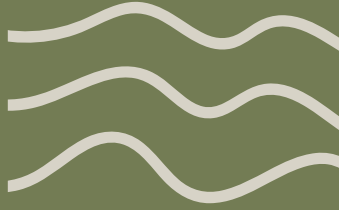




THE FARMHOUSE MENU AUG-SEP



GET IN TOUCH:

WE'RE HERE TO HELP! FOR ALL INQUIRIES OR SUPPORT:

THEFARMHOUSE@THEARBORSCHOOL.AE

THE FARMHOUSE MENU – WEEK 1 MENU (25 – 29 AUGUST)

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SNACKS
(SERVED WITH CUT
FRUITS)

PANCAKE WITH BERRY
COMPOTE

AVOCADO TOAST

SCRAMBLED EGG WITH
TOAST

CLASSIC TOMATO CHEESE
SANDWICH

FRENCH TOAST WITH
BERRY COMPOTE

SNACK - ALLERGENS

Gluten, Milk, Egg

Gluten, Egg, Soybean

Gluten, Milk, Egg

Gluten, Milk

Gluten, Milk, Egg

LUNCH
NON-VEGETARIAN

PASTA TOMATO BASIL
SAUCE WITH GARLIC
BREAD, BROCCOLI &
ROCK MELON

KUNG PAO CHICKEN
WITH NOODLES,
VEGETABLE DUMPLING,
STIR FRY VEGETABLES &
HONEY DEW

ROASTED BEEF WITH
GRAVY, YORKSHIRE
PUDDING, ROASTED
POTATO, CUCUMBER
STICKS AND SEEDLESS
GRAPES

STIR FRY CHICKEN AND
VEGETABLES WITH
STEAMED RICE, GYOZA
AND SLICED
WATERMELON

NO LUNCH

NON-VEG ALLERGENS

Gluten, Milk, Celery

Gluten, Celery, Soya

Gluten, Egg, Celery

Celery, Soya

LUNCH
VEGETARIAN

PLANT BASED SCHNITZEL
WITH MASHED POTATO,
MUSHROOM SAUCE,
GREEN BEANS & ROCK
MELON

KUNG PAO VEGETABLES
WITH NOODLES,
VEGETABLE DUMPLING,
STIR FRY VEGETABLES
AND HONEY DEW
MELON

MUSHROOM BALL WITH
TOMATO COULIS, SWEET
CORN, ROASTED POTATO,
CUCUMBER STICK AND
SEEDLESS GRAPES

STIR FRY VEGETABLES
WITH STEAMED RICE,
GYOZA & SLICED
WATERMELON

NO LUNCH

VEG (ALLERGENS)

Gluten, Milk, Soya

Gluten, Celery, Soya

Gluten, Celery, Egg

Celery, Soya

DESSERT

FRUIT ROLL

CARAMEL CUSTARD

BANANA CREPES

BREAD PUDDING

NO DESSERT

DESSERT (ALLERGENS)

Milk

Milk, Egg

Gluten, Milk, Egg

Gluten, Milk, Egg

THE FARMHOUSE MENU – WEEK 2 MENU (01 – 05 SEPTEMBER)

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SNACKS
(SERVED WITH CUT
FRUITS)

SPINACH AND CHERRY
TOMATO FRITATTAS

FRENCH VANILLA TOAST
WITH BERRY COMPOTE

CHICKEN CAESAR
SANDWICH

OATMEAL PANCAKE
WITH BERRY COMPOTE

CREAM CHEESE
CUCUMBER SANDWICH

SNACK - ALLERGENS

Gluten, Milk, Egg

Gluten, Milk, Egg

Gluten, Milk, Egg, Soya

Gluten, Milk, Egg

Gluten, Milk

LUNCH
NON-VEGETARIAN

ALFREDO PASTA WITH
GARLIC BREAD,
BROCCOLI, CARROT &
SLICED ORANGE

HERBED ROASTED
CHICKEN WITH PINK
SAUCE, PASTA,
CAULIFLOWER,
COURGETTE & PEAR
WEDGES

CHICKEN TIKKA MASALA
WITH STEAMED RICE,
CUCUMBER STICK &
SLICED PINEAPPLE

BEEF BOLOGNAISE WITH
SPAGHETTI, VEGETABLES,
GARLIC BREAD AND
SLICED RED APPLE

NO LUNCH

NON-VEG ALLERGENS

Gluten, Milk, Celery

Gluten, Celery, Milk

Milk

Gluten, Celery, Soya

LUNCH
VEGETARIAN

PLANT BASED NUGGETS
WITH ROASTED POTATO,
BROCCOLI, CARROT,
HOMEMADE TOMATO
KETCHUP & SLICED
ORANGE

VEGETABLE CHUNKS
WITH PINK SAUCE, PASTA,
CAULIFLOWER,
COURGETTE & PEAR
WEDGES

BAKED MACARONI &
CHEESE WITH CUCUMBER
STICK, BREAD & SLICED
PINEAPPLE

RATATOUILLE WITH
SPAGHETTI, VEGETABLES,
GARLIC BREAD AND
SLICED RED APPLE

NO LUNCH

VEG (ALLERGENS)

Gluten, Milk, Soya

Gluten, Celery, Milk

Gluten, Milk, Celery

Gluten, Celery

DESSERT

MERINGUE NEST &
BERRIES

FRUIT PIZZA

MANGO & BERRY
BAKED YOGHURT

SWISS ROLL

NO DESSERT

DESSERT (ALLERGENS)

Egg

Milk

Milk

Gluten, Milk, Egg

THE FARMHOUSE MENU – WEEK 3 MENU (08 – 12 SEPTEMBER)

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SNACKS
(SERVED WITH CUT
FRUITS)

CHICKEN TIKKA
SANDWICH

SWEET POTATO PANCAKE
WITH BERRY COMPOTE

SPINACH AND CHERRY
TOMATO FRITATTAS

CARAMELIZED BANANA
FRENCH TOAST WITH
BERRY COMPOTE

MUSHROOM SCRAMBLED
EGG WITH TOAST

SNACK - ALLERGENS

Gluten, Milk, Egg

Gluten, Milk, Egg

Gluten, Milk, Egg, Soya

Gluten, Milk, Egg

Gluten, Milk, Egg

LUNCH
NON-VEGETARIAN

MACARONI & CHEESE
WITH GRILLED
VEGETABLES, TOASTED
BREAD & MIXED MELONS

BAKED ZINGER CHICKEN,
POTATO WEDGES, KALE &
QUINOA SALAD & SLICED
APPLE,

CHICKEN BIRYANI
(NON-SPICY) WITH RAITA,
MINI SAMOSA, CUCUMBER
& SLICED WATERMELON

BEEF LASAGNE WITH
CORN ON THE COB,
CARROT STICK & MELON

NO LUNCH

NON-VEG ALLERGENS

Gluten, Milk, Celery

Gluten, Egg, Soya

Gluten, Milk

Gluten, Milk, Celery

LUNCH
VEGETARIAN

PLANT BASED POPS WITH
MASHED POTATO ,
MUSHROOM SAUCE,
GREEN SALAD & MIXED
MELON,

PLANT BASED PATTY,
POTATO WEDGES, KALE &
QUINOA SALAD & SLICED
APPLE

PASTA WITH TACO
SAUCE, CUCUMBER,
GARLIC BREAD & SLICED
WATERMELON

CAULIFLOWER AND
BROCCOLI GRATIN,
CORN ON THE COB,
CARROT STICK & SWEET
MELON

NO LUNCH

VEG (ALLERGENS)

