



## FARNBOROUGH HILL

WHOLEHEARTEDLY

### Menu - Week One (week beginning 5 January, 2 February)

MAIN MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Jaeger Chicken Schnitzel Tempura Halloumi and Sweet Chilli Jam	Lamb Tagine Chicken Tagine Vegetable Tagine	Sweet and Sour Chicken Sweet and Sour Shitake Nuggets	Roast Pork and Apple Sauce Roast Chicken Welsh Rarebit with Tomato Chutney	Battered Cod Grilled Lemon Salmon Ciabatta Pizza
ON THE SIDE	Brat Kartoffel (Herby Parmentier Potatoes) Red Cabbage Carrots	Moroccan Giant Cous Cous Mediterranean Roasted Vegetables Flat Bread	Rice Asian Noodles Stir Fried Veg Prawn Crackers	Roast Potatoes Roasted Carrots and Parsnips 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	Apple Crumble	Chocolate Sponge	Golden Syrup Sponge Pudding	Cherry Cheesecake	Rice Pudding
DAILY TREATS	Assorted Cold Desserts - Yoghurt - Fresh Fruit				



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### Menu - Week Two (week beginning 12 January, 9 February)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEALS</b>	Pasta with a Choice of Toppings: Beef Ragu, Tomato, Spinach Mascarpone or Creamy Chicken	Pork Sausages with a Maple and Mustard Glaze  Vegetarian Sausages with a Maple and Mustard Glaze	Chicken Katsu Curry  Aubergine Katsu	Roast Beef  Roast Chicken  Pulled Mushroom Toad in the Hole	Battered Cod  Baked Cod Supreme with Samphire  Mac and Cheese
<b>ON THE SIDE</b>	Garlic Bread  Italian Salad  Tomato and Mozzarella  Parmesan Shavings	Creamed Potatoes  Broccoli  Baton Carrots  Gravy	Rice  Stir Fry Vegetables  Prawn Crackers	Roast Potatoes  Roasted Carrots,  Steamed Kale  Gravy	Triple Cooked Large Chips  Petit Pois and Mushy Peas  Baked Beans
<b>DAILY FAVOURITES</b>	Jacket potato with a selection of fillings - Soup of the Day - Salad - Sandwiches - Pasta and Sauce				
<b>HOT DESSERTS</b>	Fruits of the Forest Crumble	Sticky Toffee Pudding	Apple Pie	Chocolate Brownie	Fruit Cobbler
<b>DAILY TREATS</b>	Assorted Cold Desserts - Yoghurt - Fresh Fruit				



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Menu - Week Three  
(week beginning 19 January)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEALS</b>	Chicken Fajita Mexican Vegetable Fajita	Chicken Rogan Josh Sweet Potato Rogan Josh	Beef Lasagne Vegetable Lasagne	Assorted Paninis (Cheese and Tomato, Cheese and Ham, Tuna Melt)	Battered Fish Thai Tuna Supreme Vegetable Paella
<b>ON THE SIDE</b>	Mexican Waffle Fries Corn on the Cob Mexican Slaw Mexican Dressings	Rice Samosa and Onion Bhaji Poppadums Indian Sides	Green Beans Italian Salad Garlic Bread	Sauté New Potatoes Potato Salad Tossed Salad Coleslaw	Chips Peas and Mushy Peas Baked Beans
<b>DAILY FAVOURITES</b>	Jacket potato with a selection of fillings - Soup of the Day - Salad - Sandwiches - Pasta and Sauce				
<b>HOT DESSERTS</b>	Apple and Rhubarb Crumble	Chocolate Chip Sponge	Apple and Blackberry Lattice	Steamed Sponge Pudding	Jam Sponge Pudding
<b>DAILY TREATS</b>	Assorted Cold Desserts - Yoghurt - Fresh Fruit				



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Menu - Week Four  
(week beginning 26 January)

MAIN MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Louisianan Chicken Burger Sweet Chilli Halloumi Ciabatta	Chicken Burrito Vegetable Taco Shells	Homemade Steak Pie Homemade Chicken and Leek Pie Homemade Butternut, Leek & Spinach Pie	Honey Glazed Gammon Roast Chicken Brie and Broccoli Quiche	Battered Cod Scampi Butternut Risotto
ON THE SIDE	Cajun Wedges Corn Ribs American Slaw	Loaded Nachos Guacamole, Sour Cream, Salsa Nacho Cheese Sauce	Parsley Potatoes Peas and Carrots Sweetcorn Gravy	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	Apple and Blackberry Crumble	Marble Sponge	Chocolate Bread and Butter Pudding	Ginger and Toffee Cheesecake	Sticky Toffee Pudding
DAILY TREATS	Assorted Cold Desserts - Yoghurt - Fresh Fruit				