



FARNBOROUGH HILL

WHOLEHEARTEDLY

Menu - Week One

(weeks beginning 2 September, 30 September, 11 November, 9 December)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Lamb Kofta Falafel Served in Pitta Bread	Chicken or Vegetable Tagine	Beef or Vegetable Lasagne	Roast Pork or Chicken Cauliflower and Broccoli Mornay	Battered Cod Mushroom & Butternut Squash Risotto
ON THE SIDE	Katchumba salad Tzatziki Hummus	Moroccan Couscous with Roasted Vegetables	Garlic Bread Petit Pois	Fresh Rosemary Roasted Potatoes Cabbage and Baton Carrots Yorkshire pudding Gravy	Chips Garden and Mushy peas Lemon Wedge Tartar sauce
DAILY FAVOURITES	Jacket potato with a selection of fillings - Salad - Sandwiches - Pasta and sauce				
HOT DESSERTS	Syrup Sponge	Apple Strudel	Bread and Butter Pudding		Rice Pudding
DAILY SWEET TREATS	Assorted cold desserts - Yoghurt - Fresh fruit				



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Menu - Week Two

(weeks beginning 9 September, 7 October, 18 November)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Chicken Burger BBQ Roasted Butternut Squash	Coq-au-Vin Roasted Beets and Heritage Carrot Casserole	Pork Meatballs in Fresh Tomato and Oregano Sauce Mac and Cheese	Roast Beef or Chicken Vegetable Moussaka	Battered Cod Pan Fried Cod with a Tomato and Basil Sauce Crespolitti (Oven Baked Savoury Pancakes)
ON THE SIDE	Skin On Fries Coleslaw Potato Salad Green Salad	Roasted Romanesco with Garlic and Olive Oil Herby Diced Potatoes	Garden Peas Braised Rice	Fresh Rosemary and Crushed New Potatoes Baton Carrots and Cavolo Nero (Tuscan Kale) with Rosemary, Garlic & Chilli Yorkshire pudding Gravy	Chips Garden and Mushy peas Lemon Wedge Tartar sauce
DAILY FAVOURITES	Jacket potato with a selection of fillings - Salad - Sandwiches - Pasta and sauce				
HOT DESSERTS	Apple Crumble	Ginger Cake	Rhubarb and Pear Crumble		Eves Pudding
DAILY SWEET TREATS	Assorted cold desserts - Yoghurt - Fresh fruit				



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Menu - Week Three

(weeks beginning 16 September, 14 October, 25 November)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Beef or Vegetable Rogan Josh	Pork and Apple or Vegetable Sausages	Chicken or Vegetable Souvlaki	Roast Gammon or Chicken Roasted Vegetables with Feta	Battered Cod Cheese and Tomato Pizza
ON THE SIDE	Indian Rice Mini Naan Bread and Poppadoms Mango Chutney Raita	Bubble and Squeak Carrots Gravy	Pitta Breads Rice Greek Salads	Roast Potatoes Baton Carrots and Buttered Sautéed Baby Spinach Yorkshire Pudding Gravy	Chips Garden and Mushy peas Lemon Wedge Tartar sauce
DAILY FAVOURITES	Jacket potato with a selection of fillings - Salad - Sandwiches - Pasta and sauce				
HOT DESSERTS	Jam Sponge	Cornflake Tart	Apple Pie		Chocolate Sponge
DAILY SWEET TREATS	Assorted cold desserts - Yoghurt - Fresh fruit				



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Menu - Week Four

(weeks beginning 23 September, 4 November, 2 December)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Pastasciutta (Pasta with a Choice of Toppings) Ragu, Bolognaise or Milanese chicken	Steak or Chicken Pie Ciabatta Welsh Rabbit with Tomato Chutney	Chicken Korma Indian Meze: Onion Bhaja, Pakora, Samosa	Roast Pork or Chicken Tempura Battered Halloumi with Sweet Chilli Jam	Battered Cod Melanzane Parmigiana (Eggplant Parmesan)
ON THE SIDE	Mozzerella Salad Garden Salad	Mash Potato Buttered Cabbage and Spring Greens Gravy	Whole Grain Indian Rice Honey Mint Yoghurt	Roast Potatoes Baton Carrots and Green Beans Yorkshire Pudding Gravy	Chips Garden and Mushy peas Lemon Wedge Tartar sauce
DAILY FAVOURITES	Jacket potato with a selection of fillings - Salad - Sandwiches - Pasta and sauce				
HOT DESSERTS	Apple and Blackberry Crumble	Sticky Toffee Pudding	Chocolate Sponge		Banana Flapjack
DAILY SWEET TREATS	Assorted cold desserts - Yoghurt - Fresh fruit				