Milk, Soya

Egg, Soya

Gluten, Milk, Celery

Gluten, Milk

DESSERT

CARROT BREAD

BERRY COCONUT CHIA
PUDDING

APPLE CRUMBLE

CARAMELIZED PEARS

NO DESSERT

DESSERT (ALLERGENS)

Gluten, Egg, Milk

Milk

Gluten, Milk

Gluten, Milk

THE FARMHOUSE MENU – WEEK 4 MENU (15 – 19 SEPTEMBER)

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS (SERVED WITH CUT FRUITS)	FRENCH TOAST WITH BERRY COMPOTE	CREAM CHEESE CUCUMBER SANDWICH	MIXED VEGETABLES SCRAMBLED EGG WITH TOAST	TURKEY MEAT & CHEESE SANDWICH	PANCAKE WITH BERRY COMPOTE & CUT FRUITS
SNACK - ALLERGENS	Gluten, Milk, Egg	Gluten, Milk,	Gluten, Milk, Egg	Gluten, Milk, Egg, Soya	Gluten, Milk, Egg
LUNCH NON-VEGETARIAN	PENNE ARABIATTA, COURGETTE & PEPPERS, BREAD ROLL & ROCK MELON	CRUMBED CHICKEN KATSU WITH CURRY SAUCE, RICE, ASIAN SLAW & HONEYDEW MELON	CHICKEN LASAGNE WITH CORN ON THE COB, CARROT STICK & MELON	BEEF STROGANOFF WITH RICE, CAPRESE SALAD & MELON	NO LUNCH
NON-VEG ALLERGENS	Gluten, Milk, Celery	Gluten, Milk, Egg, Soya	Gluten, Milk, Celery	Milk	
LUNCH VEGETARIAN	PLANT BASED KOFTA WITH KABSA RICE, COURGETTE & PEPPERS & ROCK MELON,	VEGETABLE CURRY WITH STEAMED RICE, ASIAN SLAW & HONEYDEW MELON	STIR FRY VEGETABLES WITH STEAMED RICE, ASIAN SALAD & SLICED WATERMELON	MUSHROOM STROGANOFF WITH PASTA, CAPRESE SALAD & MELON	NO LUNCH
VEG (ALLERGENS)	Milk	Milk	Celery, Soya	Gluten, Milk	
DESSERT	BANANA BREAD	UMM ALI	BAKED YOGHURT WITH BERRIES	CARAMELIZED PEARS	NO DESSERT
DESSERT (ALLERGENS)	Gluten, Milk, Egg	Gluten, Milk, Egg	Milk	Gluten, Milk	

THE FARMHOUSE MENU – WEEK 1 MENU (22 – 26 SEPTEMBER)

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS (SERVED WITH CUT FRUITS)	PANCAKE WITH BERRY COMPOTE	AVOCADO TOAST	SCRAMBLED EGG WITH TOAST	CLASSIC TOMATO CHEESE SANDWICH	FRENCH TOAST WITH BERRY COMPOTE
SNACK - ALLERGENS	Gluten, Milk, Egg	Gluten, Egg, Soybean	Gluten, Milk, Egg	Gluten, Milk	Gluten, Milk, Egg
LUNCH NON-VEGETARIAN	PASTA TOMATO BASIL SAUCE WITH GARLIC BREAD, BROCCOLI & ROCK MELON	KUNG PAO CHICKEN WITH NOODLES, VEGETABLE DUMPLING, STIR FRY VEGETABLES & HONEY DEW	ROASTED BEEF WITH GRAVY, YORKSHIRE PUDDING, ROASTED POTATO, CUCUMBER STICKS AND SEEDLESS GRAPES	STIR FRY CHICKEN AND VEGETABLES WITH STEAMED RICE, GYOZA AND SLICED WATERMELON	NO LUNCH
NON-VEG ALLERGENS	Gluten, Milk, Celery	Gluten, Celery, Soya	Gluten, Egg, Celery	Celery, Soya	
LUNCH VEGETARIAN	PLANT BASED SCHNITZEL WITH MASHED POTATO, MUSHROOM SAUCE, GREEN BEANS & ROCK MELON	KUNG PAO VEGETABLES WITH NOODLES, VEGETABLE DUMPLING, STIR FRY VEGETABLES AND HONEY DEW MELON	MUSHROOM BALL WITH TOMATO COULIS, SWEET CORN, ROASTED POTATO, CUCUMBER STICK AND SEEDLESS GRAPES	STIR FRY VEGETABLES WITH STEAMED RICE, GYOZA & SLICED WATERMELON	NO LUNCH
VEG (ALLERGENS)	Gluten, Milk, Soya	Gluten, Celery, Soya	Gluten, Celery	Celery, Soya	
DESSERT	FRUIT ROLL	CARAMEL CUSTARD	BANANA CREPES	BREAD PUDDING	NO DESSERT
DESSERT (ALLERGENS)	Milk	Milk, Egg	Gluten, Milk, Egg	Gluten, Milk, Egg	

THE FARMHOUSE MENU – WEEK 2 MENU (29 – 30 SEPTEMBER)

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



MEATLESS MONDAY

TUESDAY

SNACKS
(SERVED WITH CUT
FRUITS)

SPINACH AND CHERRY
TOMATO FRITATTAS

FRENCH VANILLA TOAST
WITH BERRY COMPOTE

SNACK - ALLERGENS

Gluten, Milk, Egg

Gluten, Milk, Egg

LUNCH
NON-VEGETARIAN

ALFREDO PASTA WITH
GARLIC BREAD,
BROCCOLI, CARROT &
SLICED ORANGE

HERBED ROASTED
CHICKEN WITH PINK
SAUCE, PASTA,
CAULIFLOWER,
COURGETTE & PEAR
WEDGES

NON-VEG ALLERGENS

Gluten, Milk, Celery

Gluten, Celery, Milk

LUNCH
VEGETARIAN

PLANT BASED NUGGETS
WITH ROASTED POTATO,
BROCCOLI, CARROT,
HOMEMADE TOMATO
KETCHUP & SLICED
ORANGE

VEGETABLE CHUNKS
WITH PINK SAUCE, PASTA,
CAULIFLOWER,
COURGETTE & PEAR
WEDGES

VEG (ALLERGENS)

Gluten, Milk, Soya

Gluten, Celery, Milk

DESSERT

MERINGUE NEST &
BERRIES

FRUIT PIZZA

DESSERT (ALLERGENS)

Egg

Milk

THE FARMHOUSE MENU – 25 AUGUST

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



SNACKS
(SERVED WITH CUT
FRUITS)

SNACK - ALLERGENS

LUNCH
NON-VEGETARIAN

NON-VEG ALLERGENS

LUNCH
VEGETARIAN

VEG (ALLERGENS)

DESSERT

DESSERT (ALLERGENS)

MEATLESS MONDAY

PANCAKE WITH BERRY
COMPOTE

Gluten, Milk, Egg

PASTA TOMATO BASIL
SAUCE WITH GARLIC
BREAD, BROCCOLI &
ROCK MELON

Gluten, Milk, Celery

PLANT BASED SCHNITZEL
WITH MASHED POTATO,
MUSHROOM SAUCE,
GREEN BEANS & ROCK
MELON

Gluten, Milk, Soya

FRUIT ROLL

Milk



per serving (100g)

