

**LANDAU FORTE COLLEGE MENU - TERM 2 WEEK 6 2011**

	<b>MEAT/PROTEIN</b>		<b>CARBOHYDRATES</b>		<b>VEGETABLES (25p per portion)</b>
<b>Mon 5 December</b> 	BBQ Chicken Breast <b>OR</b> BBQ Quorn Breast	<b>£1.05p per portion</b>	New Potatoes Garlic Brad Croquette Potatoes	<b>40p per portion</b>	Corn on the Cob Garlic Mushrooms Onion Rings
	Grated Cheese Coleslaw	<b>50p per portion</b>	Jacket Potatoes	<b>50p each</b>	Baked Beans
<b>Tues 6 December</b> 	Cottage Pie <b>OR</b> Vegetable Cottage Pie	<b>£1.05p per portion</b>	Roast Potatoes New Potatoes Sweet Potatoes	<b>40p per portion</b>	Sliced Cabbage Cauliflower Mixed Vegetables
	Grated Cheese Tuna Mayonnaise	<b>50p per portion</b>	Jacket Potatoes	<b>50p each</b>	Baked Beans
<b>Wed 7 December</b> 	Beef in Black Bean Sauce <b>OR</b> Vegetables in Black Bean Sauce	<b>£1.05p per portion</b>	Noodles Rice Prawn Crackers	<b>40p per portion</b>	Spring Rolls Bean Sprouts Garden Peas
	Grated Cheese Prawn Mayonnaise	<b>50p per portion</b>	Jacket Potatoes	<b>50p each</b>	Baked Beans
<b>Thurs 8 December</b> 	Chicken Zinger Burger <b>OR</b> Vegetable Quarter Pounder	<b>£1.05p per portion</b>	Hasselback Potatoes New Potatoes Wedges	<b>40p per portion</b>	Coleslaw Mixed Salad Sweetcorn Roasted Vegetables
	Grated Cheese Chicken & Sweetcorn	<b>50p per portion</b>	Jacket Potatoes	<b>50p each</b>	Baked Beans
<b>Fri 9 December</b> 	Tuna Pasta Bake <b>OR</b> Vegetable Pasta Bake	<b>£1.05p per portion</b>	Garlic Bread Diced Herb Potatoes New Potatoes	<b>40p per portion</b>	Sweetcorn Courgettes Peas
	Grated Cheese Ravioli	<b>50p per portion</b>	Jacket Potatoes	<b>50p each</b>	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 40p per portion. Purchased on their own they are 65p per portion. **NOTE:** You are welcome to purchase more than one portion of carbohydrates or vegetables.