

# SIXTH FORM MENU WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Enjoy Bagels, Cheese on Toast, Baked Beans, Sausages, Egg, Hash Browns and a Breakfast Roll, Healthy Shots and Freshly made Homemade Smoothies Compliment with Selection of Whole Fruit.				
<b>Morning Break</b>	Daily selection : Cheese or Ham Bagel, Souther Fried Chicken Wrap, Ceasar Chicken Wrap, Halal Pepperini Pizza, Pizza Margeritta, Veggie Pasta Bake, Sausage and Bacon Rolls, Pastries, Fruit Salad, Salads and Smoothies.				
<b>Main Dish</b>	Creamy Chicken and Leek, Mash and Trio of Vegetables	Classic Beef Lasagne, Garlic Bread and Green Salad	Chicken Tikka Masala Curry with Rice and Cucumber Salad	Chicken Fajitas served with Wedges, Sweetcorn and Tortilla Crisps	Southern Fried Chicken with Chips & Coleslaw, Garlic Sauce
<b>Vegetarian Option</b>	Lentil Pie, Mash, Vegetables and Gravy	Rustic Garden Vegetables Lasagne with Parmesan Herb Crust, Garlic Bread and Salad	Spinach, Chickpea and Sweet Potato Curry with Rice and Cucumber Salad	Loaded Veggie Wedges with Beans & Peppers, Sweetcorn and Tortilla Crisps	Vegetable Quesadilla with Chips, Coleslaw and Chilli Sauce
<b>Chef Special</b>	Daily selection: Loaded Fries with Dips & Salad, Giant Sausage Roll, Burgger with Onion Rings and Chilli Sauce, Haddock & Mash.				
<b>Jackets &amp; Pasta</b>	Daily served with Butter, Cheese, Baked Beans. Selection of Pasta Pots hot and cold.				
<b>Baguettes &amp; Wraps</b>	We produce a selection of different Baguettes : Cheese, Chicken, Tuna, Falafels & Egg Mayo.				
<b>Dessert</b>	Vanilla Sponge	Lemon Cake	Barking Cookies	Marbled Cake with Custard	Chocolate Cake
<b>Fruits</b>	Baskets of whole fruit available daily to all students FREE of charge. Hydration station across the campuses.				
<b>Eat Healthy</b>	Grab & Go Pots available daily: Pasta, Cous Cous or Rice with Egg, Salmon, Cheese or Chicken with Fresh Salads.				