


## Downside School Lunch Menu – Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday brunch
<b>Soup...</b>	Bengal lentil	Parsnip & ginger	Cream of white onion & garlic	Carrot & coriander	Celery, fennel & potato	Plum tomato & basil	
<b>Today's main...</b>	Classic beef lasagne	Jamaican goat curry	Roast turkey with lemon & parsley marinade	Cumberland sausage with mashed potatoes & onion gravy	Battered fillet of cod, tartar sauce & lemon wedge	Classic beef lasagne	
<b>On the side...</b>	Garlic bread, sweetcorn, green salad	Rice & peas	Semolina roasted potatoes, cumin scented carrots & red onion peas	Mashed potato, roasted roots & wilted greens	Chunky chips & chip shop curry sauce, peas, proper mushy peas & baked beans	New potatoes, broccoli & carrots	Back bacon butchers sausages
<b>Vegetarian...</b>	Ricotta dumplings with sage & tomato ragu	Carrot & chickpea falafel flat breads with tahini yoghurt	Goats cheese and sundried tomato bread & butter pudding	Leek & potato puff pastry pie	Manchago, broad bean & paprika omelette	Roasted vegetable sausages with sage & butternut squash	black pudding
<b>Another choice...</b>	Blackened fish soft corn tacos, crunchy slaw, smashed avocado, Spanish rice & spicy BBQ sauce	Slow cooked leg of pork with lentils, spinach & cream, parmesan polenta, gremolata	Coq au vin with bacon & mushrooms, red wine gravy, thyme & rosemary	'Fabada' Ham hock, chorizo & beans with crusty bread	Parsnip, cardamom & haddock kedgeree	Mac 'n' cheese	scrambled eggs baked beans
<b>Caesar &amp; Panzanella boards plus today's salad board...</b>	Aubergine, feta & basil salad, tuna, sweetcorn mayo salad & Asian slaw	Cob salad, sweet & sour turkey salad, & coleslaw	Sweet chilli noodles with toasted sesame salad, Chickpea, tahini & sweet roast garlic salad, & roasted veggies	Spring slaw with pomegranates, lemongrass & chilli chicken & pasta salad	Roast beetroot & blue cheese salad, tuna nicoise salad, & potato salad	Roast pepper couscous & feta salad, sweet chilli chicken salad	grilled tomatoes fried bread
<b>Breads, dips &amp; bits...</b>	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	Irish soda bread, French stick, house bread Served with: Blue cheese mayo, chilli & lime hummus, baba ganoush	House bread, parmesan sticks, tiger loaf Served with: Broad bean, chilli & lime dip, pea & olive oil dip	House bread, crunchy wholemeal, chilli sticks, olive bread 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	hash browns Sauté mushrooms
<b>Desserts...</b>	Pineapple upside down cake & custard	Sticky toffee pudding & custard	Yorkshire custard tart	Chocolate éclair	Apple strudel with vanilla cream	Orange bread & butter pudding & custard	
<b>Cold desserts...</b>	Watermelon pizza	Millionaire shortbread	Yoghurt granola pots	Strawberry cheesecake	Toffee & chocolate pots	Raspberry fool	
<b>Fruit of the day...</b>	Banana	Pear	Melon	Red apple	Kiwi	Satsuma	
	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>						