

BEN'S FARMHOUSE

LFIGP OUD METHA MENU WITH PM SNACK

WEEK 1 // Dates: 31.08.26-03.09.26

MENU	Monday	Tuesday	Wednesday	Gourmet Thursday
NON -VEG (OPTION 1)	Beef Stroganoff with Mashed Potato (GF)	Greek Chicken and Pea Stew (Arakas), Greek Lemon Rice (GF)(DF)	Italian Beef Lasagne finished with Basil Oil (E)	Classic Steak Frites Pan-seared beef, Truffle mash & Wild Mushroom Sauce (GF)
VEGETARIAN	Mushroom Stroganoff with Mashed Potato (V) (GF)	Briam (Greek-Style Roasted Ratatouille) with Feta Cheese and Greek Lemon Rice (V) (GF)	Vegetarian Lentil Lasagne finished with Basil Oil (V)(E)	Artisan Penne Primavera (V) Garden Vegetable ,Olive oil & Aged Parmesan
VEGETABLES	Steamed Snow Peas (V)(VG)(DF)(GF)	Herb-Roasted Cauliflower (V)(VG)(DF)(GF)	Steamed Carrots (V)(VG)(DF)(GF)	Fire- Roasted Corn on the Cob Gently BBQ-Seasoned (V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD OF THE DAY (V) (VG) (GF) (DF) BREAD ROLL	SALAD OF THE DAY (V) (VG) (GF) (DF) BREAD ROLL	SALAD OF THE DAY (V) (VG) (GF) (DF) BREAD ROLL	Rocket, Mixed Leaves, Cherry Tomato Roasted Pumpkin Seeds Balsamic Lemon Dressing (V) (VG) (GF) (DF)/ Warm Garlic & Herb Baguette (V)
DESSERT	Fruit Salad or Dessert of the Day or Yogurt	Fruit Salad or Dessert of the Day or Yogurt	Fruit Salad or Dessert of the Day or Yogurt	Fruit Salad or Dessert of the Day or Yogurt
PM SNACK	Skinny Blueberry Muffin (V)(E)	Akawi Cheese Fatayer (V)	Oat and Raisin Cookie (V)(E)	Watermelon Jar (V)(VG)(GF)(DF)

Allergens indication :

Average calories per a day:
580 - 650 calories

(V) – Vegetarian/ (VG) – Vegan / (GF) – Gluten free/ DF) – Dairy free / (E) – Contains egg/ (F) – Fish / (S) - Contains soya/ (MU) - Mustard

BEN'S
FARMHOUSE

LFIGP OUD METHA WITH PM SNACK
WEEK 2 // Dates: 07.09.26 - 10.09.26

MENU	Monday	Tuesday	Wednesday	
NON -VEG (OPTION 1)	Rustic Italian Chicken Alfredo with Fusilli Pasta	Peruvian-Style Beef Saltado with Fragrant Java Rice (GF)	Fish & Homemade Triple Cooked Chips (F) (E) with Homemade Lemon & Herb Lowfat Mayo	Slow-Cooked Moroccan Beef Tagine with Fragrant Couscous (DF)
VEGETARIAN	Italian Mixed Mushroom Alfredo with Fusilli Pasta (V)	Peruvian-Style Tofu Saltado with Fragrant Java Rice (V) (GF) (DF)	Homestyle Root Vegetable Butter Beans Pie with Homemade Chips and Vegetable Gravy (V) (E)	Tajine de Légumes – Moroccan Vegetable Tagine with Fragrant Couscous (V) (GF) (DF)
VEGETABLES	Lightly Steamed Broccoli Florets (V) (VG) (GF) (DF)	Lemon and Herb Quinoa with Roasted Mixed Vegetables (V) (VG) (GF) (DF)	Minted Steamed Garden Peas (V)(VG)(DF)(GF)	Moroccan Chermoula-Roasted Vegetables (V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD OF THE DAY (V) (VG) (GF) (DF) BREAD ROLL	SALAD OF THE DAY (V) (VG) (GF) (DF) BREAD ROLL	SALAD OF THE DAY (V) (VG) (GF) (DF) BREAD ROLL	Atlas Mountain Salad with Lemon Oil Dressing (V) (VG) (GF) (DF)/ Rustic Moroccan Khobz (E)
DESSERT	Fruit Salad or Dessert of the Day or Yogurt	Fruit Salad or Dessert of the Day or Yogurt	Fruit Salad or Dessert of the Day or Yogurt	Moroccan Orange and Cinnamon-Spiced Cake
PM SNACK	Three Cheese Twist (V)	Egg Free Chocolate Chip Cookie (V)(VG)(DF)	Vanilla Chocolate Chunk Muffin (V)(E)(S)	Mixed Grape Jar (V)(VG)(DF)(GF)

