



CHEF'S MENU

PLANT BASED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30 SEP</p>	<p>01 OCT</p> <p>Breaded Zucchini Fingers</p> <p>Potato Wedges, Arbor Salad, Red Grapes</p>	<p>02 OCT</p> <p>Pasta with Lentil Bolognese</p> <p>Plant Based Caesar Salad with Croutons, Orange Wedges</p>	<p>03 OCT</p> <p>Thai Veggie Meatballs & Ginger Miso Sauce</p> <p>Rice, Steamed Snap Peas & Carrots, Fresh Seasonal Fruit</p>	<p>04 OCT</p> <p>No Lunch</p> <p>Snack Only</p>
<p>07 OCT</p> <p>Macaroni and Plant Based Cheese</p> <p>Garden Salad, Fresh Seasonal Fruit</p>	<p>08 OCT</p> <p>Chickpea Curry</p> <p>Brown Basmati Rice, Fresh Seasonal Fruit</p>	<p>09 OCT</p> <p>Veggie Kofte Pitas</p> <p>Rice, Mixed Green Salad, Fresh Seasonal Fruit</p>	<p>10 OCT</p> <p>Vegetarian Satay</p> <p>Thai Noodle Salad, Fresh Seasonal Fruit</p>	<p>11 OCT</p> <p>No School</p> <p>Inset Day</p>
<p>14 OCT</p> <p>No School</p> <p>Half Term</p>	<p>15 OCT</p> <p>No School</p> <p>Half Term</p>	<p>16 OCT</p> <p>No School</p> <p>Half Term</p>	<p>17 OCT</p> <p>No School</p> <p>Half Term</p>	<p>18 OCT</p> <p>No School</p> <p>Half Term</p>
<p>21 OCT</p> <p>Pizza</p> <p>Plant Based Caesar's Salad with Garlic Bread, Fresh Seasonal Fruit</p>	<p>22 OCT</p> <p>Sloppy Joes <i>(Bean Chili on a Burger Bun)</i></p> <p>Roasted Potatoes, Green Salad, Fresh Seasonal Fruit</p>	<p>23 OCT</p> <p>Stuffed Roasted Vegetables</p> <p>Rice, Steamed Snap Peas & Carrots, Fresh Seasonal Fruit</p>	<p>24 OCT</p> <p>Veggie Burger Sliders</p> <p>Potato Salad, Fresh Seasonal Fruit</p>	<p>25 OCT</p> <p>No Lunch</p> <p>Snack Only</p>

THE FARMHOUSE AT ARBOR / LUNCH MENU / 2024 / OCTOBER

<p>28 OCT</p> <p>Fusilli with Autumn Vegetable Sauce</p> <p>Green Salad, Fresh Seasonal Fruit</p>	<p>29 OCT</p> <p>Veggie Lasagna</p> <p>Caesar's Salad, Fresh Seasonal Fruit</p>	<p>30 OCT</p> <p>Porcupine Veggie Balls <i>(Veg Mince and White Rice)</i></p> <p>Garden Salad, Fresh Seasonal Fruit</p>	<p>31 OCT</p> <p>Sweet and Sour Veggies</p> <p>Arbor Salad, Fresh Seasonal Fruit</p>	<p>01 NOV</p>
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