ENERGY	FAT	SATURATES	SUGARS	SODIUM
69.6kcal 291.1kJ	1.3g LOW	0.4g LOW	1.9g LOW	81.8mg LOW
3%	2%	2%	4%	4%

MEATLESS LUNCH – PASTA TOMATO BASIL SAUCE WITH
GARLIC BREAD, BROCCOLI & ROCK MELON

DESSERT – FRUIT ROLL (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

• FS1–Y6: Medium portion (300 g)

• Y7 onwards: Large portion (450 g)

• **Snacks and desserts are not included** in this nutritional information.



per serving (100g)

ENERGY	FAT	SATURATES	SUGARS	SODIUM
85.1kcal 355.9kJ	1.7g LOW	0.2g LOW	2.9g LOW	60.8mg LOW
4%	2%	1%	6%	3%

VEGETARIAN LUNCH – PLANT BASED SCHNITZEL WITH
MASHED POTATO, MUSHROOM SAUCE, GREEN BEANS
AND ROCK MELON

DESSERT – FRUIT ROLL (OPTIONAL)

THE FARMHOUSE MENU – 26 AUGUST

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



TUESDAY

SNACKS
(SERVED WITH CUT
FRUITS)

AVOCADO TOAST

SNACK - ALLERGENS

Gluten, Egg, Soybean

LUNCH
NON-VEGETARIAN

KUNG PAO CHICKEN
WITH NOODLES,
VEGETABLE DUMPLING,
STIR FRY VEGETABLES &
HONEY DEW

NON-VEG ALLERGENS

Gluten, Celery, Soya

LUNCH
VEGETARIAN

KUNG PAO VEGETABLES
WITH NOODLES,
VEGETABLE DUMPLING,
STIR FRY VEGETABLES
AND HONEY DEW
MELON

VEG (ALLERGENS)

Gluten, Celery, Soya

DESSERT

CARAMEL CUSTARD

DESSERT (ALLERGENS)

Milk, Egg



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
115.2kcal 482.0kJ	2.3g LOW	0.4g LOW	1.5g LOW	159.8mg LOW
6%	3%	2%	3%	7%

NON-VEG LUNCH - KUNG PAO CHICKEN WITH NOODLES,
VEGETABLE DUMPLING, STIR FRY VEGETABLES & HONEY
DEW

DESSERT – CARAMEL CUSTARD (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

• FS1–Y6: Medium portion (300 g)

• Y7 onwards: Large portion (450 g)

•Snacks and desserts are not included in this nutritional information.



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
103.2kcal 431.6kJ	1.7g LOW	0.3g LOW	1.9g LOW	126.7mg LOW
5%	2%	1%	4%	6%

VEGETARIAN LUNCH – KUNG PAO VEGETABLES WITH
NOODLES, VEGETABLE DUMPLING, STIR FRY
VEGETABLES AND HONEY DEW MELON

DESSERT – CARAMEL CUSTARD (OPTIONAL)

THE FARMHOUSE MENU – 27 AUGUST

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



WEDNESDAY

SNACKS
(SERVED WITH CUT
FRUITS)

SNACK - ALLERGENS

LUNCH
NON-VEGETARIAN

NON-VEG ALLERGENS

LUNCH
VEGETARIAN

VEG (ALLERGENS)

DESSERT

DESSERT (ALLERGENS)

SCRAMBLED EGG WITH
TOAST

Gluten, Milk, Egg

ROASTED BEEF WITH
GRAVY, YORKSHIRE
PUDDING, ROASTED
POTATO, CUCUMBER
STICKS AND SEEDLESS
GRAPES

Gluten, Egg, Celery

MUSHROOM BALL WITH
TOMATO COULIS, SWEET
CORN, ROASTED POTATO,
CUCUMBER STICK AND
SEEDLESS GRAPES

Gluten, Celery

BANANA CREPES

Gluten, Milk, Egg



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
97.7kcal 408.7kJ	3.4g MED	1.2g LOW	4.0g LOW	52.5mg LOW
5%	4%	6%	8%	2%

NON-VEG LUNCH - ROASTED BEEF WITH GRAVY,
YORKSHIRE PUDDING, ROASTED POTATO, CUCUMBER
STICKS AND SEEDLESS GRAPES

DESSERT – BANANA CREPES (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

- FS1–Y6: Medium portion (300 g)
- Y7 onwards: Large portion (450 g)

•Snacks and desserts are not included in this nutritional information.



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
73.4kcal 307.3kJ	1.4g LOW	0.2g LOW	3.9g LOW	55.5mg LOW
4%	2%	1%	8%	2%

VEGETARIAN LUNCH – MUSHROOM BALL WITH
TOMATO COULIS, SWEET CORN, ROASTED POTATO,
CUCUMBER STICK AND SEEDLESS GRAPES

DESSERT – BANANA CREPES (OPTIONAL)

THE FARMHOUSE MENU – 28 AUGUST

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



THURSDAY

SNACKS
(SERVED WITH CUT
FRUITS)

CLASSIC TOMATO CHEESE
SANDWICH

SNACK - ALLERGENS

Gluten, Milk

LUNCH
NON-VEGETARIAN

STIR FRY CHICKEN AND
VEGETABLES WITH
STEAMED RICE, GYOZA
AND SLICED
WATERMELON

NON-VEG ALLERGENS

Celery, Soya

LUNCH
VEGETARIAN

STIR FRY VEGETABLES
WITH STEAMED RICE,
GYOZA & SLICED
WATERMELON

VEG (ALLERGENS)

Celery, Soya

DESSERT

BREAD PUDDING

DESSERT (ALLERGENS)

Gluten, Milk, Egg



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
137.2kcal 573.9kJ	2.3g LOW	0.3g LOW	0.6g LOW	202.7mg LOW
7%	3%	2%	1%	9%

NON-VEG LUNCH - STIR FRY CHICKEN AND VEGETABLES
WITH STEAMED RICE, GYOZA AND SLICED WATERMELON

DESSERT – BREAD PUDDING (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

- FS1–Y6: Medium portion (300 g)
- Y7 onwards: Large portion (450 g)

•Snacks and desserts are not included in this nutritional information.



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
101.2kcal 423.6kJ	1.1g LOW	0.1g LOW	0.8g LOW	129.1mg LOW
5%	1%	1%	2%	6%

VEGETARIAN LUNCH – STIR FRY VEGETABLES WITH
STEAMED RICE, GYOZA & SLICED WATERMELON

DESSERT – BANANA PUDDING (OPTIONAL)

THE FARMHOUSE MENU – 29 AUGUST

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



FRIDAY

SNACKS
(SERVED WITH CUT
FRUITS)

FRENCH TOAST WITH
BERRY COMPOTE

SNACK - ALLERGENS

Gluten, Milk, Egg

LUNCH
NON-VEGETARIAN

NO LUNCH

NON-VEG ALLERGENS

LUNCH
VEGETARIAN

NO LUNCH

VEG (ALLERGENS)

DESSERT

NO DESSERT

DESSERT (ALLERGENS)

THE FARMHOUSE MENU – 01 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



SNACKS
(SERVED WITH CUT
FRUITS)

SNACK - ALLERGENS

LUNCH
NON-VEGETARIAN

NON-VEG ALLERGENS

LUNCH
VEGETARIAN

VEG (ALLERGENS)

