  
PEAS

RICE CRISPIE  
MARSHMALLOW  
SQUARE

WED

ROAST  
CHICKEN  
BREAST

WILD MUSHROOM  
STROGANOFF

ROAST POTATOES  
RICE  
BROCCOLI  
CAULIFLOWER  
MORNAY

ICED LEMON  
SPONGE

THU

BEEF CURRY

SWEET POTATO,  
CAULIFLOWER  
AND LENTIL  
CURRY

BASMATI RICE  
NAAN BREAD  
MANGO CHUTNEY  
MINTED YOGURT

FRUIT AND  
YOGURT BAR

FRI

FISH AND CHIPS

ROASTED  
VEGETABLE  
FRITATTA

SKINNY FRIES  
PEAS  
BAKED BEANS

CHOCOLATE  
CORNFLAKE  
CAKE

WEEKS COMMENCING: 13 JUNE, 04 JULY





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## LUNCH AT DOWNSEND

### 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

TEX MEX WRAP  
BAR

TEX MEX WRAP  
BAR

ROASTED CORN

TRIPLE  
CHOCOLATE  
CAKE

TUE

MEATY PIZZA

MARGARITA  
PIZZA

WEDGES  
SALAD

APPLE AND  
CINNAMON  
FLAPJACK

WED

PASTA BAKE  
WITH BEEF,  
CHEESE AND  
BACON

MACARONI  
TWO CHEESE  
BAKE

GARLIC BREAD  
PEAS

PINEAPPLE  
CAKE

THU

CHICKEN KATSU

QUORN FILLET  
KATSU

STICKY RICE  
MIXED PICKLED  
VEGETABLES

FRUIT AND  
YOGURT

FRI

PULLED PORK  
BURGER

HALLOUMI AND  
ROAST  
PEPPER  
BURGER

CHUNKY CHIPS  
COLESLAW  
BEANS

MILLIONAIRE  
SHORTBREAD

WEEKS COMMENCING: 20 JUNE

