FARLEIGH food

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
	Pilau rice	Mashed potatoes	Yellow rice	Roast potatoes	Chips	Patatas bravas	Roast potatoes
Sides	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 & 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	Yogurt, granola & fruit compote	Apple pie & vanilla ice-cream
Fruit	Mixed platter	Mixed platter	Mixed platter	Mixed platter	Mixed platter	Mixed platter	Mixed platter