**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 WrapRiceSalad□ | Butchers SausagesMashed PotatoesSeasonal VegetablesGravy□ | Roast ChickenNew PotatoesPeas & SweetcornGravy□ | Fish FingersParmentier Potatoes Salad & Coleslaw□ |
| **Vegetarian** | PizzaSalad (Homemade sauce with Cheese ToppingSalad□ | Macaroni Cheese(Homemade Cheese Sauce)Salad□ | Pasta With Tomato Sauce (Homemade sauce with Tomatoes and Vegetables)□ | Cheese, Onion & Tomato QuicheNew PotatoesSeasonal Vegetables□ | Vegetarian Sausage RollParmentier 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)□ |