


Downside School Lunch Menu – Week One

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday brunch
Soup...	Curried cauliflower & chick pea	Minestrone di verde	Watercress & potato soup, dollop of sour cream	Pea & mint	Thai butternut squash soup	Cream of mushroom	
Today's main...	Sheppard's pie & red wine gravy	Caribbean pork & pineapple curry	Sage & honey roast pork shoulder with apple sauce & gravy	North African chicken with honey and saffron	Battered fillet of haddock	Chicken with black bean, mushrooms & water chestnuts	
On the side...	Honey roasted parsnips, carrots & swede	Steamed sticky rice, crispy roast cabbage, roasted peppers & courgettes with sweet garlic, herbs & lemon juice	Roast potatoes, citrus carrots, wilted spring greens, swede & herb mash	Roast lemon & pomegranate cous cous, broccoli & cauliflower cheese	Chunky chips, proper mushy peas, chip shop curry sauce	Sesame stir fried noodles, new potatoes, broccoli & carrots	Back bacon
Vegetarian...	Beetroot & butternut squash tart tatin, crumbled goats cheese, onion & chilli marmalade	Sicilian caponata served in a bread bowl with polenta herb mash	Falafel, shredded vegetables, spinach hummus, with pita & seeds	Courgette ribbon, sweet pepper & red onion marmalade flat bread, with rocket & basil pesto	Field mushroom & sweet garlic burger	Vegetable egg fried rice	butchers sausages
Another choice...	Roasted chorizo, red pepper & red onion conchiglie, roast garlic & herb peas	Beef mince & trotter ragu, white sauce & layered lasagne pasta	Double tomato, broccoli and goats cheese risotto.	Pulled ham hock pasta bake with crispy kale & herb pesto	Smoked salmon, spring onion fishcake with poached hens egg & grain mustard sauce	Szechuan pork	black pudding
Caesar & Panzanella boards plus today's salad board...	Asian slaw, Tuna nicoise, pesto potato salad	Fennel, pickled mushroom & pearl barley, Coronation chicken, spiced beetroot & yoghurt salad	Chicory, pear, celery & sesame dressing, Triple lemon, chilli & feta couscous, Potato, crispy bacon & chive.	Baby gem, radish & egg, Chick pea, pea & lemon, Apple, celery salad with sunflower seeds.	Five bean chilli & roast garlic salad, Red cabbage	Roast peppers, red onions, courgette & blue cheese, Ham pineapple & mustard salad, Pearl barley & beetroot	scrambled eggs
Breads, dips & bits...	House bread, blue cheese wholemeal cob, chilli flat bread. Served with: hummus trio, chunky salsa, cottage cheese & beetroot boiled eggs	House bread, parmesan sticks, tiger loaf. Served with: broad bean, chilli & lime dip, & pea & olive oil dip	Irish soda bread, French stick, house bread. Served with: Blue cheese & mayo, chilli & lime hummus, & baba ganoush	Cheese scone, black pepper flat sticks, olive bread Served with: Cheese & chive, sour cream, roast garlic & olive tapenade	House bread, crunchy wholemeal, chilli sticks. Served with: Salsa verde, smoked paprika hummus, & red chilli salsa	Red onion & rosemary focaccia, Irish potato bread, sun dried tomato loaf Served with: Basil hummus, spinach, lime & broad bean dip	baked beans
Desserts...	Chocolate sponge & chocolate sauce	Jam & coconut loaf	Queen of puddings	Courgette & lime drizzle cake	Banana bread & custard	Lemon drizzle cake	grilled tomatoes
Cold Desserts...	Honey & seed flapjack	Millionaire shortbread	Chocolate & beetroot brownie	Iced coffee cake & Turkish delight	Rocky road	Strawberry, lime & basil mousse	fried bread
Fruit of the day...	Banana	Red apple	Satsuma	Pear	Banana	Satsuma	hash browns
	with alternatives such as yoghurts, jellies & fresh cut fruit						Sauté mushrooms
IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE PLEASE ASK OUR STAFF FOR INFORMATION							

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