Allergens indication :

(V) – Vegetarian/ (VG) – Vegan / (GF) – Gluten free/ DF) – Dairy free / (E) – Contains egg/ (F) – Fish / (S) - Contains soya/ (MU) - Mustard

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LFIGP OUD METHA MENU WITH PM SNACK
WEEK 3 // Dates: 14.09.26 - 17.09.26

MENU	Monday	Tuesday	Wednesday	Gourmet Thursday
NON -VEG (OPTION 1)	Classic Chicken Tikka Curry with Fragrant Jeera Rice (DF)	Mediterranean-Style Fish Cake (F) (E) with Tomato Pomodoro and Fragrant Herb Couscous	Mongolian-Style Beef with Wok-Tossed Egg Noodles (S)(E)(DF)	Slow-Roasted Lemon & Herb Lamb Shoulder with Yoghurt Sauce Serve with Fragrant Lemon Herb Barley
VEGETARIAN	Paneer and Vegetable Tikka Curry with Fragrant Jeera Rice (V) (GF)	Mediterranean Roasted Vegetables with Tomato-Herb Couscous and Edamame (V) (VG) (DF)	Mongolian-Style Tofu with Wok-Tossed Egg Noodles (V)(S)(E)(DF)	Baked Vegetable & Chickpea Kofta with Yoghurt Sauce Served with Fragrant Lemon herb Barley (V)
VEGETABLES	Tandoori-Roasted Cauliflower Florets (V) (VG) (GF) (DF)	Garden Sweetcorn and Baby Carrots (V) (VG) (GF) (DF)	Stir-Fried Pak Choi and Green Beans (V) (VG) (GF) (DF)	Roasted Courgette & Peppers with Fresh Herbs (V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD OF THE DAY (V) (VG) (GF) (DF) BREAD ROLL	SALAD OF THE DAY (V) (VG) (GF) (DF) BREAD ROLL	SALAD OF THE DAY (V) (VG) (GF) (DF) BREAD ROLL	Crisp Cabbage & Carrot Slaw with Light Lemon Dressing (GF)(V)/ Pita Bread (V)
DESSERT	Fruit Salad or Dessert of the Day or Yogurt	Fruit Salad or Dessert of the Day or Yogurt	Fruit Salad or Dessert of the Day or Yogurt	Milk Tart (V) (E)
PM SNACK	Apple Cinnamon Loaf (V)	Oat Raisin Flapjack (V)	Curried Potato Puff (V)	Pineapple Chunks Jar (V)(VG)(DF)(GF)

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FARMHOUSE

LFIGP OUD METHA MENU WITH PM SNACK
WEEK 4 // Dates: 21.09.26 - 24.09.26

MENU	Monday	Tuesday	Wednesday	Emirati Thursday
NON -VEG (OPTION 1)	Traditional Chicken Sausages with Fluffy Mashed Potato and Onion Gravy (E)	Penne Bolognese finished with Aged Parmesan	Oven-Baked Fish Goujons with Homestyle Potato Wedges and Homemade Tomato Sauce (E)(F)	Salona Dejjaj with Aish Emirati Chicken Salona with Traditional Emirati Rice (DF)
VEGETARIAN	Hearty Bean and Chickpea Casserole with Fluffy Mashed Potato and Onion Gravy (V) (GF)	Lentil Bolognese with Penne Pasta-(VG)(DF)	Baked Beans Stew with Homestyle Potato Wedges -(V) (VG)(DF)(GF)	Salonaat Adas wa Khodar with Aish Emirati Emirati Lentil & Vegetable Salona with Traditional Emirati Rice (V)(VG)(DF)
VEGETABLES	Garden Peas and Golden Sweetcorn (V) (VG) (GF) (DF)	Garden Green Bean Medley (V) (VG) (GF) (DF)	Steamed Broccoli Florets (V) (VG) (GF) (DF)	Khodar Mutabbal Emirati Style Emirati-Spiced seasonal vegetables (V) (VG)(DF)(GF)
SALAD OF THE DAY	SALAD OF THE DAY -(V) (VG) (GF) (DF)/ BREAD ROLL	SALAD OF THE DAY -(V) (VG) (GF) (DF)/ BREAD ROLL	SALAD OF THE DAY- (V) (VG) (GF) (DF)/ BREAD ROLL	Salata Tamat wa khiyar Emirati Traditional Emirati Tomato & Cucumber salad (V)(VG) (DF)(GF)/ Raqaq Bread (Fresh Emirati Flatbread)-(V)
DESSERT	Fruit Salad or Dessert of the Day or Yogurt	Fruit Salad or Dessert of the Day or Yogurt	Fruit Salad or Dessert of the Day or Yogurt	Nut-free Basbousa Traditional Semolina cake (E)(V)
PM SNACK	Oat and Raisin Cookie (V)(E)	Cheese Croissant (V)	Banana Bread Loaf (V)	Mixed Melon Jar (V)(VG)(DF)(GF)

