




Falcons School For Boys




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	<p>Veggie Tastic</p> <p>Cheese and Tomato Quiche</p>	<p>Spice is Nice</p> <p>Chilli Con Carne with Sour Cream on the side</p>	<p>Falcon's Roast</p> <p>Roast Chicken with Sage and Onion Stuffing</p>	<p>Pasta Pasta</p> <p>Ham and Mushroom Pasta Sauce</p>	<p>Catch of the Day</p> <p>Breaded Fish Fillets</p>
<p>Meat Free Zone</p>	<p>Spicy Vegetable Tortilla</p>	<p>Chickpea and Potato Curry</p>	<p>Cheesy Cabbage Parcels</p>	<p>Roast Vegetable Pasta Bake</p>	<p>Veggie Burgers</p>
<p>And To Go With</p>	<p>Fruity Coleslaw Baby Potatoes</p>	<p>Fluffy Rice Broccoli Trees</p>	<p>Crispy Roast Potatoes Carrot Batons</p>	<p>Penne Pasta Green Bean Salad</p>	<p>Oven Fries Garden Peas</p>
<p>Scrummy Puds</p>	<p>Yoghurt with a Fruity Topping</p>	<p>Marshmallow Squares</p>	<p>Fresh Fruit Salad</p>	<p>Ice Cream Chocolate Log</p>	<p>Yoghurt with a Fresh Fruit Platter</p>



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2			Falcon's Roast	Chickadee!	Gone Fishing!
The Main Event	Oodles of Pasta Spinach and Ricotta Cannelloni	Oink Oink Pork and Lentil Curry	Roast Beef and Yorkshire Puddings with Homemade Gravy	Chicken Vol au Vents	Fish and Parsley Sauce Pie
Meat Free Zone	Olive and Caper Spaghetti	Creamy Leek and Courgette Risotto	Quorn Sausage Toad in The Hole	Red Onion and Goats Cheese Tart	Quorn Cottage Pie
And To Go With	Homemade Garlic Bread Carrot and Lemon Salad	Fluffy Brown Rice Sweetcorn	Garlic and Rosemary Roast Potatoes Cauliflower Trees	Warm Potato Salad Steamed Broccoli	Steamed Cabbage Parsnip Chips
Scrummy Puds	Yoghurt with a Fruity Topping	Pineapple Upside Down Cake with Cream	Homemade Fruity Jelly	Home made Chocolate Flap Jacks	Yoghurt served with a Fresh Fruit Platter



Falcons Preparatory School




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3	Italiano!	Finger Licking!	Falcon's Roast	Baa! Baa!	Nemo's Treats
The Main Event	Pasta with a Anti Pesto Sauce	Chicken in a tangy Mango Sauce	Roast Gammon Ham	Moroccan Lamb Meatballs	Cod Fillet Fish Cakes
Meat Free Zone	Vegetable Lasagne	Bean and Vegetable Chilli	Vegetable Cobbler	Root Vegetable Stew	Quorn Burgers
And To Go With	Homemade Italian Bread Minted Garden Peas	Fluffy Rice Broccoli Trees	Mustard Mashed Potato Crunchy Cabbage	Herby Cous Cous Broad Beans	Homemade Potato Wedges Baked Beans
Scrummy Puds	Yoghurt with a Fruity Topping	Plum Crumble and Custard	Peach Compote and Cream	Chocolate Pear Sponge with Custard	Yoghurt Served With a Fresh Fruit Platter



Falcons School For Boys



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 4					
The Main Event	<p>Pizza! Pizza!</p> <p>Ham and Pineapple Pizza</p>	<p>Eastern Promise</p> <p>Turkey Stir Fry</p>	<p>Falcon's Roast</p> <p>Roast Leg of Lamb with Mint Sauce with gravy</p>	<p>Mama Mia!</p> <p>Beef Bolognese</p>	<p>Gone Fishing!</p> <p>Smoked Fish Kedgeree</p>
Meat Free Zone	Souffle Baked Potatoes	Tofu and Ginger Stir Fry	Chicory and Cherry Tomato Bake	Quorn Bolognese	Vegetable and Lentil Biryani
And To Go With	<p>Onion Rings</p> <p>Sweetcorn Nibbles</p>	<p>Egg Noodles</p> <p>Green Beans</p>	<p>Garlic Roast Potatoes</p> <p>Carrot Wheels</p>	<p>Spaghetti</p> <p>Sauted Peppers</p>	<p>Warm Nann Bread Fingers</p> <p>Cucumber Salad</p>
Scrummy Puds	Yoghurt with a Fruity Topping	Homemade Millionaire's Shortbread	Homemade Fruity Rice Pudding	Classic Biscuits and Cheese	Yoghurt with a Choice of Fruity Toppings