


## Downside School Lunch Menu – Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday brunch
<b>Soup...</b>	Vegetable broth with lentils & fresh herbs	Garden pea & mint	Beetroot, dill & soured cream	Celeriac & madras spice	Leek & potato	Plum tomato & basil	
<b>Today's main...</b>	Pork stroganoff	Tacos de Tinga de Pollo	Roasted leg of pork, sage & onion stuffing, apple sauce & gravy	Irish stew	Battered fillet of cod, lemon wedge & tartar sauce	Clam & white bean stew	
<b>On the side...</b>	Semolina roast new potatoes, buttered bacon spring cabbage & peas	'Nando's' rice, ratatouille vegetables & steamed greens	Pesto new potatoes, broccoli, sweetcorn & cauliflower cheese	Colcannon potatoes, kale & leeks	Chunky chips & chip shop curry sauce, baked beans, peas & real mushy peas	Patatas bravas, sautéed minted courgettes & crushed peas	Back bacon
<b>Vegetarian...</b>	Aubergine parmigiana, rocket salad	5 bean chilli con carne, rice, smoky chipotle & tortilla crisps	Miso & honey roasted aubergine with feta & pomegranate	Roasted cauliflower with hummus, fried chickpeas & flatbread	Carrot & courgette rosti, poached egg & black peppercorn sauce	Spanish tortilla	butchers sausages
<b>Another choice...</b>	Fish curry with watercress & coconut milk, lemon rice	Lincolnshire sausage & leek stew, parsley dumplings	Spiced lamb kofta with apricots & sunflower seeds with lemon couscous	Breaded turkey escalope, garlic & herb butter	Baked fish, herb butter crust, honey, bean & spinach stew	Chicken & chorizo rice pot	black pudding
<b>Caesar &amp; Panzanella boards plus today's salad board...</b>	Watermelon, feta & basil salad, sweet chilli chicken salad, curried coleslaw	Roast beetroot, chive salad, quinoa, pomegranate & feta salad, Greek salad	Roast Mediterranean vegetable salad, chicken liver & blue cheese salad, puy lentil & roast lemon salad	Red cabbage, radish, lime & jalapeno salad, chickpea & harissa chicken salad, broccoli pasta salad	Five bean & chive dressing salad, waldorf salad, basil & black pepper coleslaw salad	Baby gem, fire roasted peppers & olives	scrambled eggs
<b>Breads, dips &amp; bits...</b>	House bread, blue cheese wholemeal cob, chilli flat bread Served with: Hummus trio, 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, sun dried tomato loaf Served with: Basil hummus, spinach, lime & broad bean dip	House bread parmesan sticks, Tiger loaf Served with: Pea & olive oil dip, chilli & lime dip	Irish soda bread, French stick, house bread Served with: Blue cheese mayo, baba ganoush, chunky salsa	House bread, crunchy wholemeal, chilli sticks Served with: Salsa verde, smoked paprika hummus, red chilli salsa	baked beans
<b>Desserts...</b>	Plum & apple crumble	White and dark chocolate mousse	Peach & ricotta custard tart	Rice pudding, jam & dried fruit sprinkles	Syrup sponge	Churros with cinnamon sugar & Mexican chocolate sauce	grilled tomatoes
<b>Cold desserts...</b>	Shortbread dippy dip station	Iced buns	Lemon flapjack	Eton mess	Red velvet loaf, yoghurt & berry frosting	Elderflower pannacotta	fried bread
<b>Fruit of the day...</b>	Banana	Red apple	Melon	Kiwi	Pear	Satsuma	hash browns
	with alternatives such as yoghurts, jellies & fresh cut fruit						
<b>IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE PLEASE ASK OUR STAFF FOR INFORMATION</b>							