## FARLEIGHfood

## Lunch Menu

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Soup | Roasted root vegetable | French onion | Cauliflower cheese | Spiced red lentil | Sweet potato \& chilli | Chef's choice | N/A |
| Main Course | Authentic chicken tikka masala | Butcher's sausages with onion gravy | Chicken shawarma, tzatziki, pickled red onion, roasted peppers, warm flatbread | Roast loin of pork with gravy and apple sauce | Breaded cod, tartare sauce \& lemon wedges | Spanish chicken | Honey mustard glazed gammon \& redcurrant gravy |
| Vegetarian | Aubergine, spinach \& chickpea masala; jacket potato | Quorn sausages; jacket potato | Mixed beans with peppers, red onion, lime \& coriander; jacket potato | Mediterranean roasted vegetables \& feta strudel; jacket potato | Spicy bean burger; jacket potato | Wild mushroom \& chive risotto | Quorn roast, stuffing |
| Vegan | Aubergine, spinach \& chickpea masala | Quorn sausages | Mixed beans with peppers, red onion, lime \& coriander | Mediterranean roasted vegetables \& feta strudel | Spicy bean burger | Wild mushroom \& chive risotto | Quorn roast, stuffing |
| Gluten, Dairy, Soya \& Egg Free | Authentic chicken tikka masala | Gluten free sausages, new potatoes | Chicken shawarma, tzatziki, pickled red onion, roasted peppers | Roast loin of pork with gravy and apple sauce | GF cod | Spanish chicken | Honey mustard glazed gammon \& redcurrant gravy |
| Pork Free | Authentic chicken tikka masala | Chicken sausages | Chicken shawarma | Roast chicken | Breaded cod, tartare sauce \& lemon wedges | Spanish chicken | Honey mustard glazed gammon \& redcurrant gravy |
| Pre-Prep | Authentic chicken tikka masala | Butcher's sausages with onion gravy | Chicken shawarma, mild chicken, separate vegetables, red rice | Roast loin of pork with gravy and apple sauce | Haddock goujons | N/A | N/A |
| Sides | Pilau rice | Mashed potatoes | Yellow rice | Roast potatoes | Chips | Patatas bravas | Roast potatoes |
|  | Garlic \& coriander naan bread | Peas | Broccoli | Braised red cabbage | Beans | Broccoli | Cauliflower cheese, braised red cabbage, sautéed leeks |
|  | Aloo gobi | Roasted carrots | Aromatic roast squash, peppers \& red onion | Honey roasted carrot | Peas | Spring greens \& sweetcorn | N/A |
| Hot Pudding | N/A | Pear crumble <br> \& cream | Neapolitan sponge \& cream | N/A | Dorset apple cake | N/A | N/A |
| Cold Pudding | Coconut flapjack | N/A | N/A | Chocolate cornflake cake | N/A | $\begin{array}{\|c\|} \hline \text { Yogurt, granola } \\ \& \\ \text { fruit compote } \\ \hline \end{array}$ | Apple pie \& vanilla ice-cream |
| Fruit | Mixed platter | Mixed platter | Mixed platter | Mixed platter | Mixed platter | Mixed platter | Mixed platter |

