

THE FARMHOUSE MENU – WEEK 1 MENU (05-09 JANUARY)

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



	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS	PANCAKE WITH BERRY COMPOTE	MARGARITTA PIZZA	SCRAMBLED EGG WITH TOAST	BAGEL CHIPS, HUMMUS AND CRUDITIES	CAESAR WRAP
SNACK - (ALLERGENS)	Gluten, Milk, Egg	Gluten, Dairy	Gluten, Milk, Egg	Gluten	Gluten, Milk, Egg
LUNCH NON-VEGETARIAN	PASTA TOMATO BASIL SAUCE, BREAD BROCCOLI & ROCK MELON	CHICKEN TERIYAKI NOODLES, VEGETABLE DUMPLING, STIR FRY VEGETABLES & RED APPLE	ROASTED BEEF WITH GRAVY, MASH POTATO, CUCUMBER STICKS AND GRAPES	STIR FRY CHICKEN WITH STEAMED RICE AND SLICED WATERMELON	NO LUNCH
NON-VEG – (ALLERGENS)	Gluten, Milk	Gluten, Soya	Gluten, Milk	Soya, Gluten	
LUNCH VEGETARIAN	CAULIFLOWER GRATIN, BREAD, BROCCOLI & ROCK MELON	VEGETABLE TERIYAKI NOODLES, VEGETABLE DUMPLING, STIR FRY VEGETABLES AND RED APPLE	MUSHROOM BALL WITH TOMATO COULIS, MASH POTATO, CUCUMBER STICK AND GRAPES	STIR FRY VEGETABLES WITH STEAMED RICE, VEGETABLES, SLICED WATERMELON	NO LUNCH
VEG (ALLERGENS)	Gluten, Milk, Soya	Gluten, Soya	Gluten, Milk	Soya, Gluten	
DESSERT	OATMEAL COOKIE	ECLAIRS	BANANA CREPES	DATES CAKE	NO DESSERT
DESSERT (ALLERGENS)	Gluten, Milk, Egg	Gluten, Milk, Egg	Gluten, Milk, Egg	Gluten, Milk, Egg	

THE FARMHOUSE MENU – WEEK 2 MENU (12 – 16 JANUARY)

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



	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS	VEGETABLE PIZZA	FRENCH VANILLA TOAST WITH BERRY COMPOTE	CHEESE & TOMATO SANDWICH	OATMEAL PANCAKE WITH BERRY COMPOTE	CREAM CHEESE CUCUMBER SANDWICH
SNACK – (ALLERGENS)	Gluten, Milk	Gluten, Milk, Egg	Gluten, Milk	Gluten, Milk, Egg	Gluten, Milk, Egg
LUNCH NON-VEGETARIAN	SPAGHETTI TOMATO SAUCE WITH BREAD, BROCCOLI, CARROT & SLICED ORANGE	BEEF BOLOGNAISE WITH , BAKED POTATO, VEGETABLES, TORTILLA AND SLICED RED APPLE	ROASTED CHICKEN WITH MUSROOM SAUCE ,STEAM RICE, CARROT STICK & PEAR WEDGES	BEEF COTTAGE PIE WITH CUCUMBER STICK, & BREAD, WATERMELON	NO LUNCH
NON-VEG (ALLERGENS)	Gluten, Milk,	Gluten	Gluten, Milk	Gluten, Milk	Gluten
LUNCH VEGETARIAN	PLANT BASED NUGGETS WITH ROASTED POTATO, BROCCOLI, CARROT, HOMEMADE TOMATO KETCHUP & SLICED ORANGE	RATATOUILLE WITH BAKED POTATO, VEGETABLES, TORTILLA AND SLICED RED APPLE	VEGETABLE CHUNKS WITH MUSROOM SAUCE , STEAM RICE, , CARROT STICK & PEAR WEDGES	VEGETABLE COTTAGE PIE & WITH CUCUMBER STICK, BREAD & WATERMELON	NO LUNCH
VEG (ALLERGENS)	Gluten, Soya	Gluten, Milk	Gluten, Milk	Gluten	
DESSERT	MERINGUE NEST & BERRIES	BLUEBERRY MUFFIN	MANGO & BERRY BAKED YOGHURT	SWISS ROLL	NO DESSERT
DESSERT (ALLERGENS)	Egg	Gluten, Milk, Egg	Milk	Gluten, Milk, Egg	

THE FARMHOUSE MENU – WEEK 3 MENU (19 – 23 JANUARY)

