




LANDAU FORTE COLLEGE MENU - TERM 3 WEEK 4 2011

		MEAT/PROTEIN	CARBOHYDRATES	VEGETABLES (25p per portion)	
Mon 23 January 	Chicken Curry OR Vegetable Curry	£1.05 per portion	Fried Rice Egg Noodles Prawn Crackers Duck Pancakes Spare Ribs	35p per portion	Oriental Vegetables Spring Rolls Baby Corn
	Grated Cheese Tuna Mayonnaise	50p per portion	Jacket Potatoes	50p each	Baked Beans
Tues 24 January 	Spaghetti Bolognese OR Vegetarian Bolognese	£1.05 per portion	Short Spaghetti Garlic Bread New Potatoes	35p per portion	Sweetcorn Garden Peas Roasted Vegetables
	Grated Cheese Coleslaw	50p per portion	Jacket Potatoes	50p each	Baked Beans
Wed 25 January 	Roast Chicken Fillet with Stuffing OR Quorn Fillet	£1.05 per portion	New Potatoes Mashed Potatoes Roast Potatoes	35p per portion	Roast parsnips Sliced Roast Carrots Sliced Cabbage
	Grated Cheese Chinese Chicken	50p per portion	Jacket Potatoes	50p each	Baked Beans
Thu 26 January 	Chicken Kiev OR Vegetarian Kiev	£1.05 per portion	Roasted Sweet Potato Potato Wedges New Potatoes	35p per portion	Onion Rings Sweetcorn Garlic Mushrooms
	Grated Cheese Ravioli	50p per portion	Jacket Potatoes	50p each	Baked Beans
Fri 27 January 	Breaded Fish Fingers OR Cheese & Tomato Quiche	£1.05 per portion	Sweet Potato Croquette Potato New Potatoes	35p per portion	Mushy Peas Garden Peas Sliced Carrots
	Grated Cheese Spaghetti Hoops	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 65p per portion. **NOTE:** You are welcome to purchase more than one portion of carbohydrates or vegetables.