

weekly menu

week commencing: 2

	Monday	Tuesday	Wednesday	Thursday	Friday
soup	curried butternut squash 	potato, cabbage & bacon 	rustic minestrone 	carrot, coriander & red lentil 	chicken, mushroom & tarragon 
traditional main meal	slow cooked beef & roasted onion casserole served with new parsley potatoes, roasted carrots & garden peas 	oven baked beef & tomato lasagna served with roasted vegetables & potato wedges	southern 'fried' chicken wrap served with spicy fries and salad 	chili con carne choose from hot or mild served with rice 	Battered or oven baked haddock served with chips and garden peas 
healthy meal Deal	slow cooked beef & roasted onion casserole Or Soup of the day bought with boxed salad of your choice	Creamy vegetable korma served with pilaf rice Or Soup of the day bought with boxed salad of your choice	spinach& cherry tomato penne spinach, cherry tomatoes in a light herb sauce with penne pasta Or Soup of the day bought with boxed salad of your choice	chili con carne choose from hot or mild served with rice Or Soup of the day bought with boxed salad of your choice	Oven baked fish served with garden peas & new potatoes Or Soup of the day bought with boxed salad of your choice
vegetarian	Vegetable chili Served with rice + nachos	Creamy vegetable korma served with pilaf rice + veg samosa 	spinach& cherry tomato penne spinach, cherry tomatoes in a light herb sauce with penne pasta 	beetroot and caramelized onion tart served with parmentier potatoes and green beans 	bbq vegetable hot wrap served with fries and 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.

Location Name: GREAT HALL 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:															
Week 2 Monday															
Curried Butternut Squash Soup	x														
Slow Cooked Beef	x														
Potatoes						mc									
Carrots / Garden Peas	x														
Vegetable chilli	x														
Rice	x														
Nachos	x														
Jacket Potato	x														
Tuna mayo					x		x								
Baked beans	x														
Coleslaw							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 2 Tuesday															
Potato cabbage & Bacon Soup	x														
Oven Baked Beef Lasagne				x		x	x								
Roasted Vegetables	x														
Creamy Vegetable Korma						x					x				
Rice	x														
Veg samosa				x											
Jacket potato	x														
Tuna mayo					x		x								
Baked beans	x														
Coleslaw							x								
* Including: almonds, hazelnuts, walnuts, pecans, Brazil, pistachios, cashew, macadamia, Queensland															
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Person completing MANDY WILLETTS															
Signature:															
Week 2 wednesday															
Rustic Minestrone Soup				X											
Southern Fried Chicken				X										X	
Spicy Fries	X														
Salad	X														
Spinach & Cherry Tomato Penne light herb sauce	X														
Jacket potato	X														
Tuna mayo					X		X								
Baked beans	X														
Coleslaw							X								
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Person completing MANDY WILLETTS															
Signature:															
Week 2 Thursday															
Carrot & Coriander Red Lentil Soup	x														
Beef Chilli con carne	x														
Rice	x														
Veg Chilli Con Carne	x														
Beetroot and caramelized onion tart				x											
Parmentier potatoes green beans	x														
Jacket potato	x														
Tuna mayo					x		x								
Coleslaw							x								
Baked beans	x														
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Person completing MANDY WILLETTS															
Signature:															
Week 2 Friday															
Chicken Mushroom & Tarragon	x					mc									
Battered Haddock				x	x										
Oven Baked Haddock					x										
Potatoes /Peas	x														
BBQ Veg Wrap				x											
FRIES	x														
Jacket Potato	x														
Tuna Mayo					x		x								
Coleslaw							x								
Baked Beans	x														

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