DESSERT

DESSERT (ALLERGENS)

MEATLESS MONDAY

SPINACH AND CHERRY
TOMATO FRITATTAS

Gluten, Milk, Egg

ALFREDO PASTA WITH
GARLIC BREAD,
BROCCOLI, CARROT &
SLICED ORANGE

Gluten, Milk, Celery

PLANT BASED NUGGETS
WITH ROASTED POTATO,
BROCCOLI, CARROT,
HOMEMADE TOMATO
KETCHUP & SLICED
ORANGE

Gluten, Milk, Soya

MERINGUE NEST &
BERRIES

Egg



per serving (100g)

ENERGY	FAT	SATURATES	SUGARS	SODIUM
97.5kcal 407.8kJ	2.6g LOW	1.1g LOW	2.1g LOW	52.5mg LOW
5%	3%	6%	4%	2%

MEATLESS LUNCH – ALFREDO PASTA WITH GARLIC BREAD,
BROCCOLI, CARROT & SLICED ORANGE

DESSERT – MERINGUE NEST & BERRIES (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

• FS1–Y6: Medium portion (300 g)

• Y7 onwards: Large portion (450 g)

• **Snacks and desserts are not included** in this nutritional information.



per serving (100g)

ENERGY	FAT	SATURATES	SUGARS	SODIUM
83.7kcal 350.0kJ	1.6g LOW	0.3g LOW	3.9g LOW	104.4mg LOW
4%	2%	2%	8%	5%

VEGETARIAN LUNCH – PLANT BASED NUGGETS WITH
ROASTED POTATO, BROCCOLI, CARROT, HOMEMADE
TOMATO KETCHUP & SLICED ORANGE

DESSERT - MERINGUE NEST & BERRIES (OPTIONAL)

THE FARMHOUSE MENU – 02 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



TUESDAY

SNACKS
(SERVED WITH CUT
FRUITS)

FRENCH VANILLA TOAST
WITH BERRY COMPOTE

SNACK - ALLERGENS

Gluten, Milk, Egg

LUNCH
NON-VEGETARIAN

HERBED ROASTED
CHICKEN WITH PINK
SAUCE, PASTA,
CAULIFLOWER,
COURGETTE & PEAR
WEDGES

NON-VEG ALLERGENS

Gluten, Celery, Milk

LUNCH
VEGETARIAN

VEGETABLE CHUNKS
WITH PINK SAUCE, PASTA,
CAULIFLOWER,
COURGETTE & PEAR
WEDGES

VEG (ALLERGENS)

Gluten, Celery, Milk

DESSERT

FRUIT PIZZA

DESSERT (ALLERGENS)

Milk



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
99.3kcal 415.7kJ	1.7g LOW	0.3g LOW	2.1g LOW	102.2mg LOW
5%	2%	1%	4%	4%

NON-VEG LUNCH - HERBED ROASTED CHICKEN WITH PINK SAUCE, PASTA, CAULIFLOWER, COURGETTE & PEAR WEDGES

DESSERT – FRUIT PIZZA (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

• FS1–Y6: Medium portion (300 g)

• Y7 onwards: Large portion (450 g)

• **Snacks and desserts are not included** in this nutritional information.



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
87.7kcal 367.0kJ	0.9g LOW	0.1g LOW	1.9g LOW	65.0mg LOW
4%	1%	0%	4%	3%

VEGETARIAN LUNCH – VEGETABLE CHUNKS WITH PINK SAUCE, PASTA, CAULIFLOWER, COURGETTE & PEAR WEDGES

DESSERT – FRUIT PIZZA(OPTIONAL)

THE FARMHOUSE MENU – 03 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



WEDNESDAY

SNACKS
(SERVED WITH CUT
FRUITS)

CHICKEN CAESAR
SANDWICH

SNACK - ALLERGENS

Gluten, Milk, Egg, Soya

LUNCH
NON-VEGETARIAN

CHICKEN TIKKA MASALA
WITH STEAMED RICE,
CUCUMBER STICK &
SLICED PINEAPPLE

NON-VEG ALLERGENS

Milk

LUNCH
VEGETARIAN

BAKED MACARONI &
CHEESE WITH CUCUMBER
STICK, BREAD & SLICED
PINEAPPLE

VEG (ALLERGENS)

Gluten, Milk, Celery

DESSERT

MANGO & BERRY
BAKED YOGHURT

DESSERT (ALLERGENS)

Milk



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
92.1kcal 385.3kJ	1.6g LOW	0.3g LOW	2.6g LOW	146.6mg LOW
5%	2%	2%	5%	6%

NON-VEG LUNCH - CHICKEN TIKKA MASALA WITH
STEAMED RICE, CUCUMBER STICK & SLICED PINEAPPLE

DESSERT – MANGO & BERRY BAKED YOGHURT (OPTIONAL)

Please note:

- The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.
- Typical serving sizes are:
 - FS1–Y6: Medium portion (300 g)
 - Y7 onwards: Large portion (450 g)
- Snacks and desserts are not included in this nutritional information.



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
122.4kcal 512.1kJ	2.9g LOW	1.1g LOW	1.1g LOW	115.1mg LOW
6%	4%	5%	2%	5%

VEGETARIAN LUNCH – BAKED MACARONI & CHEESE WITH
CUCUMBER STICK, BREAD & SLICED PINEAPPLE

DESSERT – MANGO & BERRY BAKED YOGHURT (OPTIONAL)

THE FARMHOUSE MENU – 04 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



THURSDAY

SNACKS
(SERVED WITH CUT
FRUITS)

OATMEAL PANCAKE
WITH BERRY COMPOTE

SNACK - ALLERGENS

Gluten, Milk, Egg

LUNCH
NON-VEGETARIAN

BEEF BOLOGNAISE WITH
SPAGHETTI, VEGETABLES,
GARLIC BREAD AND
SLICED RED APPLE

NON-VEG ALLERGENS

Gluten, Celery, Soya

LUNCH
VEGETARIAN

RATATOUILLE WITH
SPAGHETTI, VEGETABLES,
GARLIC BREAD AND
SLICED RED APPLE

VEG (ALLERGENS)

Gluten, Celery

DESSERT

SWISS ROLL

DESSERT (ALLERGENS)

Gluten, Milk, Egg



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
123.5kcal 516.9kJ	5g MED	0.4g LOW	1.9g LOW	61.8mg LOW
6%	6%	2%	4%	3%

NON-VEG LUNCH - BEEF BOLOGNAISE WITH SPAGHETTI,
VEGETABLES, GARLIC BREAD AND SLICED RED APPLE

DESSERT – SWISS ROLL (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

- FS1–Y6: Medium portion (300 g)
- Y7 onwards: Large portion (450 g)

•Snacks and desserts are not included in this nutritional information.



