



FARNBOROUGH HILL
WHOLEHEARTEDLY

Menu - Week One
(weeks beginning 22 January, 26 February, 25 March)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Pork meatball crunch Roast tomato and bean chilli and wholegrain rice	Thai green chicken curry Thai sweet potato and red pepper curry Chunky oriental vegetable curry	Chicken and vegetable pie Steak pie Butternut squash and goats cheese pie	Roast chicken Roast pork sage and onion stuffing Root vegetable casserole and dumplings	Battered fish Breaded haddock Spinach and ricotta cannelloni
ON THE SIDE	Broccoli Green beans	Thai inspired salads Long grain rice Prawn crackers	Mashed potato Country garden vegetables Gravy	Roast potatoes Carrots and green beans Gravy	Chips Peas Mushy peas Lemon wedge Tartar sauce
DAILY FAVOURITES	Jacket potato with a selection of fillings - Soup of the day - Salad - Sandwiches - Pasta and sauce				
HOT DESSERTS	Apple crumble and custard	Jaffa pudding	Jam sponge and custard		Flapjack
DAILY SWEET TREATS	Assorted cold desserts - Yoghurt - Fresh fruit				