BEN'S FARMHOUSE

LFIGP SECONDARY MENU

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 a Choice of Protein-Rich Toppings (V)	Veggie Non Carne, Tomato Rice (V)	Honey Soy Tofu, Egg Noodles (S)(GF)	Goan Paneer & 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)

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 - 720 calories

BEN'S FARMHOUSE

LFIGP SECONDARY MENU

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 a Choice of Protein-Rich Toppings (V)	Mushroom & Aubergine Bourguignon, Mashed Potato (V)	Vegetable Chickpea Cake, Potato Wedges (V)	Sweet Pepper & Bean 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)

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 - 720 calories

BEN'S FARMHOUSE

LFIGP SECONDARY MENU

WEEK 10 // Dates: 02.11.26-05.11.26

MENU	Monday	Tuesday	Wednesday	Philippines Thursday
NON -VEGETARIAN	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 a Choice of Protein-Rich Toppings (V)	Hearty Bean and Chickpea Casserole, Crushed Potato (V)	Mediterranean Roasted Veg. & Edamame 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)

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 - 720 calories

BEN'S FARMHOUSE

LFIGP SECONDARY MENU

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 a Choice of Protein-Rich Toppings (V)	Penne Primavera, with Garden Vegetables, Pesto Pasta (V)	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)

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 - 720 calories

BEN'S FARMHOUSE

LFIGP SECONDARY MENU

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 a Choice of Protein-Rich Toppings (V)	Sweet & Sour Vegetable Paneer, White Rice (V)	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)

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 - 720 calories

BEN'S FARMHOUSE

LFIGP SECONDARY MENU

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 a Choice of Protein-Rich Toppings (V)	Tomato Herb & Lentil Eggplant Bake (V)	Mongolian Chickpeas (S)	Butternut Squash Fricassee (V)
VEGETABLES	Cauliflower & Broccoli (V) (VG) (GF) (DF)	Minted Peas (V) (VG) (GF) (DF)	Butternut Squash & Butter Bean Fricassee, Mashed Potato (V)	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)

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 - 720 calories