

# The Downs Menu

## Menu Week 1



**THE DOWNS**  
PREPARATORY SCHOOL  
BRISTOL

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Sausages, hash browns & plum tomato  A selection of viennoiserie Toast & preserves Fresh fruit & yogurts Assorted cereals with homemade granola & fruit juice	Pancakes & porridge  A selection of viennoiserie Toast & preserves Fresh fruit & yogurts Assorted cereals with homemade granola & fruit juice	Poached eggs on toast Hot chocolate  A selection of viennoiserie Toast & preserves Fresh fruit & yogurts Assorted cereals with homemade granola & fruit juice	Bacon, eggs & beans or porridge  A selection of viennoiserie Toast & preserves Fresh fruit & yogurts Assorted cereals with homemade granola & fruit juice	Ham & cheese filled croissants  A selection of viennoiserie Toast & preserves Fresh fruit & yogurts Assorted cereals with homemade granola & fruit juice
Morning Snack	Fruit	Glazed sausages	Fruit	Pineapple & lime cake	Fruit
Lunch	Vegetable, lentil & coconut curry Veg. lentil & coconut curry  Rice, samosa & naan Poppadoms & chutney Roast cauliflower  Iced sponge cake or fresh fruit	Swedish meatballs Vegetarian meatballs  Creamy mashed potato & sweetcorn Lingonberry jam  Chocolate & pear slice or fresh fruit	Spaghetti bolognese Vegetarian bolognese  Mixed salad Garlic bread  White chocolate blondie or fresh fruit	Hunters chicken Baked hunters halloumi  Roast potato, steamed broccoli & carrots  Australian crunch bar or fresh fruit	Fish & Chips – Battered cod or baked salmon Tempura veggie sausage  Skin-on chips Garden & mushy Peas  Apple & berry crumble with custard or fresh fruit
Salad Bar	Ginger, soy, honey & coriander glazed Salmon  Jacket potato with baked beans	Kentucky baked chicken  Jacket potato with tuna sweetcorn & chive mayo		Bacon & cheese quiche  Jacket potato with beef chilli	Homemade sausage roll  Jacket potato with baked beans
Afternoon Snack	White chocolate & cranberry cookies	Fruit	Cheese, bread sticks & grapes	Fruit	Rocky road bar
Supper	Chicken burgers Potato wedges, corn  Fresh fruit & yogurts	Tomato & cheese pasta Rocket, tomato & basil  Ice cream	Pre-prep buffet tea	Jacket potato with a selection of toppings  Fruit smoothies	Pre-prep buffet tea

# The Downs Menu

## Menu Week 2



**THE DOWNS**  
PREPARATORY SCHOOL  
BRISTOL

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Bacon, poached eggs & beans A selection of viennoiserie Toast & preserves Fresh fruit & yogurts Assorted cereals with homemade granola & fruit juice	Ham & cheese toasties or porridge A selection of viennoiserie Toast & preserves Fresh fruit & yogurts Assorted cereals with homemade granola & fruit juice	Scrambled eggs on toast with hot chocolate A selection of viennoiserie Toast & preserves Fresh fruit & yogurts Assorted cereals with homemade granola & fruit juice	Sausages, Hash Browns, plum tomato or Porridge. A selection of viennoiserie. Toast & preserves. Fresh fruit & yogurts. Assorted cereals with homemade granola & fruit juice.	American blueberry pancakes, maple syrup A selection of viennoiserie Toast & preserves Fresh fruit & yogurts Assorted cereals with homemade granola & fruit juice
Morning Snack	Fruit	Iced doughnuts	Fruit	Apple & cinnamon cake	Fruit
Lunch	Chilli beef 5 bean chilli Rice, nachos, guacamole & salsa Seasonal vegetables Frosted carrot cake or fresh fruit	Hotdog Veggie hotdog Baked sweet potato wedges Corn on the cob Banana & toffee slice or fresh fruit	Tomato & vegetable pasta bake Tomato & vegetable pasta bake Mixed salad Garlic bread Fruity ginger flapjack or fresh fruit	Chicken, ham & leek pie Vegetable & lentil pie Mashed potatoes Baby carrots, fine beans & gravy Rice crispy cake or fresh fruit	Fish & Chips – Battered cod or baked salmon Tempura veggie sausage Skin-on chips Garden & mushy peas Chocolate fudge cake with custard or fresh fruit
Salad Bar	Scampi Jacket potato with baked beans	Chicken & chorizo Jacket potato with tuna sweetcorn & chive mayo		Homemade quiche Jacket potato with beef chill	Homemade scotch eggs Jacket potato with baked beans
Afternoon Snack	Milk choc cookies	Fruit	Cherry coconut brownie	Fruit	Oaty shortbread
Supper	Jacket potato with a selection of toppings Make your own fruit smoothies	Homemade pizza Fries & slaw Fruit smoothies	Pre-prep buffet tea	Pesto pasta Rocket, tomato & basil salad Ice cream	Pre-prep buffet tea

# The Downs Menu

## Menu Week 3



**THE DOWNS**  
PREPARATORY SCHOOL  
BRISTOL

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Freshly made omelette  A selection of viennoiserie Toast & preserves Fresh fruit & yogurts Assorted cereals with homemade granola & fruit juice	Bacon, scrambled eggs & beans or porridge  A selection of viennoiserie Toast & preserves Fresh fruit & yogurts Assorted cereals with homemade granola & fruit juice	Sausages, hash browns & plum tomato  A selection of viennoiserie Toast & preserves Fresh fruit & yogurts Assorted cereals with homemade granola & fruit juice	Pancakes with caramelised banana or porridge  A selection of viennoiserie Toast & preserves Fresh fruit & yogurts Assorted cereals with homemade granola & fruit juice	Bacon rolls  A selection of viennoiserie Toast & preserves Fresh fruit & yogurts Assorted cereals with homemade granola & fruit juice
<b>Morning Snack</b>	Fruit	Mini pizza	Fruit	Lemon drizzle	Fruit
<b>Lunch</b>	Sweet & sour chicken  Sweet & sour vegetables  Rice, spring roll, prawn crackers & mange tout  Vanilla baked cheesecake or fresh fruit	Hungarian beef & potato goulash Hungarian veggie goulash  Freshly made bread Fine beans & sweetcorn  Cherry & coconut slice or fresh fruit	Mac 'n' cheese  Mac 'n' cheese  Mixed salad Garlic bread  Chocolate brownie or fresh fruit	Roast pork & stuffing  Veggie toad in the hole  Roast potatoes, yorkies baby carrots & broccoli  Gingerbread stars or fresh fruit	Fish & Chips – Battered cod / baked salmon Tempura vegetables  Skin-on chips Garden & mushy peas  Sticky toffee pudding with custard or fresh fruit
<b>Salad Bar</b>	Salt & pepper squid  Jacket potato with baked beans	Chicken tikka  Jacket potato with tuna sweetcorn & chive mayo		Quiche Lorraine  Jacket potato with beef chilli	Sausage plait  Jacket potato with baked beans
<b>Afternoon Snack</b>	Double Choc Cookies	Fruit	Oaty biscuits	Fruit	Chocolate shortbread
<b>Supper</b>	Pasta Carbonara Focaccia Bread & Salad  Fresh Fruit & Yogurts	Jacket potato Selection of toppings  Ice Cream	Pre-prep buffet tea	Beef burgers Chips & peas  Fresh fruit & yogurts	Pre-prep buffet tea