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
74.3kcal 310.7kJ	0.7g LOW	0.1g LOW	2.1g LOW	34.9mg LOW
4%	1%	0%	4%	2%

VEGETARIAN LUNCH – RATATOUILLE WITH
SPAGHETTI, VEGETABLES, GARLIC BREAD AND SLICED
RED APPLE

DESSERT – SWISS ROLL(OPTIONAL)

THE FARMHOUSE MENU –05 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



FRIDAY

SNACKS
(SERVED WITH CUT
FRUITS)

CREAM CHEESE
CUCUMBER SANDWICH

SNACK - ALLERGENS

Gluten, Milk

LUNCH
NON-VEGETARIAN

NO LUNCH

NON-VEG ALLERGENS

LUNCH
VEGETARIAN

NO LUNCH

VEG (ALLERGENS)

DESSERT

NO DESSERT

DESSERT (ALLERGENS)

THE FARMHOUSE MENU – 08 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



SNACKS
(SERVED WITH CUT
FRUITS)

SNACK - ALLERGENS

LUNCH
NON-VEGETARIAN

NON-VEG ALLERGENS

LUNCH
VEGETARIAN

VEG (ALLERGENS)

DESSERT

DESSERT (ALLERGENS)

MEATLESS MONDAY

CHICKEN TIKKA
SANDWICH

Gluten, Milk, Egg

MACARONI & CHEESE
WITH GRILLED
VEGETABLES, TOASTED
BREAD & MIXED MELONS

Gluten, Milk, Celery

PLANT BASED POPS WITH
MASHED POTATO ,
MUSHROOM SAUCE,
GREEN SALAD & MIXED
MELON,

Milk, Soya

CARROT BREAD

Gluten, Egg



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
108.6kcal 454.5kJ	2.6g LOW	1.0g LOW	2.4g LOW	117.7mg LOW
5%	3%	5%	5%	5%

MEATLESS LUNCH – MACARONI & CHEESE WITH GRILLED
VEGETABLES, TOASTED BREAD & MIXED MELONS

DESSERT – CARROT BREAD (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

- FS1–Y6: Medium portion (300 g)
- Y7 onwards: Large portion (450 g)

•Snacks and desserts are not included in this nutritional information.



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
59.0kcal 247.0kJ	1.3g LOW	0.5g LOW	3.2g LOW	55.5mg LOW
3%	2%	2%	6%	2%

VEGETARIAN LUNCH – PLANT BASED POPS WITH
MASHED POTATO , MUSHROOM SAUCE, GREEN SALAD
& MIXED MELON,

DESSERT – CARROT BREAD (OPTIONAL)

THE FARMHOUSE MENU – 09 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



TUESDAY

SNACKS
(SERVED WITH CUT
FRUITS)

SWEET POTATO PANCAKE
WITH BERRY COMPOTE

SNACK - ALLERGENS

Gluten, Milk, Egg

LUNCH
NON-VEGETARIAN

BAKED ZINGER CHICKEN,
POTATO WEDGES, KALE &
QUINOA SALAD & SLICED
APPLE,

NON-VEG ALLERGENS

Gluten, Egg, Soya

LUNCH
VEGETARIAN

PLANT BASED PATTY,
POTATO WEDGES, KALE &
QUINOA SALAD & SLICED
APPLE

VEG (ALLERGENS)

Egg, Soya

DESSERT

BERRY COCONUT CHIA
PUDDING

DESSERT (ALLERGENS)

Milk



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
110.6kcal 462.6kJ	4.0g MED	0.8g LOW	2.7g LOW	121.3mg LOW
6%	5%	4%	5%	5%

NON-VEG LUNCH - BAKED ZINGER CHICKEN, POTATO
WEDGES, KALE & QUINOA SALAD & SLICED APPLE,

DESSERT – BERRY COCONUT CHIA PUDDING (OPTIONAL)

Please note:

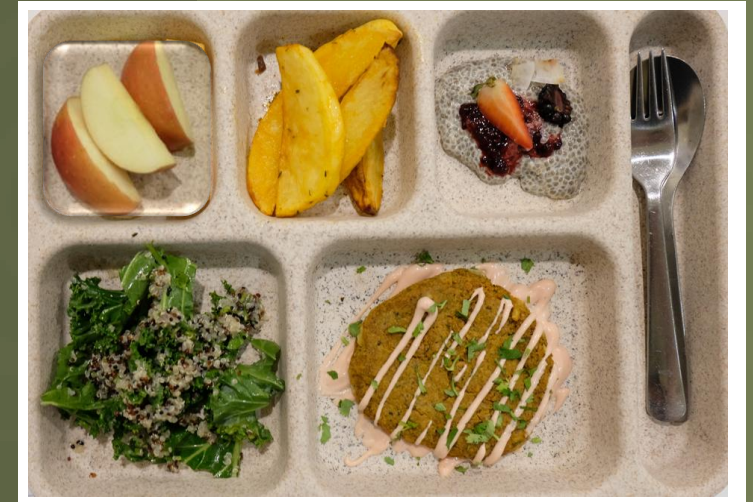
•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

• FS1–Y6: Medium portion (300 g)

• Y7 onwards: Large portion (450 g)

• **Snacks and desserts are not included** in this nutritional information.



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
99.2kcal 415.1kJ	2.7g LOW	0.5g LOW	2.6g LOW	93.7mg LOW
5%	3%	2%	5%	4%

VEGETARIAN LUNCH – PLANT BASED PATTY, POTATO
WEDGES, KALE & QUINOA SALAD & SLICED APPLE

DESSERT – BERRY COCONUT CHIA PUDDING (OPTIONAL)

THE FARMHOUSE MENU – 10 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



WEDNESDAY

SNACKS
(SERVED WITH CUT
FRUITS)

SPINACH AND CHERRY
TOMATO FRITATTAS

SNACK - ALLERGENS

Gluten, Milk, Egg, Soya

LUNCH
NON-VEGETARIAN

CHICKEN BIRYANI
(NON-SPICY) WITH RAITA,
MINI SAMOSA, CUCUMBER
& SLICED WATERMELON

NON-VEG ALLERGENS

Gluten, Milk

LUNCH
VEGETARIAN

PASTA WITH TACO
SAUCE, CUCUMBER,
GARLIC BREAD & SLICED
WATERMELON

VEG (ALLERGENS)

Gluten, Milk, Celery

DESSERT

APPLE CRUMBLE

DESSERT (ALLERGENS)

Gluten, Milk



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
122.8kcal 513.6kJ	3g LOW	0.6g LOW	1.6g LOW	142.7mg LOW
6%	4%	3%	3%	6%

NON-VEG LUNCH - CHICKEN BIRYANI (NON-SPICY) WITH RAITA, MINI SAMOSA, CUCUMBER & SLICED WATERMELON

DESSERT – APPLE CRUMBLE (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

• FS1–Y6: Medium portion (300 g)

• Y7 onwards: Large portion (450 g)

•Snacks and desserts are not included in this nutritional information.



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
81.0kcal 338.9kJ	2.5g LOW	1.1g LOW	2.0g LOW	96.7mg LOW
4%	3%	6%	4%	4%

VEGETARIAN LUNCH – PASTA WITH TACO SAUCE, CUCUMBER, GARLIC BREAD & SLICED WATERMELON

DESSERT – APPLE CRUMBLE (OPTIONAL)

THE FARMHOUSE MENU – 11 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



THURSDAY

SNACKS
(SERVED WITH CUT
FRUITS)

CARAMELIZED BANANA
FRENCH TOAST WITH
BERRY COMPOTE

SNACK - ALLERGENS

Gluten, Milk, Egg

LUNCH
NON-VEGETARIAN

BEEF LASAGNE WITH
CORN ON THE COB,
CARROT STICK & MELON

NON-VEG ALLERGENS

Gluten, Milk, Celery

LUNCH
VEGETARIAN

CAULIFLOWER AND
BROCCOLI GRATIN,
CORN ON THE COB,
CARROT STICK & SWEET
MELON

VEG (ALLERGENS)

Gluten, Milk

DESSERT

CARAMELIZED PEARS

DESSERT (ALLERGENS)

Gluten, Milk



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
136.7kcal 571.7kJ	5.4g MED	0.7g LOW	1.1g LOW	106.6mg LOW
7%	7%	3%	2%	5%

NON-VEG LUNCH– BEEF LASAGNE WITH CORN ON THE COB, CARROT STICK & MELON

DESSERT – CARAMELIZED PEARS (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

- FS1–Y6: Medium portion (300 g)
- Y7 onwards: Large portion (450 g)

•Snacks and desserts are not included in this nutritional information.