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



	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS	SWEET POTATO PANCAKE WITH BERRY COMPOTE	CHEESE MANAKEESH	MARGARITA PIZZA	CARAMELIZED BANANA FRENCH TOAST WITH BERRY COMPOTE	CHICKEN CAESAR WRAP
SNACK – (ALLERGENS)	Gluten, Milk, Egg	Gluten, Milk	Gluten, Milk	Gluten, Milk, Egg	Gluten, Milk, Egg, Mustard
LUNCH NON-VEGETARIAN	MACARONI & CHEESE WITH GRILLED VEGETABLES, TOASTED BREAD & MIXED MELONS	BAKED ZINGER CHICKEN, POTATO WEDGES, KALE & QUINOA SALAD & SLICED APPLE,	CHICKEN PULAO (NON-SPICY) WITH TIKKA SAUCE, CHAPPATHY, CUCUMBER & SLICED WATERMELON	BEEF LASAGNE WITH CORN ON THE COB, CARROT STICK & ORANGE	NO LUNCH
NON-VEG (ALLERGENS)	Gluten, Milk	Gluten, Milk, Egg, Soya	Gluten, Milk	Gluten, Milk	
LUNCH VEGETARIAN	PLANT BASED POPS WITH MASHED POTATO , MUSHROOM SAUCE, GREEN SALAD & MIXED MELON,	PLANT BASED PATTY, POTATO WEDGES, KALE & QUINOA SALAD & SLICED APPLE	VEGETABLE PULAO (NON-SPICY) WITH TIKKA SAUCE, CHAPPATHY, CUCUMBER & SLICED WATERMELON	VEGETABLE LASAGNE WITH CORN ON THE COB, CARROT STICK & ORANGE	NO LUNCH
VEG (ALLERGENS)	Milk, Gluten, Soya	Gluten, Milk, Soya	Gluten, Milk	Gluten, Milk	
DESSERT	CARROT BREAD	APPLE CRUMBLE	PUMPKIN BREAD	CRANBERRY COOKIE	NO DESSERT
DESSERT (ALLERGENS)	Gluten, Milk, Egg	Gluten, Milk	Gluten, Milk, Egg	Gluten, Milk, Egg	

THE FARMHOUSE MENU – WEEK 4 MENU (26 – 30 JANUARY)

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



MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SNACKS

FRENCH TOAST WITH
BERRY COMPOTE

CHICKEN PIZZA

MIXED VEGETABLES
SCRAMBLED EGG WITH
TOAST

PANCAKE WITH BERRY
COMPOTE

TURKEY CHEESE
SANDWICH

SNACK – (ALLERGENS)

Gluten, Milk, Egg

Gluten, Milk

Gluten, Milk, Egg

Gluten, Milk, Egg

Gluten, Milk, Egg, Mustard

LUNCH NON-VEGETARIAN

PENNE ARABIATTA,
CUCUMBER STICK, BREAD
ROLL & MIX FRUIT

CRUMBED CHICKEN
KATSU WITH CURRY
SAUCE, RICE, ASIAN SLAW
& PEARS

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

BEEF STROGANOFF WITH
RICE, CAPRESE SALAD &
MELON

NO LUNCH

NON-VEG (ALLERGENS)

Gluten, Milk,

Gluten, Milk, Egg, Soya

Gluten, Milk

Gluten, Milk

LUNCH VEGETARIAN

PLANT BASED KOFTA
WITH KABSA RICE,
CUCUMBER STICK & MIX
FRUIT

CRUMBED VEGETABLE
STICK WITH STEAMED
RICE, ASIAN SLAW & PEARS

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

MUSHROOM
STROGANOFF WITH
STEAM RICE, CAPRESE
SALAD & MELON

NO LUNCH

VEG (ALLERGENS)

Milk, Soya

Gluten, Milk

Gluten, Milk

Gluten, Milk

DESSERT

BANANA BREAD

VANILLA BERRY SPONGE

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 (02-06 FEBRUARY)

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



	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS	PANCAKE WITH BERRY COMPOTE	MARGARITTA PIZZA	SCRAMBLED EGG WITH TOAST	BAGEL CHIPS, HUMMUS AND CRUDITIES	CAESAR WRAP
DESSERT (ALLERGENS)	Gluten, Milk, Egg	Gluten, Dairy	Gluten, Milk, Egg	Gluten	Gluten, Milk, Egg
LUNCH NON-VEGETARIAN	PASTA TOMATO BASIL SAUCE, BREAD BROCCOLI & ROCK MELON	CHICKEN TERIYAKI NOODLES, VEGETABLE DUMPLING, STIR FRY VEGETABLES & RED APPLE	ROASTED BEEF WITH GRAVY, MASH POTATO, CUCUMBER STICKS AND GRAPES	STIR FRY CHICKEN WITH STEAMED RICE AND SLICED WATERMELON	NO LUNCH
NON-VEG (ALLERGENS)	Gluten, Milk	Gluten, Soya	Gluten, Milk	Soya, Gluten	
LUNCH VEGETARIAN	CAULIFLOWER GRATIN, BREAD, BROCCOLI & ROCK MELON	VEGETABLE TERIYAKI NOODLES, VEGETABLE DUMPLING, STIR FRY VEGETABLES AND RED APPLE	MUSHROOM BALL WITH TOMATO COULIS, MASH POTATO, CUCUMBER STICK AND GRAPES	STIR FRY VEGETABLES WITH STEAMED RICE, VEGETABLES, SLICED WATERMELON	NO LUNCH
VEG (ALLERGENS)	Gluten, Milk, Soya	Gluten, Soya	Gluten, Milk	Soya, Gluten	
DESSERT	OATMEAL COOKIE	ECLAIRS	BANANA CREPES	DATES CAKE	NO DESSERT
DESSERT (ALLERGENS)	Gluten, Milk, Egg	Gluten, Milk, Egg	Gluten, Milk, Egg	Gluten, Milk, Egg	

