



LANDAU
FORTE
COLLEGE
DERBY

TERM ONE MENU WEEK SIX

Today's Special
£2.30

	Monday 2 nd October	Tuesday 3 rd October	Wednesday 4 th October	Thursday 5 th October	Friday 6 th October
Main Dish	Meatballs in Tomato Sauce	Roast Turkey with Stuffing	Minced Beef Lasagne	Chicken Zinger Burger	Breaded Fish with Parsley Sauce
Vegetarian Option	Quorn Balls in Tomato Sauce	Roast Quorn	Spinach & Mushroom Lasagne	Vegetable Burger	Cheese & Onion Slice
Carbohydrates	Pasta Garlic Bread Diced Herb Potatoes	New Potatoes Roast Potatoes Mashed Potatoes	Garlic Bread New Potatoes Potato Wedges	New Potatoes Sauté Potatoes Half Jacket Potato with Cheese	New Potatoes Sweet Potatoes Croquette Potatoes
Vegetables	Garden Peas Corn on the Cob Roasted Vegetables	Cabbage Broccoli Baton Carrots	Sweetcorn Mixed Salad Garden Peas	Coleslaw Baked Beans Onion Rings Mixed Salad	Garden Peas Baked Beans Mushy Peas
Jacket Potato Fillings	Cheese Beans Today's Special	Cheese Beans Today's Special	Cheese Beans Today's Special	Cheese Beans Today's Special	Cheese Beans Today's Special