

SPRING

Week **03**

# Lunch MENU

School

FALCONS PREP



**MONDAY**

Curry Red Lentil

Vegetarian Lasagne

Black Olive & Tomato Sauce  
Penne Pasta

Roasted vegetable with Cannellini  
Beans  
Garlic Bread

Lemon & Blueberry Pots

**Tuesday**

Yellow Thai Sweet Potato

Gourmet Beef Burger  
Quorn Hotdog  
Served  
With Cheese ,Fried Onion &  
Sauces

Cajun Potato Wedges  
Courgettes  
Sweetcorn

Vegan Chocolate Cake



**Wednesday**

French Onion

Roast Chicken with Lemon &  
thyme Stuffing

Cauliflower & Spinach  
Turnover & Aubergine Chutney

Roasted potatoes  
Savoy Cabbage  
Carrots & Parsnips

Cherry cheese cake



**Everyday**

**Fresh Fruit  
Yoghurt  
Salad Selection  
Bread**

**THURSDAY**



Cream Of Mushroom

Lamb Chilli Con carne

Cheesy Bean & Spinach  
Quesadillas

Fluffy Rice  
Guacamole, Salsa & Sour Cream  
Tortilla Chips  
Broccoli

Fruit Jelly & Cream

**Friday**

MSC Pollock Fish fingers With Sweet  
and Sour Sauce

Vegetable Spring Roll

Chilli vegetable Noodles  
Crispy Oven Fries  
Minted Garden Peas

Zesty Fruit Salad



**NOTES**



*We are award winners!*