

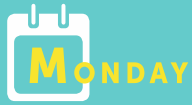
Autumn

Week **01**

Lunch MENU

School

Falcons Prep - Richmond



- Penne pasta
Roasted Garlic,
tomato & tarragon
sauce
- Cheese & Bean wrap
- Steamed sweetcorn
salad
- Garlic bread
- Cookie



- Cottage Pie
- Vegetable Quorn Pie
- Broccoli
salad
- Carrot Cake



- Lemon & Parsley Roast Chicken
- Leek & spinach Quiche
- Roasted potatoes
green beans carrots
- Salad
- Fruit jelly



Everyday

- Fresh Fruit
- Yoghurt
- Salad Selection
- Bread
- Plain Sandwiches & Roll



- Honey & Soya sauce Duck
- Sweet & sour tofu with
vegetables
- Egg Fried rice
- Sugar snap peas
- Bean spouts Baby corn
- Chocolate & Fairtrade Banana
cake



- Fish Fingers with fresh lemon &
tartare sauce
- Red Onion and Rosemary Veggie
sausages
- Crispy oven fries
peas
- Salad
- Yogurt



NOTES



We are award winners!