



SIMPLY FARMHOUSE MENU

NON-VEGETARIAN

Includes choice of Raw Vegetables, Steamed Vegetables or Garden Salad, Plus Fruit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 SEP	01 OCT Chicken Fingers Potato Wedges, Fresh Seasonal Fruits	02 OCT Pasta Bolognese Fresh Seasonal Veggies	03 OCT Thai Chicken Meatballs & Ginger Miso Sauce Rice, Steamed Snap Peas & Carrots, Fresh Seasonal Fruit	04 OCT No Lunch Snack Only
07 OCT Macaroni and Cheese Fresh Seasonal Fruit	08 OCT Butter Chicken Brown Basmati Rice, Fresh Seasonal Fruit	09 OCT Beef Kofte Pitas Rice, Fresh Seasonal Fruit	10 OCT Chicken Skewers with Satay Sauce Thai Noodle Salad, Fresh Seasonal Fruit	11 OCT No School Inset Day
14 OCT No School Half Term	15 OCT No School Half Term	16 OCT No School Half Term	17 OCT No School Half Term	18 OCT No School Half Term
21 OCT Pizza Garlic Bread, Fresh Seasonal Fruit	22 OCT Sloppy Joes <i>(Beef and Bean Chili on a Burger Bun)</i> Roasted Potatoes, Fresh Seasonal Fruit	23 OCT Whole Roasted Chicken Rice, Steamed Snap Peas & Carrots, Fresh Seasonal Fruit	24 OCT Beef Sliders Potato Salad, Fresh Seasonal Fruit	25 OCT No Lunch Snack Only

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>Pasta with Tomato and Bechamel Sauce</p> <p>Fresh Seasonal Fruit</p>	<p>30 OCT</p> <p>Porcupine Meatballs <i>(Beef Mince and White Rice)</i></p> <p>Fresh Seasonal Fruit</p>	<p>31 OCT</p> <p>Sweet and Sour Chicken</p> <p>Fresh Seasonal Fruit</p>	<p>01 NOV</p>
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