

weekly menu

Week commencing: 3

	Monday	Tuesday	Wednesday	Thursday	Friday
soup	carrot, coriander & lemon 	sweetcorn chowder 	tomato, thyme & lentil 	spiced chickpea & coconut 	leek 
traditional main meal	thai chicken and noodles	beef & onion puff pastry plait served with mashed potatoes and green beans 	slow roasted gammon & herb stuffing served with roast potatoes, & green cabbage 	katsu chicken curry served with Nigella rice	battered haddock fillet served with chunky chips or herby baked potatoes, mushy peas & curry sauce Japanese fishcakes
healthy meal Deal	thai chicken and noodles Or soup of the day bought with boxed salad of your choice	spicy vegetable enchiladas served with salad and salsa Or soup of the day bought with boxed salad of your choice	spicy root and lentil casserole served with roast potatoes and green cabbage Or soup of the day bought with boxed salad of your choice	katsu chicken curry served with Nigella rice Or Soup of the day bought with boxed salad of your choice	oven baked haddock served with 1 veg & new potatoes Or Soup of the day bought with boxed salad of your choice
vegetarian	veggie cottage pie with sweet potatoes served with cauliflower and fondant potatoes 	spicy vegetable enchiladas served with salad and salsa 	spicy root and lentil casserole served with roast potatoes and green cabbage	moroccan spiced pie served with green beans and lyonnaise potatoes	mushroom pizza 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 3 Monday															
Carrot coriander & lemon soup	x														
Thai chicken Noodles				x			x								x
Veggie cottage pie						x									
Sweet potato	x														
cauliflower	x														
Jacket potato	x														
Tuna Mayo					x		x								
Baked beans	x														
Coleslaw							x								
Jacket potato	x														
Baked beans	x														
Tuna Mayo					x		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 3 Tuesday															
Sweetcorn chowder	X														
Beef & Onion Puff pastry				X			X								
Spicy Vegetable Enchiladas Salsa				X											
Jacket Potato	X														
Baked beans	X														
Coleslaw							X								
Tuna mayo					X		X								
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Person completing MANDY WILLETTTS															
Signature:															
Week 3 Wednesday															
Tomato Thyme & lentil	x														
Slow Roasted Gammon	x														
Herb Stuffing				x											
Roast potatoes	x														
Green/ Cabbage	x														
Spicy Root and lentil Casserole	x														
Jacket potatoes	x														
Tuna mayo					x		x								
coleslaw							x								
Baked beans	x														
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Person completing MANDY WILLETTS															
Signature:															
Week 3 Thursday															
Spiced Chickpea & coconut Soup	x														
Katsu Chicken Curry				x			x				mc				
Rice	x														
Moroccan Spiced Pie	x														
green Beans	x														
Lyonnais potatoes						mc									
Jacket Potato	x														
Baked beans	x														
Tuna mayo					x		x								
Coleslaw							x								
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Person completing MANDY WILLETTTS															
Signature:															
Week 3 Friday															
Leek Soup	x														
Battered Haddock				x	x										
Japanese Fishcakes				x	x	mc	x								
Chips	x														
peas	x														
Oven Baked haddock					x										
Mushroom Pizza				x		x									
Jacket potato	x														
Coleslaw							x								
Baked Beans	x														
Tuna Mayo					x		x								
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