

SIXTH FORM MENU WEEK 3

| | 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 | Lo Mein Chicken with Noodles, Cabbage Salad | Penne Beef Bolognaise Pasta Bake, Garlic Bread and Greens | Beef Bangers & Mash, Carrot & Kale, Garvy | Chicken Kebab Style Pitta with Garlic Sauce, Rice and Salad | American Fried Chicken Burger & Chips, Katsu Sauce and Coleslaw |
| Vegetarian Option | Edamame & Vegetables Udon Noodles, Cabbage Salad | Creamy Chunky Vegetable Pasta Bake with Nut free Pesto Drizzle, Garlic Bread | Veggie Sausages with Mash, Carrot & Kale, Garvy | Mediterranean Falafel Pitta with Garlic Sauce, Rice and Salad | Vegetable Bean Burger & Chips with Coleslaw |
| 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 | Blondie Cake | Oat & Honey Cookies | Lemon Drizzle Cake | Berry Crumble & Custard | Lolly Pots |
| 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. | | | | |