THE FARMHOUSE MENU – WEEK 2 MENU (09 – 13 FEBRUARY)

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



	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS	VEGETABLE PIZZA	FRENCH VANILLA TOAST WITH BERRY COMPOTE	CHEESE & TOMATO SANDWICH	OATMEAL PANCAKE WITH BERRY COMPOTE	CREAM CHEESE CUCUMBER SANDWICH
SNACK - ALLERGENS	Gluten, Milk	Gluten, Milk, Egg	Gluten, Milk	Gluten, Milk, Egg	Gluten, Milk, Egg
LUNCH NON-VEGETARIAN	SPAGHETTI TOMATO SAUCE WITH BREAD, BROCCOLI, CARROT & SLICED ORANGE	BEEF BOLOGNAISE WITH , BAKED POTATO, VEGETABLES, TORTILLA AND SLICED RED APPLE	ROASTED CHICKEN WITH MUSROOM SAUCE ,STEAM RICE, CARROT STICK & PEAR WEDGES	BEEF COTTAGE PIE WITH CUCUMBER STICK, & BREAD, WATERMELON	NO LUNCH
NON-VEG ALLERGENS	Gluten, Milk,	Gluten	Gluten, Milk	Gluten, Milk	Gluten
LUNCH VEGETARIAN	PLANT BASED NUGGETS WITH ROASTED POTATO, BROCCOLI, CARROT, HOMEMADE TOMATO KETCHUP & SLICED ORANGE	RATATOUILLE WITH BAKED POTATO, VEGETABLES, TORTILLA AND SLICED RED APPLE	VEGETABLE CHUNKS WITH MUSROOM SAUCE , STEAM RICE, , CARROT STICK & PEAR WEDGES	VEGETABLE COTTAGE PIE & WITH CUCUMBER STICK, BREAD & WATERMELON	NO LUNCH
VEG (ALLERGENS)	Gluten, Soya	Gluten, Milk	Gluten, Milk	Gluten	
DESSERT	MERINGUE NEST & BERRIES	BLUEBERRY MUFFIN	MANGO & BERRY BAKED YOGHURT	SWISS ROLL	NO DESSERT
DESSERT (ALLERGENS)	Egg	Gluten, Milk, Egg	Milk	Gluten, Milk, Egg	

THE FARMHOUSE MENU – WEEK 3 MENU (16-20 FEBRUARY)

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



	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS	SWEET POTATO PANCAKE WITH BERRY COMPOTE	CHEESE MANAKEESH	MARGARITA PIZZA	CARAMELIZED BANANA FRENCH TOAST WITH BERRY COMPOTE	CHICKEN CAESAR WRAP
SNACK – (ALLERGENS)	Gluten, Milk, Egg	Gluten, Milk	Gluten, Milk	Gluten, Milk, Egg	Gluten, Milk, Egg, Mustard
LUNCH NON-VEGETARIAN	MACARONI & CHEESE WITH GRILLED VEGETABLES, TOASTED BREAD & MIXED MELONS	BAKED ZINGER CHICKEN, POTATO WEDGES, KALE & QUINOA SALAD & SLICED APPLE,	CHICKEN PULAO (NON-SPICY) WITH TIKKA SAUCE, CHAPPATHY, CUCUMBER & SLICED WATERMELON	BEEF LASAGNE WITH CORN ON THE COB, CARROT STICK & ORANGE	NO LUNCH
NON-VEG (ALLERGENS)	Gluten, Milk	Gluten, Milk, Egg, Soya	Gluten, Milk	Gluten, Milk	
LUNCH VEGETARIAN	PLANT BASED POPS WITH MASHED POTATO , MUSHROOM SAUCE, GREEN SALAD & MIXED MELON,	PLANT BASED PATTY, POTATO WEDGES, KALE & QUINOA SALAD & SLICED APPLE	VEGETABLE PULAO (NON-SPICY) WITH TIKKA SAUCE, CHAPPATHY, CUCUMBER & SLICED WATERMELON	VEGETABLE LASAGNE WITH CORN ON THE COB, CARROT STICK & ORANGE	NO LUNCH
VEG (ALLERGENS)	Milk, Gluten, Soya	Gluten, Milk, Soya	Gluten, Milk	Gluten, Milk	
DESSERT	CARROT BREAD	APPLE CRUMBLE	PUMPKIN BREAD	CRANBERRY COOKIE	NO DESSERT
DESSERT (ALLERGENS)	Gluten, Milk, Egg	Gluten, Milk	Gluten, Milk, Egg	Gluten, Milk, Egg	