LANDAU FORTE COLLEGE MENU - TERM 4 WEEK 1 2012

	MEAT/PROTEIN		CARBOHYDRATES		VEGETABLES (25p per portion)
Mon 26 March	Meatballs in Tomato Sauce **OR** Vegetarian Balls in Tomato Sauce	**£1.05 per portion**	Short Spaghetti Garlic Bread Potato Wedges	**35p per portion**	Corn on the Cob Garden Peas Garlic Mushrooms
	Grated Cheese Tuna & Cheese	**50p per portion**	Jacket Potatoes	**50p each**	Baked Beans
Tues 27 March	Chicken & Mushroom Pie **OR** Quorn & Mushroom Pie	**£1.05 per portion**	New Potatoes Mashed Potatoes Roast Potatoes	**35p per portion**	Cauliflower Roasted Parsnips Mixed Vegetables
	Cheese & Spring Onion Spaghetti Hoops	**50p per portion**	Jacket Potatoes	**50p each**	Baked Beans
Wed 28 March	Beef Rogan Josh **OR** Vegetable Rogan Josh	**£1.05 per portion**	White Rice Bombay Potatoes Naan Bread	**35p per portion**	Mini Samosa Onion Bhaji Garden Peas
	Grated Cheese Prawn Mayonnaise	**50p per portion**	Jacket Potatoes	**50p each**	Baked Beans
Thu 29 March	Chicken Zinger Burger **OR** Vegetable Quarter Pounder	**£1.05 per portion**	New Potatoes Cous-Cous Croquette Potatoes	**35p per portion**	Onion Rings Garlic Mushrooms Mixed Salad
	Grated Cheese Chicken & Sweetcorn	**50p per portion**	Jacket Potatoes	**50p each**	Baked Beans
Fri 30 March	Tuna Pasta Bake **OR** Mixed Pepper Pasta Bake	**£1.05 per portion**	New Potatoes Sauté Potatoes Sweet Potatoes	**35p per portion**	Sweetcorn Sliced Green Beans Garden Peas
	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 65p per portion. NOTE: You are welcome to purchase more than one portion of carbohydrates or vegetables.**