


Downside School Supper Menu – Week One

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup station...	Carrot & coriander	Winter vegetable	French onion	Broccoli & cheese	Nearly like Heinz tomato soup	Thai courgette & coconut	Southern fried breaded chicken, skinny fries, coleslaw, beans, gravy, corn on the cob. Breaded Halloumi Cornish Pasties
Main event...	Tuna & sweetcorn pasta bake	Beef burger with all the bits Or Harissa pulled pork slider	Keralan chicken curry	Fajita bar. Cajun chicken or lemongrass, ginger, chilli beef	Pizza, pizza, pizza Smoked salmon, rocket, courgette & pesto	Braised beef cheeks	
On the side...	Thyme roasted courgettes, garlic focaccia, baked cauliflower	French fries, baked beans & slaw	Sticky rice, mustard greens, saag aloo	Spinach & plain wraps, sour cream, guacamole & salsa. Stir fried veggies	Spicy potato wedges, sweetcorn & beans	Mashed potato, peas & carrots, steamed cabbage	
Vegetarian...	Wholemeal Mac & cheese	Chickpea & polenta burger with sticky chilli marmalade	Punjabi allo gobi Maghlai paneer	Grilled marinated halloumi & butternut squash fajitas	Mushroom & pineapple pizza Margarita with cherry tomatoes & basil	Butternut squash & spinach feta pie	
Daily selection of freshly made seasonal salads, dressing & accompaniments							
Salad board...	Char grilled halloumi & broccoli salad	Black bean lentil salad with lime dressing	Butter bean & red kidney bean salad with feta cheese	Red cabbage salad with curried chicken strips	Curried carrot coleslaw	Greek salad with flatbread strips	Jacket potatoes
Alternative...	Homemade sausage roll stubbies	Speciality omelette bar (demo chef on counter)	Twice baked jacket potatoes	Tomato & basil salad	Ramen bowl	Jacket potatoes, beans & cheese	
Pudding...	Mango granola pots	Jaffa cake mousse	Rocky road	Ice cream bar	Orange & mint mousse with lemon curd centre	Fruit salad & cream	Mississippi mud pie
Fruit of the day...	Banana	Red apple	Satsuma	Pear	Kiwi	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							