



SIMPLY FARMHOUSE MENU

NON-VEGETARIAN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 OCT	29 OCT	30 OCT	31 OCT	01 NOV No Lunch Snack Only
04 NOV Macaroni and Cheese Fresh Seasonal Fruit	05 NOV Baked Parmesan Chicken Fingers Fresh Seasonal Fruit	06 NOV Beef and Noodle Stir Fry Fresh Seasonal Fruit	07 NOV Pasta Bolognese Fresh Seasonal Fruit	08 NOV No Lunch Snack Only
11 NOV Pasta Alfredo Fresh Seasonal Fruit	12 NOV Grilled Beef Kebab Yogurt Sauce, Fresh Seasonal Fruit	13 NOV Braised Chicken with Mashed Potatoes Fresh Seasonal Fruit	14 NOV Grilled Chicken with Sweet and Sour Sauce Rice, Fresh Seasonal Fruit	15 NOV No Lunch Snack Only
18 NOV Pizza Fresh Seasonal Fruit	19 NOV Whole Roasted Chicken Potato Wedges, Fresh Seasonal Fruit	20 NOV Beef Kofte Pitas Rice, Fresh Seasonal Fruit	21 NOV Chicken Satay Fresh Seasonal Fruit	22 NOV No Lunch Snack Only
25 NOV Fusilli with Autumn Vegetable Sauce Fresh Seasonal Fruit	26 NOV Beef Sliders Potato Salad, Fresh Seasonal Fruit	27 NOV Japanese Assorted Yakitori Steamed Rice, Fresh Seasonal Fruit	28 NOV Chicken Pot Pie Fresh Seasonal Fruit	29 NOV No Lunch Snack Only