

SIXTH FORM MENU WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	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.				
Morning Break	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.				
Main Dish	Sweet & Sour Chicken with Vegetables, Crispy Carrot Salad	BBQ Chicken with Jolof Rice and Red Onion Relish	Lemon & Herb Roasted Chicken, Mash. Wilted Greens with Gravy	Spaghetti, Italian Beef Meatballs with Tomato and Basil Sauce, Parmesan, Garlic Bread	Fish & Chips or Chicken & Chips served with Garden Peas, Curry Sace
Vegetarian Option	Soya, Ginger, Vegetable, Tofu Noodles, Crispy Carrot Salad	Chana Masala, Rice and Salad	Veggie Bake, Mash, Wilted Greens with Tomato Sauce	Plant Based Sausages with Sweet Potato Wedges and Tomato Sauce	5 a- Day Vegetable Burger & Chips, garden Pea , Curry Sauce
Chef Special	Daily selection: Loaded Fries with Dips & Salad, Giant Sausage Roll, Burgger with Onion Rings and Chilli Sauce, Haddock & Mash.				
Jackets & Pasta	Daily served with Butter, Cheese, Baked Beans. Selection of Pasta Pots hot and cold.				
Baguettes & Wraps	We produce a selection of different Baguettes : Cheese, Chicken, Tuna, Falafels & Egg Mayo.				
Dessert	Orange Sponge	Chocolate Beet Brownie	Honey Cake	Pound Cake with Custard	Ice Cream
Fruits	Baskets of whole fruit available daily to all students FREE of charge. Hydration station across the campuses.				
Eat Healthy	Grab & Go Pots available daily: Pasta, Cous Cous or Rice with Egg, Salmon, Cheese or Chicken with Fresh Salads.				