


Downside School Lunch Menu – Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday brunch
Soup...	French onion	Roasted tomato & pepper	Foragers pearl barley broth	Leek & potato	Cauliflower	Carrot & feta	
Today's main...	Chilli beef burrito, tomato sauce, cheddar sauce & green chillies	Sausage toad in the hole, crispy onions & gravy	Honey & mustard glazed gammon, mustards & gravy	Tandoori & yoghurt spiced chicken leg, tomato chutney	Batter cod fillet, tartar sauce & lemon wedge	Soy & honey chicken chow mein	
On the side...	Mexican red rice, green beans & roasted peppers	Buttery mash, cheesy leeks & braised red cabbage	Roasted potatoes, peas & carrots, savoy cabbage & cauliflower cheese	Ginger, chilli & lemon grass rice, roasted green beans & chick peas and lentils	Chunky chips, curry sauce, petit pois, mushy peas & baked beans	Egg fried rice & prawn crackers	Back bacon butchers sausages
Vegetarian...	Couscous miso burger, sour dough bun, artichoke mayo	Indian potato cakes, aubergine chutney & Asian slaw	Spanakopita	Baked & grilled stuffed avocado with roast tomato, chick pea, harissa & basil	Brazilian black bean stew, wild rice	Rosemary & garlic vegetable sausage chow mein	black pudding
Another choice...	Chorizo, ham, mussel, prawn & chicken paella with roast pepper & garlic rouille	Smokey bacon, mushroom & parmesan herb tagliatelle, chilli oil & crispy kale	Chargrilled chicken aioli flatbread wraps, slaw & feta dip	Sardinian style ham hock, puy lentils, new potatoes & green beans with herb & roast garlic butter	Proper fish pie	Cantonese sticky pork, sweet onions, mange tout & peppers	scrambled eggs baked beans
Caesar & Panzanella boards plus today's salad board...	Broccoli, cucumber peas, quinoa & white cheese salad, cottage cheese & roast beetroot salad, & avocado & bean salad	Noodles, shredded vegetables & sesame oil salad, Greek salad, coleslaw	Courgette, green beans & lime salad, tuna nicoise salad, & chickpea, spinach & rocket salad	Crumbled goats cheese & roast balsamic tomato salad, quinoa, mixed bean, lemon & herb oil, & curried carrot slaw	New potato, spring onion & lemon mayo salad, smoked mackerel, egg & mustard salad, watermelon, feta & bail	Mixed bean & tarragon dressing salad, coleslaw, & pesto potato salad	grilled tomatoes fried bread hash browns
Breads, dips & bits...	House bread, blue cheese wholemeal cob, chilli flat bread Served with: Hummus trio, chunky salsa, cottage cheese, beetroot boiled eggs	Cheese scone, black pepper flat sticks, olive bread Served with: Cheese & chive, sour cream, roast garlic & olive tapenade	Red onion & rosemary focaccia, Irish potato bread, sundried tomato loaf Served with: Basil hummus, spinach, lime & broad bean dip	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	House bread, crunchy wholemeal, chilli sticks Served with: Salsa verde, smoked paprika hummus, red chilli salsa	Sauté mushrooms
Desserts...	Apple crumble & custard	Rhubarb cheesecake	Black forest gateaux	Marble cake with custard	Orange marmalade bread & butter pudding	Chocolate sponge with vanilla sauce	
Cold desserts...	Lemon posset	Jam tarts	Lamingtons	Cherry, vanilla & coconut flan	Chocolate mousse	Tiramisu	
Fruit of the day...	Banana	Red apple	Satsuma	Pear	Banana	satsuma	
	with alternatives such as yoghurts, jellies & fresh cut fruit						
	IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE PLEASE ASK OUR STAFF FOR INFORMATION						

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