





LANDAU FORTE COLLEGE MENU - TERM 1 WEEK 2 2010

	MEAT/PROTEIN		CARBOHYDRATES		VEGETABLES (25p per portion)
Mon	CLOSED FOR BANK HOLIDAY				
Tues 31 Aug 	Spaghetti bolognese OR Vegetable Bolognese	£1.05p per portion	Short Spaghetti Garlic Bread New Potatoes	35p per portion	Corn on the Cob Garden Peas Roasted Vegetables
	Grated Cheese Chicken & Sweetcorn	50p per portion	Jacket Potatoes	50p each	Baked Beans
Wed 1 Sep 	Roast chicken & stuffing OR Vegetable Hotpot	£1.05p per portion	Roast Potatoes New Potatoes Sweet Potatoes	35p per portion	Mixed Veg Sliced Cabbage Broccoli
	Grated Cheese Tuna Mayo	50p per portion	Jacket Potatoes	50p each	Baked Beans
Thu 2 Sep 	Chicken Zinger Burger in Bun OR Vegetable Quarter Pounder	£1.05p per portion	Saute Potatoes New Potatoes Layonnaise Potatoes	35p per portion	Coleslaw Sweetcorn Mixed Salad
	Grated Cheese Spaghetti Hoops	50p per portion	Jacket Potatoes	50p each	Baked Beans
Fri 3 Sep 	Breaded Fish OR Vegetable Nuggets	£1.05p per portion	New Potatoes Mashed Potatoes Croquette Potatoes	35p per portion	Garden Peas Mushy Peas Sliced Carrots
	Grated Cheese Ravioli	50p per portion	Jacket Potatoes	50p each	Baked Beans

A wide variety of sandwiches and rolls, soup and a salad bar are also available, along with healthy option hot and cold puddings, cakes, yoghurts, fruit and a variety of fruit juices and hot and cold drinks. ****SPECIAL**** Chipped Potatoes, Wedges, Spiral/Lattice Fries or Sauté Potatoes, purchased as part of a meal, are only 35p per portion. Purchased on their own they are 60p per portion. **NOTE:** You are welcome to purchase more than one portion of carbohydrates or vegetables.