BEN'S FARMHOUSE

LFIGP OUD METHA MENU WITH PM SNACK

WEEK 8 // Dates: 19.10.26-22.10.26

MENU	Monday	Tuesday	Wednesday	Indian Thursday
NON -VEGETARIAN	Chicken Casserole, Mashed Potato	Beef Con Carne, Tomato Rice (S)	Honey Soy Fish, Egg Noodles (S)(GF) (F)	Goan Chicken Curry,Basmati Rice (MU)
VEGETARIAN	Baked Jacket Potato with Toppoings (V)	Veggie Non Carne, Tomato Rice (V)	Honey Soy Tofu, Egg Noodles (S)(GF)	Goan Vegetable Curry, Basmati Rice (V)
VEGETABLES	Steamed Brocolli (V)(VG)(DF)(GF)	Corn On The Cob (V)(VG)(DF)(GF)	Mange Tout (V)(VG)(DF)(GF)	Peas w/ Mint (V)(VG)(DF)(GF)
SALAD OF THE DAY	Mixed Leaves Lemon Dressing (V) (VG) (GF) (DF)/ BREAD ROLL	Garden Salad Swwet Lime Dressing (V) (VG) (GF) (DF)/ BREAD ROLL	Asian Slaw (V)/ BREAD ROLL	Kachumber Salad Mint Dressing (V) (VG) (GF) (DF)/ BREAD ROLL (V)
DESSERT	Fruit Yoghurt (V)	Fruit Pot (V) (VG) (GF) (DF)	Fruit Yoghurt (V)	Gajar Ka Halwa (Nut-Free) (V)
PM SNACK	Shortbread Cookie (V)(E)	Apple Cinnamon Loaf (V)	Oat Raisin Flapjack (V)	Vanilla Muffin (V)

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 OUD METHA MENU WITH PM SNACK

WEEK 9 // Dates: 26.10.26-29.10.26

MENU	Monday	Tuesday	Wednesday	Gourmet Thursday
NON -VEGETARIAN	Chicken Teriyaki, Noodles (S)	Beef Bourguignon, Mashed Potato	Fish Cake, Potato Wedges (F)	Beef Saltado,Coriander Rice (S) (F)
VEGETARIAN	Baked Jacket Potato with Toppoings (V)	Mushroom & Aubergine Bourguignon, Mashed Potato (V)	Veggie Cakes, Potato Wedges (V)	Sweet Pepper Saltado, Coriander Rice (S) (F)
VEGETABLES	Sugar Snap & Bean sprouts (V) (VG) (GF) (DF)	Steamed Cauliflower (V) (VG) (GF) (DF)	Minted Steamed Garden Peas (V)(VG)(DF)(GF)	Roasted Corn (V)(VG)(DF)(GF)
SALAD OF THE DAY	Asian Salad (V) (VG) (GF) (DF)/ BREAD ROLL	Caesar Salad (V)/ BREAD ROLL	Coleslaw (V)/ BREAD ROLL	Greek Salad (V)(GF)
DESSERT	Fruit Yoghurt (V)	Fruit Pot (V) (VG) (GF) (DF)	Fruit Yoghurt (V)	Arroz Con Leche (V)
PM SNACK	Cheese Criossant (V)	Skinny Blueberry Muffin (V)(E)	Oat and Raisin Cookie (E)	Cheese & Tomato Twist (V)

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 OUD METHA MENU WITH PM SNACK

WEEK 10 // Dates: 02.11.26-05.11.26

MENU	Monday	Tuesday	Wednesday	Philippines Thursday
NON -VEG 1	Chicken Biryani, Raita (S)	Fish Goujon, Crushed Potato (F)	Beef Meatballs in Marinara, Fussilli Pasta	Chicken Adobo, Jasmine Rice (S)
VEGETARIAN	Baked Jacket Potato with Toppoings (V)	Veggie Goujons, Crushed Potato (V)	Veggie Balls in Marinara, Fussilli Pasta	Eggplant & Long Bean Adobo, Jasmine Rice (S)
VEGETABLES	Roasted Vegetable Marrow (V) (VG) (GF) (DF)	Braised Red Cabbage (V) (VG) (GF) (DF)	Roasted Carrots (V) (VG) (GF) (DF)	Pumpkin (V)(VG)(DF)(GF)
SALAD OF THE DAY	Kachumber (V) (VG) (GF) (DF) BREAD ROLL	Green Salad (V) (VG) (GF) (DF)/ BREAD ROLL	Italian Salad (V) (VG) (GF) (DF)/ BREAD ROLL	SALAD OF THE DAY (V) (VG) (GF) (DF)/ BREAD ROLL
DESSERT	Fruit Yoghurt (V)	Fruit Pot (V) (VG) (GF) (DF)	Fruit Yoghurt (V)	Maja Blanca (V)
PM SNACK	Cheese Manakeesh (V)	Egg-free Dark Chocolate Chip Cookie (VG)	Cheese & Tomato Twist (V)	Apple Cinnamon Loaf (V)

