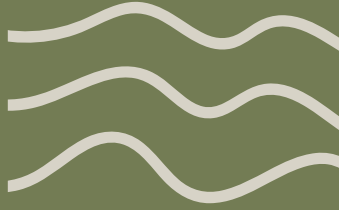




THE FARMHOUSE MENU



OCTOBER

GET IN TOUCH:

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

THEFARMHOUSE@THEARBORSCHOOL.AE

THE FARMHOUSE MENU – WEEK 2 MENU (01 – 03 OCTOBER)

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



	WEDNESDAY	THURSDAY	FRIDAY
SNACKS (SERVED WITH CUT FRUITS)	CHICKEN CAESAR SANDWICH	OATMEAL PANCAKE WITH BERRY COMPOTE	CREAM CHEESE CUCUMBER SANDWICH
SNACK - ALLERGENS	Gluten, Milk, Egg, Soya	Gluten, Milk, Egg	Gluten, Milk
LUNCH NON-VEGETARIAN	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	Milk	Gluten, Celery, Soya	
LUNCH VEGETARIAN	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, Celery	Gluten, Celery	
DESSERT	MANGO & BERRY BAKED YOGHURT	SWISS ROLL	NO DESSERT
DESSERT (ALLERGENS)	Milk	Gluten, Milk, Egg	

THE FARMHOUSE MENU – WEEK 3 MENU (06 – 10 OCTOBER)

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



	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS (SERVED WITH CUT FRUITS)	MIXED VEGETABLES SCRAMBLED EGG WITH TOAST	SWEET POTATO PANCAKE WITH BERRY COMPOTE	SPINACH AND CHERRY TOMATO FRITATTAS	CARAMELIZED BANANA FRENCH TOAST WITH BERRY COMPOTE	TURKEY & CHEESE SANDWICH
SNACK - ALLERGENS	Gluten, Milk, Egg	Gluten, Milk, Egg	Gluten, Milk, Egg, Soya	Gluten, Milk, Egg	Gluten, Milk,
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	APPLE CRUMBLE	SWISS ROLL	UMM ALI	NO DESSERT
DESSERT (ALLERGENS)	Gluten, Egg, Milk	Milk, Gluten	Gluten, Milk, Egg	Gluten, Egg, Milk	

THE FARMHOUSE MENU – WEEK 4 MENU (13 – 17 OCTOBER)

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

MUSHROOM SCRAMBLED
EGG WITH TOAST

OATMEAL PANCAKE
WITH BERRY COMPOTE

BEEF STEAK MELT PANINI

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

CARAMEL CUSTARD

BLUEBERRY MUFFIN

BAKED YOGHURT WITH
BERRIES

CARAMELIZED PEARS

NO DESSERT

DESSERT (ALLERGENS)

Milk, Egg

Gluten, Milk, Egg

Milk

Gluten, Milk

THE FARMHOUSE MENU – WEEK 1 MENU (20 – 24 OCTOBER)

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

CREAM CHEESE
CUCUMBER SANDWICH

OATMEAL PANCAKE
WITH BERRY COMPOTE

CLASSIC CHEESE &
TOMATO SANDWICH

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

BANANA BREAD

MERINGUE NEST &
BERRIES

BANANA CREPES

BREAD PUDDING

NO DESSERT

DESSERT (ALLERGENS)

Gluten, Milk, Egg

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	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	CHICKEN CAESAR 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	CARAMEL CUSTARD	OATMEAL COOKIE	MANGO & BERRY BAKED YOGHURT	SWISS ROLL	NO DESSERT
DESSERT (ALLERGENS)	Milk, Egg	Gluten, Milk, Egg	Milk	Gluten, Milk, Egg	