

weekly menu

week commencing: 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup with a wedge	Curried Butternut Squash 	Tomato 	Minestrone 	Celery 	Vegetable 
traditional main meal £0.00	Chicken Sweet & Sour served with Boiled Rice 	Chicken Pie served with New Potatoes & Broccoli 	Braised steak served with Creamed Potatoes & Carrots 	Lamb Meatballs served with Mashed Potatoes & Swede 	Battered haddock fillet served with Chips & Garden Peas
Healthy Meal Deal	Sweet & Sour served with Rice Or Soup of the day bought with boxed salad of your choice	Poached Chicken served with New Potatoes & Broccoli Or Soup of the day bought with boxed salad of your choice	Braised steak served with Creamed Potatoes & Carrots Or Soup of the day bought with boxed salad of your choice	Lamb Meatballs served with Mashed Potatoes & Swede Or Soup of the day bought with boxed salad of your choice	Poached haddock fillet served with Garden salad Or Soup of the day bought with boxed salad of your choice
Vegetarian Meal	Sweet Chilli Vegetables Served With Noodles 	Mushroom & Blue Pie Served with New Potatoes & Broccoli	Roasted Sweet Potato Risotto 	Courgette Gratin 	Plain Omelet Served with Salad 
jacket potato	Cheddar Cheese Tuna Mayo Coleslaw Baked Beans) 	Cheddar Cheese Tuna Mayo Coleslaw Baked Beans) 	Cheddar Cheese Tuna Mayo Coleslaw Baked Beans) 	Cheddar Cheese Tuna Mayo Coleslaw Baked Beans) 	Cheddar Cheese Tuna Mayo Coleslaw Baked Beans) 



= Healthy Meal option

FORTIS ACADEMY ALLERGEN CHECKER



1. Food containing GLUTEN** and NUTS* write the Menu name and in brackets name the cereal (s) or nut in the menu item. List of Gluten containing cereals and list of Nuts are provided below.
2. Record "MC" s if the ingredients label says May Contain or a menu item may have been contaminated by an Allergen in the kitchen.

.Any Deviation to the menu will be updated on the day

Date Revised 14.10.25	NO KEY ALLERGENS	Peanuts [NOT PRIMARY]	Tree Nuts	Gluten**	Fish	Milk	Eggs	Sesame	Molluscs	Shellfish / Crustaceans	Mustard	Lupins	Sulphites	Celery / Celeriac	Soya/Soybeans
Person completing MANDY WILLETTS															
Signature:															
week1 Monday															
Curried Butternut Squash	x														
Chicken Sweet & Sour	x														
Veg Sweet & Sour	x														
Rice	x														
Sweet Chilli Vegetables															x
Noodles				x			x								
Jkt Potato	x														
Tuna mayo					x		x								
Coleslaw							x								
Beans	x														

* Including: almonds, hazelnuts, walnuts, pecans, Brazil, pistachios, cashew, macadamia, Queensland

** Including: wheat, rye, barley, malt, oats. (gluten free only when sold as sealed in manufacturer's packaging)

NO KEY ALLERGENS COLUMN, i.e. none of the 14 key allergens – are contained in this dish / food / product

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Person completing MANDY WILLETTS															
Signature:															
Week 1 Tuesday															
Tomato soup	x														
Chicken pie				x		x	x								
New Potatoes/ Broccoli						mc									
Poached Chicken				x		mc	mc				mc				mc
Mushroom Pie Blue Cheese				x		x									
Jacket Potato	x														
Tuna Mayo					x		x								
Baked Beans	x														
Coleslaw							x								
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Person completing MANDY WILLETTTS															
Signature:															
Week 1 Wednesday															
Minestrone Soup				X											
Braised Steak	X														
Creamed Potatoes						X									
Roasted sweet Potato Risotto	X					X	mc								mc
Jacket Potato	X														
Tuna Mayo					X		X								
Baked Beans	X														
Coleslaw							X								

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Person completing MANDY WILLETTTS															
Signature:															
Week 1 Thursday															
Celery soup														X	
Lamb Meatballs	X														
Mashed potato						X									
Swede	X														
Tomato Sauce	X														
Spaghetti				X											
Courgette Gratin						X									
Jacket potato	X														
Tuna Mayo					X		X								
Baked Beans	X														
Coleslaw							X								
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Person completing MANDY WILLETTS															
Signature:															
Week 1 Friday															
Vegetable Soup	X														
Battered haddock				X	X										
Chips	X														
Garden peas	X														
Poached haddock					X										
Plain omelette							X								
salad	X														
Jacket Potato	X														
Tuna Mayo					X		X								
Coleslaw							X								
Baked beans	X														
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