

FORT HILL Let's Eat INTEGRATED COLLEGE

Week Beginning:

13th oct /27th oct /10th nov /24th Nov /8th dec/22nd dec/ 12th Jan /26th Jan /9th feb

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Oven Baked Fish Goujons with Lemon Mayo

Side dishes Choices

- **Diced Carrots**
- Garden Peas
- Crispy herb diced Potatoes
- Mashed Potatoes
- Pizza / filled Panini

Mains

Traditional Savoury Mince

Side dishes Choices

- Broccoli
- Roasted Butternut Squash
- Mashed potatoes
- Roasted Potato Wedges
- Pizza / filled Panini

Mains

Lunch Bunch Chicken Curry with Freshly Baked Naan Bread

Side dishes Choices

- Garden Peas
- Sweetcorn
- Steamed Rice
- **Baby Potatoes**
- Pizza / filled Panini

Mains

Roast Chicken with Stuffing & Gravy

Side dishes Choices

- Fresh Selection of Vegetables in Season
- Oven Roast Potatoes
- Mashed Potatoes
- Pizza / filled Panini

Mains

Beef Burger with Tomato Ketchup

Side dishes Choices

- **Baked Beans**
- Coleslaw
- Salad
- Chipped Potatoes
- **Baked Potaotes**
- Pizza / filled Panini

FLAVOURS OF THE WORLD







Monday **Bao Buns**

1 Char Sui BBQ Shredded Pork

2 Teriyaki **Pulled Beef**

Tuesday

Tex Mex Grill

Too Tasty Tacos! Crispy chicken in a soft tortilla with salad, sour cream and salsa

Wednesday

Feast From The East

Peking Duck Spring Rolls with Rice

Thursday

Let's Wing It!

1 - Hot Honey, Chilli & Garlic wings

2 - Salt & Chilli wings

Friday

Global Street Eatz

German Currywurst & Chips