



## CHEF'S MENU

### VEGETARIAN

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

THE FARMHOUSE AT ARBOR / LUNCH MENU / 2024 / OCTOBER

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