


## Downside School Supper Menu – Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Soup station...</b>	Leek and potato	Roasted tomato & pepper	Winter veg and barley	Hot and sour vegetable noodle	Minestrone	Carrot and coriander	Kartoffelsuppe (German potato soup)
<b>Main event...</b>	Lemon & herb chicken Or Spiced peri-peri chicken	Shwarma grill night Marinated chicken, kobi wraps, olives, slaw, pickled chillies, pickled cabbage, hummus & chilli sauce	Lancashire hot pot, pickled red cabbage	Pizza bar!!! Chorizo, sweet red onion & rocket Ham & pineapple	Salmon, cod & mussel fish pie topped with cheesy mash	Finger lickin' chicken wings. BBQ, curry & harissa spiced	German night Bratwurst & currywurst, sauerkraut, fried potatoes with bacon & egg, german creamed spinach  Quornwurst with sauerkraut, onion fried potatoes & spinach
<b>On the side...</b>	Roast pepper baked rice, macho peas & Mexican slaw	Ras el hanout marinated aubergine, courgette & pepper kobi wrap	Butter mashed potatoes, peppered cabbage & mashed carrot & swede	Potato wedges & green vegetables	Greens, peas & chunky tiger loaf	Cajun roast new potatoes, mixed salad & creamy coleslaw	
<b>Vegetarian...</b>	Spicy bean burger with relish	Napoli penne pasta with fresh herbs & gremolata	Red lentil & aubergine moussaka	Spinach & goats cheese	Sweet pepper & courgette stack, blue cheese mayo, lemon dressed leaves	Breaded halloumi & mozzarella sticks, salsa & sour cream	
Daily selection of freshly made seasonal salads, dressing & accompaniments							
<b>Salad board...</b>	Hummus trio with crispy bits	Cottage cheese & roast beetroot	Tuna nicoise pots	Quinoa, edamame bean, lemon & herb oil pots	Smoked mackerel, egg & mustard pots	Toasted pitta & bean	Beetroot & feta
<b>Alternative...</b>	Carrot, cabbage & cheddar muffins	Cheese & potato pasties	Jacket potatoes with crispy bacon, chives & sour cream	Homemade Cornish pasties	Ramen bar	Homemade sausage rolls	Pita pizza
<b>Pudding...</b>	Honey cake with berries & cream	Ice cream bar, sauces, dips & nibbles	Carrot & ginger	Raspberry posset	Treacle tart	Chocolate éclair	Fried potato dumplings with orange vanilla sugar
<b>Fruit of the day...</b>	Banana	Red apple	Satsuma	Pear	Kiwi	Satsuma	Green apple
with alternatives such as yoghurts, jellies & fresh fruit							
<b>IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE PLEASE ASK OUR STAFF FOR INFORMATION</b>							