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 OUD METHA MENU WITH PM SNACK

WEEK 11 // Dates: 09.11.26-12.11.26

MENU	Monday	Tuesday	Wednesday	Gourmet Thursday
NON -VEGETARIAN	Beef Fried Rice (S) (E)	White Fish Pesto Pasta Bake (F)	Coconut Chicken Curry, Jasmine Rice	Beef Steak & Mushroom Sauce, Mash Potato
VEGETARIAN	Baked Jacket Potato with Toppoings (V)	Veggie Pesto Pasta Bake (S)	Paneer Coconut Curry, Jasmine Rice (V)	Cauliflower Steak & Mushroom Sauce, Mash Potato (V)
VEGETABLES	Stir Fried Vegetable (S)(V)	Peas and sweetcorn (V) (VG) (GF) (DF)	Local Pak Choy (V) (VG) (GF) (DF)	Garlic Green Beans (V) (VG) (GF) (DF)
SALAD OF THE DAY	Mixed Leaves Salad (V) (VG) (GF) (DF)/ BREAD ROLL	Caesar Salad -(V) / BREAD ROLL	Mixed Leaves Salad (V) (VG) (GF) (DF)/ BREAD ROLL	Green Salad (V) (VG) (GF) (DF)/ BREAD ROLL
DESSERT	Fruit Yoghurt (V)	Fruit Pot (V) (VG) (GF) (DF)	Fruit Yoghurt (V)	Apple Crumble & Custard (V)
PM SNACK	Oat and Raisin Cookie (V)(E)	Cheese Criossant (V)	Banana Bread Loaf (V)	Vanilla Muffin (V)

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 OUD METHA MENU WITH PM SNACK

WEEK 12 // Dates: 16.11.26-19.11.26

MENU	Monday	Tuesday	Wednesday	Italian Thursday
NON -VEGETARIAN	Beef Meatloaf & Gravy, Mashed Potato (E)(S)	Sweet & Sour Fish, White Rice(S)	Chicken & Peas Stew, Roasted Potato	Beef Lasagna
VEGETARIAN	Baked Jacket Potato with Toppoings (V)	Sweet & Sour Veggies, White Rice (S)	Chickpea & Black Bean Stew, Roasted Potato (V)	Lentil, Spinach & Mushroom Lasagna
VEGETABLES	Green Beans (V) (VG) (GF) (DF)	Mixed Veggie Stir Fry (V) (VG) (GF) (DF)	Cauliflower (V) (VG) (GF) (DF)	Green Medley of Vegetables
SALAD OF THE DAY	Caesar Salad (V) (VG) (GF) (DF)/ BREAD ROLL	Asian Slaw (V)/ BREAD ROLL	Garden Salad (V) (VG) (GF) (DF/ BREAD ROLL	Rocket, Tomato & Cucumber/ BREAD ROLL
DESSERT	Fruit Yoghurt (V)	Fruit Pot (V) (VG) (GF) (DF)	Fruit Yoghurt (V)	Blueberry Cheese Cake Bite (V)
PM SNACK	Egg-free Dark Chocolate Chip Cookie (VG)	Skinny Blueberry Oat Muffin (V)(E)	Apple Cinnamon Loaf (V)	Three Cheese Twist(V)

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 OUD METHA MENU WITH PM SNACK

WEEK 13 // Dates: 23.11.26-26.11.26

MENU	Monday	Tuesday	Wednesday	Gourmet Thursday
NON -VEGETARIAN	Chicken Chow Mein (E)(S)	Tomato & Herb Baked Chicken, Lyonnaise Potato	Mongolian Chicken, Jasmine Rice (S)	Chicken Fricassee, Mashed Potato
VEGETARIAN	Baked Jacket Potato with Toppoings (V)	Lyonnaise Potato Minted Peas	Mongolian Chickpeas (S)	Butternut Squash Fricassee (V)
VEGETABLES	Cauliflower & Broccoli (V) (VG) (GF) (DF)	Mixed Salad (V) (VG) (GF) (DF)	Roasted Carrots (V) (VG) (GF) (DF)	Roasted Root Vegetables (V) (VG) (GF) (DF)
SALAD OF THE DAY	Asian Slaw (V)/ BREAD ROLL	Mixed Leaves Salad (V) (VG) (GF) (DF)	Carrot Salad (V) (VG) (GF) (DF)/ BREAD ROLL	Green Salad (V) (VG) (GF) (DF)/ BREAD ROLL
DESSERT	Fruit Yoghurt (V)	Fruit Pot (V) (VG) (GF) (DF)	Fruit Yogurt (V)	Choux Bun with Dark Chocolate Sauce (V)
PM SNACK	Oat Raisin Flapjack (V)	Cheese & Tomato Twist (V)	Shortbread Cookie (V)(E)	Skinny Blueberry & Oats Muffin (V)

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