



FARNBOROUGH HILL

WHOLEHEARTEDLY

Menu - Week One
(weeks beginning 1 September, 29 September)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Grilled Chicken Burger in a Pretzel Bun Grilled Halloumi Wrap	Lamb and Mint Sausage Pittas Vegetable Sausage Pittas	Thai Red Chicken Curry Thai Red Sweet Potato Curry	Roast Beef Roast Chicken Vegetable Toad in the Hole	Battered Cod Grilled Lemon Salmon Ciabatta Pizza
ON THE SIDE	Ridge Potatoes BBQ Corn Ribs Coles Slaw	Sauté New Potatoes Greek Salad Hummus	Rice Singapore Noodles Prawn Crackers Mango Chutney	Roast Potatoes Roasted Parsnips and Carrots Sautéed Savoy Cabbage Gravy	Steak Chips Petit Pois and Mushy Peas Baked Beans
DAILY FAVOURITES	Jacket potato with a selection of fillings - Soup of the Day - Salad - Sandwiches - Pasta and sauce				
HOT DESSERTS	Peach Crumble	Chocolate Sponge	Apple Pie	Lemon Drizzle Cake	Rice Pudding
DAILY SWEET TREATS	Assorted cold desserts - Yoghurt - Fresh fruit				



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Menu - Week Two
(weeks beginning 8 September, 6 October)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Pasta with a Choice of Toppings Beef Ragu, Tomato, Spinach Mascarpone and Creamy Chicken	Chicken Burrito Vegetable Taco Shells	Sweet and Sour Chicken Vegetable Pancake Roll	Assorted Panni's (Cheese and Tomato, Cheese and Ham, Tuna Melt)	Battered Cod Salmon Fish Cake Mac and Cheese
ON THE SIDE	Garlic Bread Italian Salad Tomato and Mozzarella	Loaded Nachos Guacamole, Sour Cream, Salsa Nacho Cheese Sauce	Rice Stir Fry Vegetables Prawn Crackers	Sauté Potatoes Potato Salad Tossed Salad Coleslaw	Triple Cooked Large Chips Petit Pois and Mushy Peas Baked Beans
DAILY FAVOURITES	Jacket potato with a selection of fillings - Soup of the Day - Salad - Sandwiches - Pasta and sauce				
HOT DESSERTS	Sticky Toffee Pudding	Plum Tarte Tatin	Golden Syrup Sponge Pudding	Chocolate Brownie	No Nut Bakewell Tart
DAILY SWEET TREATS	Assorted cold desserts - Yoghurt - Fresh fruit				



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Menu - Week Three
(weeks beginning 15 September, 13 October)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Lamb Meat Balls Tempura Halloumi with Sweet Chilli Jam	Loaded Hog Dog Falafel Burger	Lasagne Vegetable Lasagne	Honey Glazed Gammon Roast Chicken Welsh Rarebit with Tomato Chutney	Battered Cod Scampi Vegetable Paella
ON THE SIDE	Rice Watermelon, Mint and Feta Turkish Salad	Seasoned Wedges Remoulade Salad American Slaw Toppings	Ridge Potatoes Italian Salad Garlic Bread	Roast Potatoes Baton Carrots Broccoli Yorkshire Puddings Gravy	Skin on Chips Petit Pois and Mushy Peas Baked Beans
DAILY FAVOURITES	Jacket potato with a selection of fillings - Soup of the Day - Salad - Sandwiches - Pasta and sauce				
HOT DESSERTS	Marble Sponge	Chocolate Orange Sponge	Apple Crumble	Ginger and Toffee Cheesecake	Lemon Meringue Pie
DAILY SWEET TREATS	Assorted cold desserts - Yoghurt - Fresh fruit				



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Menu - Week Four
(week beginning 22 September)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Lamb Kofta in a Soft-Shell Taco Vegetable Souvlaki and Khobez Flat Bread	Chicken Tikka Masala Paneer Masala	Chicken Fajita Mexican Vegetable Fajita	FH BBQ Beef Burger, Sausage, Tuna Supreme, Vegetable Kebabs, Vegetable Sausage	Battered Fish Baked Cod with Samphire and Hollandaise Pea and Asparagus Risotto
	Cous Cous Roasted Mediterranean Vegetables Houmous and Olives	Rice Samosa and Onion Bhaji Poppadum's Indian Sides	Waffle Fries Corn on the Cob Mexican Slaw Mexican Dressings	Wedges Potato Salad, Coleslaw Farmhouse Salad Sauces	Chips Peas and Mushy Peas Baked Beans
DAILY FAVOURITES	Jacket potato with a selection of fillings - Soup of the Day - Salad - Sandwiches - Pasta and sauce				
HOT DESSERTS	Ginger Cake	Chocolate Chip Sponge	Cherry Crumble	Millionaires Shortbread	Sticky Toffee Pudding
DAILY SWEET TREATS	Assorted cold desserts - Yoghurt - Fresh fruit				