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
85.1kcal 356.2kJ	1.4g LOW	0.4g LOW	2.2g LOW	91.9mg LOW
4%	2%	2%	4%	4%

VEGETARIAN LUNCH – CAULIFLOWER AND BROCCOLI GRATIN, CORN ON THE COB, CARROT STICK & SWEET MELON

DESSERT – CARAMELIZED PEARS (OPTIONAL)

THE FARMHOUSE MENU - 12 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



FRIDAY

SNACKS
(SERVED WITH CUT
FRUITS)

MUSHROOM SCRAMBLED
EGG WITH TOAST

SNACK - ALLERGENS

Gluten, Milk, Egg

LUNCH
NON-VEGETARIAN

NO LUNCH

NON-VEG ALLERGENS

LUNCH
VEGETARIAN

NO LUNCH

VEG (ALLERGENS)

DESSERT

NO DESSERT

DESSERT (ALLERGENS)

THE FARMHOUSE MENU –15 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



SNACKS
(SERVED WITH CUT
FRUITS)

SNACK - ALLERGENS

LUNCH
NON-VEGETARIAN

NON-VEG ALLERGENS

LUNCH
VEGETARIAN

VEG (ALLERGENS)

DESSERT

DESSERT (ALLERGENS)

MEATLESS MONDAY

FRENCH TOAST WITH
BERRY COMPOTE

Gluten, Milk, Egg

PENNE ARABIATTA,
COURGETTE & PEPPERS,
BREAD ROLL & ROCK
MELON

Gluten, Milk, Celery

PLANT BASED KOFTA
WITH KABSA RICE,
COURGETTE & PEPPERS &
ROCK MELON

Milk

BANANA BREAD

Gluten, Milk, Egg



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
70.5kcal 295.2kJ	1.3g LOW	0.4g LOW	0.1g LOW	51.6mg LOW
4%	2%	2%	0%	2%

MEATLESS LUNCH – PENNE ARABIATTA, COURGETTE &
PEPPERS, BREAD ROLL & ROCK MELON

DESSERT – BANANA BREAD (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per 100 g serving and apply only to the main dish combo.

Typical serving sizes are:

• FS1–Y6: Medium portion (300 g)

• Y7 onwards: Large portion (450 g)

•Snacks and desserts are not included in this nutritional information.



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
77.3kcal 323.4kJ	0.6g LOW	0.1g LOW	1.7g LOW	18.6mg LOW
4%	1%	0%	3%	1%

VEGETARIAN LUNCH – PLANT BASED KOFTA WITH
KABSA RICE, COURGETTE & PEPPERS & ROCK MELON

DESSERT – BANANA BREAD (OPTIONAL)

THE FARMHOUSE MENU – 16 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



TUESDAY

SNACKS
(SERVED WITH CUT
FRUITS)

CREAM CHEESE
CUCUMBER SANDWICH

SNACK - ALLERGENS

Gluten, Milk,

LUNCH
NON-VEGETARIAN

CRUMBED CHICKEN
KATSU WITH CURRY
SAUCE, RICE, ASIAN SLAW
& HONEYDEW MELON

NON-VEG ALLERGENS

Gluten, Milk, Egg, Soya

LUNCH
VEGETARIAN

VEGETABLE CURRY WITH
STEAMED RICE, ASIAN
SLAW & HONEYDEW
MELON

VEG (ALLERGENS)

Milk

DESSERT

UMM ALI

DESSERT (ALLERGENS)

Gluten, Milk, Egg



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
122.5kcal 512.6kJ	2.9g LOW	0.7g LOW	2.1g LOW	106.6mg LOW
6%	4%	3%	4%	5%

NON-VEG LUNCH – CRUMBED CHICKEN KATSU WITH
CURRY SAUCE, RICE, ASIAN SLAW & HONEYDEW MELON

DESSERT – UMM ALI (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

• FS1–Y6: Medium portion (300 g)

• Y7 onwards: Large portion (450 g)

• **Snacks and desserts are not included** in this nutritional information.



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
86.0kcal 359.7kJ	0.6g LOW	0.1g LOW	3.0g LOW	41.8mg LOW
4%	1%	1%	6%	2%

VEGETARIAN LUNCH – VEGETABLE CURRY WITH
STEAMED RICE, ASIAN SLAW & HONEYDEW MELON

DESSERT – UMM ALI (OPTIONAL)

THE FARMHOUSE MENU – 17 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



WEDNESDAY

SNACKS
(SERVED WITH CUT
FRUITS)

MIXED VEGETABLES
SCRAMBLED EGG WITH
TOAST

SNACK - ALLERGENS

Gluten, Milk, Egg

LUNCH
NON-VEGETARIAN

CHICKEN LASAGNE WITH
CORN ON THE COB,
CARROT STICK & MELON

NON-VEG ALLERGENS

Gluten, Milk, Celery

LUNCH
VEGETARIAN

STIR FRY VEGETABLES
WITH STEAMED RICE,
ASIAN SALAD & SLICED
WATERMELON

VEG (ALLERGENS)

Celery, Soya

DESSERT

BAKED YOGHURT WITH
BERRIES

DESSERT (ALLERGENS)

Milk



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
109.9kcal 459.8kJ	2.4g LOW	0.7g LOW	1.1g LOW	106.6mg LOW
6%	3%	3%	2%	5%

NON-VEG LUNCH – CHICKEN LASAGNE WITH CORN ON THE COB, CARROT STICK & MELON

DESSERT – BAKED YOGHURT WITH BERRIES (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

• FS1–Y6: Medium portion (300 g)

• Y7 onwards: Large portion (450 g)

• **Snacks and desserts are not included** in this nutritional information.



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
70.7kcal 296.0kJ	0.6g LOW	0.1g LOW	1.6g LOW	111.5mg LOW
4%	1%	0%	3%	5%

VEGETARIAN LUNCH – STIR FRY VEGETABLES WITH STEAMED RICE, GYOZA & SLICED WATERMELON

DESSERT – BAKED YOGHURT WITH BERRIES (OPTIONAL)

THE FARMHOUSE MENU –18 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



THURSDAY

SNACKS
(SERVED WITH CUT
FRUITS)

TURKEY MEAT & CHEESE
SANDWICH

SNACK - ALLERGENS

Gluten, Milk, Egg, Soya

LUNCH
NON-VEGETARIAN

BEEF STROGANOFF WITH
RICE, CAPRESE SALAD &
MELON

NON-VEG ALLERGENS

Milk

LUNCH
VEGETARIAN

MUSHROOM
STROGANOFF WITH
PASTA, CAPRESE SALAD &
MELON

VEG (ALLERGENS)

Gluten, Milk

DESSERT

CARAMELIZED PEARS

DESSERT (ALLERGENS)

