

# FORT HILL INTEGRATED COLLEGE

Week Beginning: 6th oct/ 20th oct 3rd nov 17th nov 1st Dec 15th Dec/5th ian 19th jan/2nd feb

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Oven Baked Fish Fingers

> Side dishes Choices

- Garden Peas Steamed
- Sweetcorn
- Chipped Potatoes
- **Baked Potato**
- Pizza/filled Panini

Mains

Beef Bolognese

Side dishes Choices

- Steamed Broccoli
- Coleslaw
- Pasta Spirals
- **Baby Potatoes**
- Pizza/filled Panini

Mains

Lunch bunch chicken curry with freshly baked mini Naan Bread

> Side dishes Choices

- **Baton Carrots**
- Garden Peas
- Steamed Rice
- Mashed Potatoes
- Pizza/filled Panini

Mains

Roast Beef / Sausages & Yorkshire Pudding with Stuffing & Gravy

> Side dishes Choices

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

Mains

Hot Dog with Tomato Ketchup

> Side dishes Choices

- Mini Corn on the Cob.
- Baked Beans.
- Chipped Potatoes
- Baked Potato
- Pizza/ filled Panini

# FLAVOURS OF THE WORLD











#### Monday **Bao Buns**

1 - Pulled Beef with 5 spice, Hoisin Sauce

2 - Chicken Katsu

#### Tuesday

**Tex Mex Grill** 

**BBQ** Pulled Beef & Cheese Loaded Fries/Nachos

### Wednesday

**Feast From** The East

Kung Pao Chicken & Noodles

## Thursday

Let's Wing It!

1- Korean **BBQ** Glazed Wings

2- Bangkok Wings

#### Friday

**Global Street** Eatz

South African **Bunny Chow**