



Falkner House Sample Lunch Menus

Monday

- Oven roasted vegetable bake (peppers, courgettes, aubergine, onion, tomatoes topped with mozzarella)
- Jacket potatoes (with butter and / or cheese)
- Selection of cold meats
- Salads – tomatoes, cucumber and feta cheese, tuna mayonnaise, grated carrot, apple and celery
- Apple crumble and custard

Tuesday

- Roast leg of lamb with mint sauce and redcurrant jelly
- Roast potatoes
- Roasted peppers stuffed with rice, mushrooms, aubergine, tomatoes and squash topped with cheese
- Green beans and roast parsnips
- Salads – Mixed green leaves, grated carrot, apple and celery, coleslaw, tomato and brie
- Chocolate yoghurt

Wednesday

- Chicken or vegetable curry with basmati rice
- Accompanied by chutney, coconut and sliced banana
- Salads – Mixed green leaves, tomato and cucumber, grated carrot, coleslaw, roasted aubergine,
- Selection of cheeses: brie, cheddar and goat
- Jam sponge with coconut sprinkling and custard

Thursday

- Vegetarian or ragu lasagne
- Antipasti - Palma ham and salami
- Salads – Greek, grated carrot and raisin, tomato and onion, cucumber, potato and chive, tuna mayonnaise
- Selection of cheeses: brie and cheddar
- Chocolate sponge with custard

Friday

- Honey roasted baked ham
- New potatoes, oven toasted
- Mushroom or cheese and ham quiche
- Salads – roasted asparagus with Palma ham, Mediterranean and cucumber
- Strawberry yoghurt

Always available: brown bread, grated cheese, virgin oil vinaigrette, dried fruit and a choice of seasonal fruit