

Spring

Week **02**

Lunch MENU

School

Falcons Prep



MONDAY

- Tuscan Vegetable & Butterbean
- Pan fried vegetables & Tofu with Rice Noodles
- Jacket Potato or sweet Potato
- Low Salt Baked Beans
- Yoghurt Pots with Fruit Toppings

Tuesday

- Jerusalem artichoke
- Irish stew with Soda bread
- Cheddar & Broccoli Strudel
- Parsley Potatoes
- Buttered Cabbage Swede
- Sticky Toffee Pudding with Creamy custard



Wednesday

- Minted Pea
- British Loin of Pork with Apple Sauce
- Vegetable Dauphinoise
- Roasted potatoes
- Green Beans
- Carrots
- Banoffee Pots



Everyday

- Fresh Fruit
- Yoghurt
- Salad Selection
- Bread

THURSDAY



- Parsnip & Leek
- Thai Red Chicken Curry
- Thai Red vegetable Curry
- Spring Onion Rice
- Bok Choi Mange tout & Peppers
- Citrus Treacle Tart With Cream



Friday

- Celeriac, Apple & Sage
- Peperoni Pizza
- Or MSC Fish Fingers
- Roasted Vegetable Pizza
- Crispy oven Chips
- New Potatoes
- Peas
- Island Slaw
- Fresh Fruit Pots



NOTES



We are award winners!