


Downside School Supper Menu – Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup station...	Carrot & coriander	Thai sweet potato	Indian sweetcorn & spinach shorba	Butternut squash	Hot & spicy roast pepper	Tomato and basil	Cream of mushroom
Main event...	Thai green chicken curry with bean sprouts & coriander	Chinese Sticky pork with mange tout and pak choi	Chicken biryani	Fried gammon, pineapple & chilli salsa	Pizza night Let's see how creative the chefs can be!!	Jamaican jerk wings	Roast chicken leg with lemon, thyme, rosemary & garlic, & gravy
On the side...	Boiled rice, garlic & chilli green beans, sweetcorn	Stir-fried egg noodles, prawn crackers & sweet chilli Chinese leaf	Nan bread, poppadum, riata, mango & mint chutney	Thyme & rosemary roast new potatoes, cauli & broccoli cheese	Texas wedges, BBQ beans & peas	Sweet potato fries, Jamaican basmati coconut rice & peas	Roasted potatoes, peas & carrots, green beans & broccoli cheese
Vegetarian...	Thai red squash & broccoli curry, coriander & greens	Quorn & baby corn black bean sauce	Mushroom, squash & paneer tikka, yellow rice, yoghurt & mint cooler	Aubergine & pepper stacks with salsa & coriander pesto		Panko cauliflower with honey, black sesame & lemon sauce	Twice baked cheese soufflé
Daily selection of freshly made seasonal salads, dressing & accompaniments							
Salad board...	Spring chicken & blue cheese salad	Mediterranean tuna antipasto salad	Kohlrabi, turmeric & cauliflower	Roast parsnip, carrot & blue cheese	Orzo & chickpea	Poached chicken & pear	Roast beetroot, coriander & pink grapefruit
Alternative...	Pitta pizzas	Apple & pork stobbies	Four cheese tortellini, red onion, roast garlic and pea's	Ramen bar	Blackened fish flatbread taco, red cabbage slaw, sour cream & lime zingy drizzle	Twice baked jacket potatoes	Jacket potatoes, beans & cheese
Pudding...	Strawberry cheesecake mousse	Oreo cupcakes	Jamaican lemon & ginger loaf	Orange drizzle cake	Carrot cake with cream cheese frosting	Mango & coconut lassi	Lemon & blueberry polenta cake
Fruit of the day...	Banana	Red apple	Pear	Kiwi fruit	Banana	Satsuma	Green apple
with alternatives such as yoghurts, jellies & fresh fruit							
IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE PLEASE ASK OUR STAFF FOR INFORMATION							