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FARMHOUSE

LFIGP OUD METHA MENU WITH PM SNACK
WEEK 5 // Dates: 28.09.26 - 01.10.26

MENU	Monday	Tuesday	Wednesday	Gourmet Thursday
NON -VEG (OPTION 1)	Wok-Tossed Chicken Chow Mein with Hakka Noodles (S)(E)	Sweet & Sour Fish with Steamed Rice (DF)(F)	Traditional Cottage Pie Topped with Golden Mashed Potato (E)(G)	Lemon & Herb Roasted Salmon with Spanish Tomato & Pepper Rice (F)(S)(E)
VEGETARIAN	Vegetable and Tofu Chow Mein with Hakka Noodles (V)(S)(E)	Sweet & Sour Vegetable Paneer with Steamed Rice (V) (S)	Lentil and Vegetable Cottage Pie with Golden Mashed Potato (V) (E)	Mediterranean Chickpea & Vegetable Stew with Spanish Tomato & Pepper Rice (DF)(GF)(V)(VG)
VEGETABLES	Lightly Steamed Mangetout (V) (VG) (GF) (DF)	Steamed Pakchoi (V)(VG)(DF)(GF)	Garden Peas and Local Honey-Glazed Carrots (V) (VG) (GF) (DF)	Oven-Roasted Seasonal vegetables with Dried Herb Mix (V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD OF THE DAY (V) (VG) (GF) (DF)/ BREAD ROLL	SALAD OF THE DAY (V) (VG) (GF) (DF)/ BREAD ROLL	SALAD OF THE DAY (V) (VG) (GF) (DF)/ BREAD ROLL	Mediterranean Market Salad Tomatoes & cucumber with fresh herbs and a light citrus olive dressing (V)(VG)(DF)(GF) / Italian Focaccia Bread (E)(V)
DESSERT	Fruit Salad or Dessert of the Day or Yogurt	Fruit Salad or Dessert of the Day or Yogurt	Fruit Salad or Dessert of the Day or Yogurt	Blueberry Cheese Cake Bite (V)
PM SNACK	Egg Free Chocolate Chip Cookie (V)(VG)(DF)	Skinny Blueberry Oat Muffin (V)(E)	Akawi Cheese Fatayer (V)	Mixed Grape pot (V)(VG)(GF)(DF)

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LFIGP OUD METHA MENU WITH PM SNACK
WEEK 6 // Dates: 05.10.26 - 08.10.26

MENU	Monday	Tuesday	Wednesday	Cyprus Thursday
NON -VEG (OPTION 1)	Classic French Beef Bourguignon with Mashed Potato	Homemade Oven-Baked Fish Fingers with Blush Tomato Penne (F)(E)	Japanese Chicken Katsu Curry with Steamed Jasmine Rice (MU)(DF)	Kleftiko Slow- roasted Greek lamb with lemon, garlic & oregano (GF) (DF)
VEGETARIAN	French-Style Mixed Mushroom Bourguignon with Mashed Potato (V)(VG)(DF)(GF)	Mild Paneer and Vegetable Korma with Fresh Coriander (V)(VG)(DF)(GF)	Tofu Katsu Curry with Steamed Jasmine Rice (V) (VG) (MU) (DF)	Fasolakia Traditional Greek green beans stewed with chickpea tomato & herbs (V)(VG) (DF)(GF)
VEGETABLES	Fine French Beans (V) (VG) (GF) (DF)	Steamed Sweetcorn on the Cob (V) (VG) (GF) (DF)	Steamed Broccoli and Edamame (V) (VG) (GF) (DF)	Kolokithokeftedes Greek courgette fritters with herbs (V) (E)
SALAD OF THE DAY	SALAD OF THE DAY (V) (VG) (GF) (DF)/ BREAD ROLL	SALAD OF THE DAY (V) (VG) (GF) (DF)/ BREAD ROLL	SALAD OF THE DAY (V) (VG) (GF) (DF)/ BREAD ROLL	Cyprus Village Salad Tomato,Cucumber & herbs with a light lemon dressing (V)(VG)(DF)(GF) / Warm Pita Bread (V)
DESSERT	Fruit Salad or Dessert of the Day or Yogurt	Fruit Salad or Dessert of the Day or Yogurt	Fruit Salad or Dessert of the Day or Yogurt	Nut-Free Baklava Classic Greek-style pastry with syrup (E) (V)
PM SNACK	Oat Raisin Flapjack (V)	Three Cheese Twist (V)	Vanilla Chocolate Chunk Muffin (V)(E)(S)	Pineapple Chunks Jar (V)(VG)(GF)(DF)

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