










Sixth Form

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chicken Katsu Or Aubergine Katsu  Sticky Rice Katsu Sauce Asian Slaw Pickles	Loaded Macaroni Cheese with Roasted Squash topped with Pumpkin Seeds Homemade Rosemary Focaccia	Mexican Chicken and Sweet Potato Burrito and Nachos Sweet Potato and Kidney Bean Wrap with Rice and Nachos 	Five Spice Pork Belly Or Honey or Sesame Roasted Tofu  Hoisin Noodles Sesame Vegetables Prawn Crackers	Homemade Battered Fish or Vegetable Quiche, Chunky Chips Mushy Peas Tartar Sauce
STATION	Jacket Potato with Beef Chilli	Homemade Pesto Gnocchi with Fresh Tomato and Basil Sauce	Carbonara Pasta	Jacket potato with topping of the day	Penne Pasta with Roasted Tomato and Beef Ragu
SALAD BOWLS	Steak Noodle Salad	Ham and Cheese Ploughman's	Tuna Nicoise	Chicken Caesar Salad	Greek Salad
DESSERT	Brownie	Retro Sponge Cake	Blueberry Muffins	Lemon Posset	Strawberry and Cream scones

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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Hot Dog in a Pretzel Roll with Fried Onions and Smokey Wedges Quorn Hot Dog with Fried Onions and Smokey Wedges Homemade Baked Beans 	Chicken Tikka Masala  Or Paneer and Red Pepper Curry  Served with Indian Vegetable Rice and Onion Bhaji	Bolognese Rigatoni Pasta and Roasted Courgette Lentil and Mushroom Bolognese with Roasted Courgette Tear and Share Garlic Baguette 	Roast Veg and Ricotta Pizza or Margarita Served with Rosemary Fries, Homemade Herby Garlic Mayo and loaded Coleslaw	Mixed Sausage Rolls with Mixed Wedges Homemade BBQ Baked Beans
STATION	Pasta with Chunky Pesto and Parmesan	Jacket potato with Homemade Beans and Three Cheese Topping	Jacket Potato with Topping of the Day	Roast Squash Risotto	Penne pasta with roasted tomato and Basil Sauce
SALAD BOWLS	Sweet Chilli Chicken Cous Cous	Greek Salad	Chicken Caesar Salad	Pesto Penne with Mozzarella, Tomato and Basil	Mexican Chicken and Rice
DESSERT	Lemon Drizzle	Chocolate Mousse	Coconut Flap Jack	Strawberry Meringues	Blondie

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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Beef Lasagne or Veggie Lasagne	Roast Chicken Or Vegetarian Toad in the Hole 	Pizza Selection Roasted Cajun Wedges Homemade Herby Garlic Mayo and loaded Coleslaw	Sausage of the Day or Veggie Sausages  Thyme Mashed Potato, Steamed Greens and Gravy	Friday Fish and Chip Shop Battered Fish or Sausage in Batter with Fries Curry Sauce Mushy Peas
STATION	Jacket Potato with Tuna Mayo, Sweetcorn and Cheese	Roasted Vegetable Gnocchi with Mozzarella	Penne with Mushroom Carbonara Sauce and Vegetarian Parmesan	Jacket Potato with topping of the Day	Tomato and Cream Sauce Linguine
SALAD BOWLS	Greek Salad	Asian Noodle Salad with Chopped Steak	Chicken Caesar Salad	Tuna Potato Salad	Chicken and Cherry Tomato sweet Chili Cous Cous
DESSERT	Carrot Cake	Orange Drizzle Cake	Blondie	White Chocolate and Raspberry Cupcake	Chocolate Chip Cookies