**Downham Preparatory School & Montessori Nursery**

**Hot Lunch Menu – Summer Term 2022**

Child’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specific dietary requirements \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please tick one Main choice, Vegetarian or Jacket Potato and one dessert choice per day.

Prices of lunches are Prep £3.40 per meal & Nursery £3.15 meal.

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main** | Meat Bolognese  (Butchers Lean Mince)  (Homemade sauce)  Garlic Bread  □ | BBQ Chicken Tortilla Wrap  Rice  Salad  □ | Butchers Sausages  Mashed Potatoes  Seasonal Vegetables  Gravy  □ | Roast Chicken  New Potatoes  Peas & Sweetcorn  Gravy  □ | Fish Fingers  Parmentier Potatoes  Salad & Coleslaw  □ |
| **Vegetarian** | Pizza  Salad  (Homemade sauce with Cheese Topping  Salad  □ | Macaroni Cheese  (Homemade Cheese Sauce)  Salad  □ | Pasta With Tomato Sauce  (Homemade sauce with Tomatoes and Vegetables)  □ | Cheese, Onion & Tomato Quiche  New Potatoes  Seasonal Vegetables  □ | Vegetarian Sausage Roll  Parmentier Potatoes  Salad & Coleslaw  **□** |
|  | Jacket Potato  (with cheese or beans)  □ | Jacket Potato  (with cheese or beans)  □ | Jacket Potato  (with cheese or beans)  □ | Jacket Potato  (with cheese or beans)  □ | Jacket Potato  (with cheese or beans)  □ |
| **Dessert** | Rice Crispy Tart  □ | Jelly  Ice Cream  □ | Carrot Cake  □ | Flapjack  □ | Chocolate Brownie  □ |
| **or** | Yoghurt & Fruit Compote  □ | Yoghurt & Fruit  Compote  □ | Yoghurt & Fruit  Compote  □ | Yoghurt & Fruit  Compote  □ | Yoghurt & Fruit  Compote  □ |
| **or** | Fresh Fruit  (Seasonal)  □ | Fresh Fruit  (Seasonal)  □ | Fresh Fruit  (Seasonal)  □ | Fresh Fruit  (Seasonal)  □ | Fresh Fruit  (Seasonal)  □ |