

Fort Hill Integrated College

WEEK THREE

Week Beginning

14 Sep, 12 Oct,

9 Nov, 7 Dec,

11 Jan, 8 Feb,

8 Mar, 5 Apr,

3 May, 31 May,

28 June

Monday

Soup of the Day.

FOTW: Route 55.

Mac & Cheese Bowl,
topped with Smokey, Bacon
Bits.

V Mac N Cheese.

Chicken Burger with
Brioche Bap,
Lettuce and Mayo.

Chicken Fried Rice.

Chips or Rice,
Seasonal Veg.

Beef Burgers.

Filled Jacket Potatoes.

Selection of Paninis.

Selection of Hot Sauces

Flakemeal Biscuit.



Tuesday

Soup of the Day.

FOTW: Tex – Mex Grill.

Chicken Enchilada with
Salad & Guacamole Style
Sauce.

V Veggie Bolognese.

Pasta Bolognese with
Garlic Bread & Cheese.

Sausages with

Pasta or Mash

Seasonal Veg,

Salad & Beans.

Pizza Slice.

Filled Jacket Potatoes.

Selection of Paninis.

Selection of Hot Sauces.

Chocolate Brownie.



Wednesday

Soup of the Day.

FOTW: Feast from the East.

Honey Chilli Chicken &
Rice with Spring Onion.

V Spicy Bean Burger.

Creamy Salmon Pasta.

Chicken Curry & Naan,
Rice or Seasoned Baby
Boiled,
Seasonal Veg.

BBQ Spicy Beef.

Filled Jacket Potatoes.

Selection of Paninis.

Selection of Hot Sauces.

Krispie Squares.



Thursday

Soup of the Day.

FOTW: The Sub Hub.

Philly Cheese Steak with
Salad & Slaw.

V Pesto Pasta.

Roast Gammon &
Stuffing.

Lasagne with Garlic

Bread,

Roast or Mash Potato

Seasonal Veg, Salad &

Coleslaw.

Chicken Wings.

Filled Jacket Potatoes.

Selection of Paninis.

Selection of Hot Sauces.

Homemade Cookies.



Friday

Soup of the Day.

FOTW: Global Street Eat –
France.

Vietnamese Chicken Banhe
Mi with Asian Slaw.

V Veggie Mince Burrito.

Chicken Goujons / Wraps.

Beef Burrito Bowl with
Chips or Rice,
Seasonal Veg.

BBQ Pulled Pork Bap.

Filled Jacket Potatoes.

Selection of Paninis.

Selection of Hot Sauces.

Homemade Muffin.



SNACK ITEMS



Why not try
something from
our range of
healthy snack
items?

GRAB & GO SALAD BAR



We serve a selection
of sandwiches, wraps,
panini, salads,
burgers, soups & other
Grab & Go items.

SWEET TREATS



Fancy something
sweet... we have
lots of options.

FLAVOURS OF THE WORLD



Check Out
Our Daily
Flavours Of The
World Dish!