Milk, Gluten



per serving (100g)

ENERGY	FAT	SATURATES	SUGARS	SODIUM
152.5kcal 637.9kJ	3.4g MED	0.9g LOW	5.3g MED	57.5mg LOW
8%	4%	5%	10%	2%

NON-VEG LUNCH – BEEF STROGANOFF WITH RICE, CAPRESE
SALAD & MELON

DESSERT – CARAMELIZED PEARS (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

• FS1–Y6: Medium portion (300 g)

• Y7 onwards: Large portion (450 g)

•Snacks and desserts are not included in this nutritional information.



per serving (100g)

ENERGY	FAT	SATURATES	SUGARS	SODIUM
78.0kcal 326.5kJ	0.8g LOW	0.2g LOW	2.4g LOW	122.4mg LOW
4%	1%	1%	5%	5%

VEGETARIAN LUNCH – MUSHROOM STROGANOFF WITH
PASTA, CAPRESE SALAD & MELON

DESSERT – BAKED YOGHURT WITH BERRIES (OPTIONAL)

THE FARMHOUSE MENU –19 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



FRIDAY

SNACKS
(SERVED WITH CUT
FRUITS)

PANCAKE WITH BERRY
COMPOTE & CUT FRUITS

SNACK - ALLERGENS

Gluten, Milk, Egg

LUNCH
NON-VEGETARIAN

NO LUNCH

NON-VEG ALLERGENS

LUNCH
VEGETARIAN

NO LUNCH

VEG (ALLERGENS)

DESSERT

NO DESSERT

DESSERT (ALLERGENS)

THE FARMHOUSE MENU – 22 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



SNACKS
(SERVED WITH CUT
FRUITS)

SNACK - ALLERGENS

LUNCH
NON-VEGETARIAN

NON-VEG ALLERGENS

LUNCH
VEGETARIAN

VEG (ALLERGENS)

DESSERT

DESSERT (ALLERGENS)

MEATLESS MONDAY

PANCAKE WITH BERRY
COMPOTE

Gluten, Milk, Egg

PASTA TOMATO BASIL
SAUCE WITH GARLIC
BREAD, BROCCOLI &
ROCK MELON

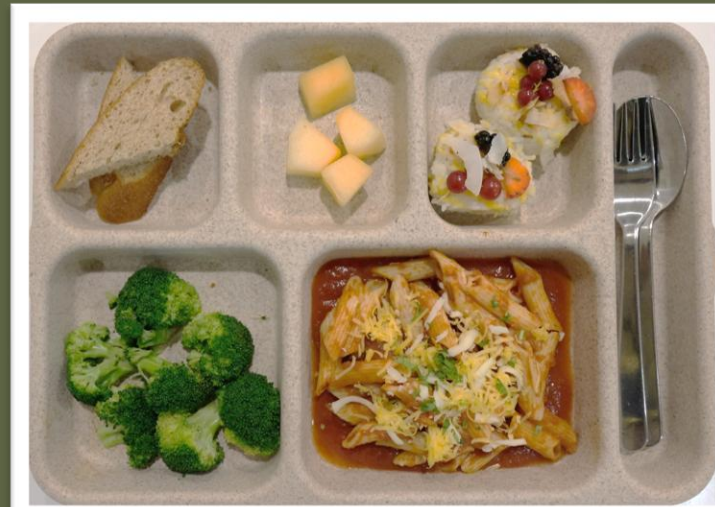
Gluten, Milk, Celery

PLANT BASED SCHNITZEL
WITH MASHED POTATO,
MUSHROOM SAUCE,
GREEN BEANS & ROCK
MELON

Gluten, Milk, Soya

FRUIT ROLL

Milk



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
69.6kcal 291.1kJ	1.3g LOW	0.4g LOW	1.9g LOW	81.8mg LOW
3%	2%	2%	4%	4%

MEATLESS LUNCH – PASTA TOMATO BASIL SAUCE WITH
GARLIC BREAD, BROCCOLI & ROCK MELON

DESSERT – FRUIT ROLL (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

- FS1–Y6: Medium portion (300 g)
- Y7 onwards: Large portion (450 g)

•Snacks and desserts are not included in this nutritional information.



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
85.1kcal 355.9kJ	1.7g LOW	0.2g LOW	2.9g LOW	60.8mg LOW
4%	2%	1%	6%	3%

VEGETARIAN LUNCH – PLANT BASED SCHNITZEL WITH
MASHED POTATO, MUSHROOM SAUCE, GREEN BEANS
AND ROCK MELON

DESSERT – FRUIT ROLL (OPTIONAL)

THE FARMHOUSE MENU – 23 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



TUESDAY

SNACKS
(SERVED WITH CUT
FRUITS)

AVOCADO TOAST

SNACK - ALLERGENS

Gluten, Egg, Soybean

LUNCH
NON-VEGETARIAN

KUNG PAO CHICKEN
WITH NOODLES,
VEGETABLE DUMPLING,
STIR FRY VEGETABLES &
HONEY DEW

NON-VEG ALLERGENS

Gluten, Celery, Soya

LUNCH
VEGETARIAN

KUNG PAO VEGETABLES
WITH NOODLES,
VEGETABLE DUMPLING,
STIR FRY VEGETABLES
AND HONEY DEW
MELON

VEG (ALLERGENS)

Gluten, Celery, Soya

DESSERT

CARAMEL CUSTARD

DESSERT (ALLERGENS)

Milk, Egg



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
115.2kcal 482.0kJ	2.3g LOW	0.4g LOW	1.5g LOW	159.8mg LOW
6%	3%	2%	3%	7%

NON-VEG LUNCH - KUNG PAO CHICKEN WITH NOODLES,
VEGETABLE DUMPLING, STIR FRY VEGETABLES & HONEY
DEW

DESSERT – CARAMEL CUSTARD (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

• FS1–Y6: Medium portion (300 g)

• Y7 onwards: Large portion (450 g)

•Snacks and desserts are not included in this nutritional information.



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
103.2kcal 431.6kJ	1.7g LOW	0.3g LOW	1.9g LOW	126.7mg LOW
5%	2%	1%	4%	6%

VEGETARIAN LUNCH – KUNG PAO VEGETABLES WITH
NOODLES, VEGETABLE DUMPLING, STIR FRY
VEGETABLES AND HONEY DEW MELON

DESSERT – CARAMEL CUSTARD (OPTIONAL)

THE FARMHOUSE MENU – 24 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



WEDNESDAY

SNACKS
(SERVED WITH CUT
FRUITS)

SNACK - ALLERGENS

LUNCH
NON-VEGETARIAN

NON-VEG ALLERGENS

LUNCH
VEGETARIAN

VEG (ALLERGENS)

DESSERT

DESSERT (ALLERGENS)

SCRAMBLED EGG WITH
TOAST

Gluten, Milk, Egg

ROASTED BEEF WITH
GRAVY, YORKSHIRE
PUDDING, ROASTED
POTATO, CUCUMBER
STICKS AND SEEDLESS
GRAPES

Gluten, Egg, Celery

MUSHROOM BALL WITH
TOMATO COULIS, SWEET
CORN, ROASTED POTATO,
CUCUMBER STICK AND
SEEDLESS GRAPES

Gluten, Celery

BANANA CREPES

Gluten, Milk, Egg



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
97.7kcal 408.7kJ	3.4g MED	1.2g LOW	4.0g LOW	52.5mg LOW
5%	4%	6%	8%	2%

NON-VEG LUNCH - ROASTED BEEF WITH GRAVY,
YORKSHIRE PUDDING, ROASTED POTATO, CUCUMBER
STICKS AND SEEDLESS GRAPES

DESSERT – BANANA CREPES (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

- FS1–Y6: Medium portion (300 g)
- Y7 onwards: Large portion (450 g)

•Snacks and desserts are not included in this nutritional information.



