

**BEN'S  
FARMHOUSE**

**LFIGP PRIMARY (AC2) MENU**  
**WEEK 1 // Dates: 31.08.26-03.09.26**

| MENU             | Monday                                            | Tuesday                                                                                | Wednesday                                                   | Gourmet Thursday                                                                                                                               |
|------------------|---------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| NON -VEGETARIAN  | Beef Stroganoff with Mashed Potato (GF)           | Greek Chicken and Pea Stew (Arakas),<br>Greek Lemon Rice (GF)(DF)                      | Italian Beef Lasagne<br>finished with Basil Oil (E)         | Classic Steak Frites Pan-seared beef,<br>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<br>finished with Basil Oil (V)(E) | Artisan Penne Primavera (V)<br>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<br>Gently BBQ-Seasoned (V)(VG)(DF)(GF)                                                                           |
| SALAD OF THE DAY | SALAD OF THE DAY (V) (VG) (GF) (DF)<br>BREAD ROLL | SALAD OF THE DAY (V) (VG) (GF) (DF)<br>BREAD ROLL                                      | SALAD OF THE DAY (V) (VG) (GF) (DF)<br>BREAD ROLL           | Rocket, Mixed Leaves, Cherry Tomato<br>Roasted Pumpkin Seeds<br>Balsamic Lemon Dressing (V) (VG) (GF) (DF)/<br>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                                                                                                    |

**Allergens indication :**

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

**Average calories per a day:  
580 -650 calories**

BEN'S  
FARMHOUSE

LFIGP PRIMARY (AC2) MENU  
WEEK 2 // Dates: 07.09.26 - 10.09.26

| MENU             | Monday                                                | Tuesday                                                                | Wednesday                                                                                 |                                                                                            |
|------------------|-------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| NON -VEGETARIAN  | 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                                                   |

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# BEN'S FARMHOUSE

## LFIGP PRIMARY (AC2) MENU

WEEK 3 // Dates: 14.09.26 - 17.09.26

| MENU             | Monday                                                             | Tuesday                                                                               | Wednesday                                                      | Gourmet Thursday                                                                                    |
|------------------|--------------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| NON -VEGETARIAN  | 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<br>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<br>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)<br>BREAD ROLL                  | SALAD OF THE DAY (V) (VG) (GF) (DF)<br>BREAD ROLL                                     | SALAD OF THE DAY (V) (VG) (GF) (DF)<br>BREAD ROLL              | Crisp Cabbage & Carrot Slaw with Light Lemon Dressing (GF)(V)/<br>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)                                                                                   |

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# BEN'S FARMHOUSE

## LFIGP PRIMARY (AC2) MENU

WEEK 4 // Dates: 21.09.26 - 24.09.26

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

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LFIGP PRIMARY (AC2) MENU  
WEEK 5 // Dates: 28.09.26 - 01.10.26

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

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LFIGP PRIMARY (AC2) MENU  
WEEK 6 // Dates: 05.10.26 - 08.10.26

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

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