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
73.4kcal 307.3kJ	1.4g LOW	0.2g LOW	3.9g LOW	55.5mg LOW
4%	2%	1%	8%	2%

VEGETARIAN LUNCH – MUSHROOM BALL WITH
TOMATO COULIS, SWEET CORN, ROASTED POTATO,
CUCUMBER STICK AND SEEDLESS GRAPES

DESSERT – BANANA CREPES (OPTIONAL)

THE FARMHOUSE MENU – 25 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



THURSDAY

SNACKS
(SERVED WITH CUT
FRUITS)

CLASSIC TOMATO CHEESE
SANDWICH

SNACK - ALLERGENS

Gluten, Milk

LUNCH
NON-VEGETARIAN

STIR FRY CHICKEN AND
VEGETABLES WITH
STEAMED RICE, GYOZA
AND SLICED
WATERMELON

NON-VEG ALLERGENS

Celery, Soya

LUNCH
VEGETARIAN

STIR FRY VEGETABLES
WITH STEAMED RICE,
GYOZA & SLICED
WATERMELON

VEG (ALLERGENS)

Celery, Soya

DESSERT

BREAD PUDDING

DESSERT (ALLERGENS)

Gluten, Milk, Egg



per serving (100g)

ENERGY	FAT	SATURATES	SUGARS	SODIUM
137.2kcal 573.9kJ	2.3g LOW	0.3g LOW	0.6g LOW	202.7mg LOW
7%	3%	2%	1%	9%

NON-VEG LUNCH - STIR FRY CHICKEN AND VEGETABLES
WITH STEAMED RICE, GYOZA AND SLICED WATERMELON

DESSERT – BREAD PUDDING (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

• FS1–Y6: Medium portion (300 g)

• Y7 onwards: Large portion (450 g)

• **Snacks and desserts are not included** in this nutritional information.



per serving (100g)

ENERGY	FAT	SATURATES	SUGARS	SODIUM
101.2kcal 423.6kJ	1.1g LOW	0.1g LOW	0.8g LOW	129.1mg LOW
5%	1%	1%	2%	6%

VEGETARIAN LUNCH – STIR FRY VEGETABLES WITH
STEAMED RICE, GYOZA & SLICED WATERMELON

DESSERT – BANANA PUDDING (OPTIONAL)

THE FARMHOUSE MENU – 26 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



FRIDAY

SNACKS
(SERVED WITH CUT
FRUITS)

FRENCH TOAST WITH
BERRY COMPOTE

SNACK - ALLERGENS

Gluten, Milk, Egg

LUNCH
NON-VEGETARIAN

NO LUNCH

NON-VEG ALLERGENS

LUNCH
VEGETARIAN

NO LUNCH

VEG (ALLERGENS)

DESSERT

NO DESSERT

DESSERT (ALLERGENS)

THE FARMHOUSE MENU – 29 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



SNACKS
(SERVED WITH CUT
FRUITS)

SNACK - ALLERGENS

LUNCH
NON-VEGETARIAN

NON-VEG ALLERGENS

LUNCH
VEGETARIAN

VEG (ALLERGENS)

DESSERT

DESSERT (ALLERGENS)

MEATLESS MONDAY

SPINACH AND CHERRY
TOMATO FRITATTAS

Gluten, Milk, Egg

ALFREDO PASTA WITH
GARLIC BREAD,
BROCCOLI, CARROT &
SLICED ORANGE

Gluten, Milk, Celery

PLANT BASED NUGGETS
WITH ROASTED POTATO,
BROCCOLI, CARROT,
HOMEMADE TOMATO
KETCHUP & SLICED
ORANGE

Gluten, Milk, Soya

MERINGUE NEST &
BERRIES

Egg



per serving (100g)

ENERGY	FAT	SATURATES	SUGARS	SODIUM
97.5kcal 407.8kJ	2.6g LOW	1.1g LOW	2.1g LOW	52.5mg LOW
5%	3%	6%	4%	2%

MEATLESS LUNCH – ALFREDO PASTA WITH GARLIC BREAD,
BROCCOLI, CARROT & SLICED ORANGE

DESSERT – MERINGUE NEST & BERRIES (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

• FS1–Y6: Medium portion (300 g)

• Y7 onwards: Large portion (450 g)

•Snacks and desserts are not included in this nutritional information.



per serving (100g)

ENERGY	FAT	SATURATES	SUGARS	SODIUM
83.7kcal 350.0kJ	1.6g LOW	0.3g LOW	3.9g LOW	104.4mg LOW
4%	2%	2%	8%	5%

VEGETARIAN LUNCH – PLANT BASED NUGGETS WITH
ROASTED POTATO, BROCCOLI, CARROT, HOMEMADE
TOMATO KETCHUP & SLICED ORANGE

DESSERT - MERINGUE NEST & BERRIES (OPTIONAL)

THE FARMHOUSE MENU – 30 SEPTEMBER

SNACKS – AED 12, LUNCH – AED 20/25 & DESSERT – AED 10



TUESDAY

SNACKS
(SERVED WITH CUT
FRUITS)

FRENCH VANILLA TOAST
WITH BERRY COMPOTE

SNACK - ALLERGENS

Gluten, Milk, Egg

LUNCH
NON-VEGETARIAN

HERBED ROASTED
CHICKEN WITH PINK
SAUCE, PASTA,
CAULIFLOWER,
COURGETTE & PEAR
WEDGES

NON-VEG ALLERGENS

Gluten, Celery, Milk

LUNCH
VEGETARIAN

VEGETABLE CHUNKS
WITH PINK SAUCE, PASTA,
CAULIFLOWER,
COURGETTE & PEAR
WEDGES

VEG (ALLERGENS)

Gluten, Celery, Milk

DESSERT

FRUIT PIZZA

DESSERT (ALLERGENS)

Milk



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
99.3kcal 415.7kJ	1.7g LOW	0.3g LOW	2.1g LOW	102.2mg LOW
5%	2%	1%	4%	4%

NON-VEG LUNCH - HERBED ROASTED CHICKEN WITH PINK SAUCE, PASTA, CAULIFLOWER, COURGETTE & PEAR WEDGES

DESSERT – FRUIT PIZZA (OPTIONAL)

Please note:

•The nutrition facts provided are calculated per **100 g serving** and apply **only to the main dish combo**.

Typical serving sizes are:

• FS1–Y6: Medium portion (300 g)

• Y7 onwards: Large portion (450 g)

•Snacks and desserts are not included in this nutritional information.



per serving (100g)				
ENERGY	FAT	SATURATES	SUGARS	SODIUM
87.7kcal 367.0kJ	0.9g LOW	0.1g LOW	1.9g LOW	65.0mg LOW
4%	1%	0%	4%	3%

VEGETARIAN LUNCH – VEGETABLE CHUNKS WITH PINK SAUCE, PASTA, CAULIFLOWER, COURGETTE & PEAR WEDGES

DESSERT – FRUIT PIZZA(OPTIONAL)