

# Sixth Form Lunch Menu

| Week 1                                     | Monday                                                           | Tuesday                                                           | Wednesday                                                                  | Thursday                                                                                     | Friday                                           |
|--------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------|
| <b>Soup of the Day</b>                     | Leek & Potato Soup<br>Served with Freshly Baked Bread            | Tomato Soup<br>Served with Freshly Baked Bread                    | Creamy Vegetable Soup<br>Served with Freshly Baked Bread                   | Carrot & Coriander Soup<br>Served with Freshly Baked Bread                                   | Mushroom Soup<br>Served with Freshly Baked Bread |
| <b>Main Dishes</b>                         | Beef Bolognaise                                                  | Roast Pork, Stuffing,<br>Apple Sauce & Crackling                  | Chicken Tikka Masala                                                       | Loaded Macaroni<br>Cheese with Peppers,<br>Pumpkin Seeds and<br>Toasted Panko<br>Breadcrumbs | Hand Battered Fish<br>or Battered Sausage        |
|                                            | Vegetable Bolognaise                                             | Stuffed Peppers                                                   | Lentil & Sweet Potato<br>Curry                                             |                                                                                              | Vegetable Quiche                                 |
| <b>On the Side</b>                         | Grated Parmesan<br>Spaghetti<br>Garlic Bread<br>Peas & Sweetcorn | Roast Potatoes<br>Cabbage & Carrots<br>Yorkshire Pudding<br>Gravy | Onion Bhaji<br>Sag Gobi<br>Pilau Rice                                      | Green Beans<br>Corn on the Cob                                                               | Chips<br>Baked Beans<br>Mushy Peas               |
| <b>Jackets,<br/>Pasta &amp;<br/>Salads</b> | Stuffed Sweet<br>Potato                                          | Tuna & Broccoli<br>Pasta Bake                                     | Jacket Potato with<br>Coleslaw, Baked<br>Beans & Cheese<br><br>Greek Salad | Cheese, Onion &<br>Bacon Stuffed<br>Jackets                                                  | Courgette,<br>Mushroom & Onion<br>Pasta          |
|                                            | Tuna Pasta Salad                                                 | Ham & Egg Salad                                                   |                                                                            | Chicken & Cherry<br>Tomato Sweet<br>Chilli Cous Cous                                         | Asian Noodle Salad<br>With Chopped<br>Steak      |
| <b>Desserts</b>                            | Fruit Crumble &<br>Custard                                       | Jam & Coconut<br>Sponge                                           | Mixed Fruit Flapjack                                                       | Chocolate Sponge &<br>Chocolate Custard                                                      | Apple & Blackberry<br>Pie with Cream             |

HOLROYD HOWE

There will be a Salad Bar, Fresh Fruit, Cold Desserts and a Gluten Free option available daily



# Sixth Form Lunch Menu

| Week 2                                                                                                | Monday                                                          | Tuesday                                              | Wednesday                                                          | Thursday                                               | Friday                                                         |
|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------------------|
| <b>Soup of the Day</b>                                                                                | Roasted Pepper Soup<br>Served with Freshly Baked Bread          | Mixed Bean Soup<br>Served with Freshly Baked Bread   | Butternut Squash & Coconut Soup<br>Served with Freshly Baked Bread | Cream of Onion Soup<br>Served with Freshly Baked Bread | Lentil & Vegetable Soup<br>Served with Freshly Baked Bread     |
| <b>Main Dishes</b>                                                                                    | Beef Lasagne                                                    | Homemade Chicken Pie                                 | Selection of Homemade Pizzas                                       | Chicken Burger in an American Burger Bun               | Hand Battered Fish Or Battered sausage                         |
|                                                                                                       | Vegetable Lasagne                                               | Homemade Vegetable Pie                               |                                                                    | Vegetable Burger in an American Burger Bun             | Sweet & Sour Chickpeas with Vegetables Served on a Bed of Rice |
| <b>On the Side</b>                                                                                    | Garlic Bread<br>Roasted Mediterranean Vegetables<br>Mixed Salad | Creamed Potatoes<br>Buttered Peas<br>Roasted Carrots | Loaded Coleslaw<br>Sweet Potato wedges                             | Onion Rings<br>Corn on the Cob<br>Potato salad         | Chips<br>Mushy Peas<br>Baked Beans                             |
| <b>Jackets &amp; Pasta</b>                                                                            | Jacket Potato with Prawns in a Marie-Rose Sauce                 | Falafel in a Tomato Sauce with Pasta                 | Stuffed Sweet Potatoes                                             | Pasta Arrabiata                                        | Jacket with Baked Beans & Cheese                               |
|                                                                                                       | Ham & Cheese Ploughman's                                        | Prawn & Pasta Salad                                  | Chicken Caesar Salad                                               | Tuna Potato Salad                                      | Coronation Chicken Salad                                       |
| <b>Desserts</b>                                                                                       | Pineapple Upside Down Cake                                      | Chocolate & Coconut Crispy Slice                     | Homemade Muffins                                                   | Bread & butter pudding                                 | Plum Crumble & Custard                                         |
| <b>There will be a Salad Bar, Fresh Fruit, Cold Desserts and a Gluten Free option available daily</b> |                                                                 |                                                      |                                                                    |                                                        |                                                                |



# Sixth Form Lunch Menu

| Week 3                     | Monday                                             | Tuesday                                                     | Wednesday                                                                           | Thursday                                                  | Friday                                                                    |
|----------------------------|----------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------------------|
| <b>Soup of the Day</b>     | Pea & Mint Soup<br>Served with Freshly Baked Bread | Roasted Cauliflower Soup<br>Served with Freshly Baked Bread |  | Cream Of Broccoli Soup<br>Served with Freshly Baked Bread | Sweet potato Soup with Garlic Croutons<br>Served with Freshly Baked Bread |
| <b>Main Dishes</b>         | Meatballs in a Creamy Tomato Sauce                 | Chicken Katsu                                               |                                                                                     | Beef Stew & Dumplings                                     | Battered Fish Or Breaded Fish Cakes                                       |
|                            | Falafel in a Creamy Tomato Sauce                   | Quorn & Vegetable Katsu                                     |                                                                                     | Vegetable & Lentil Stew with Dumplings                    | Vegetable Frittata                                                        |
| <b>On the Side</b>         | Spaghetti Broccoli Sweetcorn                       | Sticky Rice Pak Choi Asian Slaw & Pickles                   |                                                                                     | Cabbage Creamed Potatoes                                  | Mushy Peas Baked Beans Chips                                              |
| <b>Jackets &amp; Pasta</b> | Jacket Potato with Coronation Chicken              | Mushroom Carbonara                                          | International Day                                                                   | Jacket Potato with Filling.                               | Minted Pea Risotto                                                        |
|                            | Pesto pasta with Mozzarella, Tomato & Basil        | Nicoise Salad                                               |                                                                                     | Prawn Salad                                               | Chicken Caesar Salad                                                      |
| <b>Desserts</b>            | Vanilla & Strawberry Muffin                        | Sticky Toffee Pudding with Toffee Sauce                     |                                                                                     | Orange and Sultana Sponge with Custard.                   | Mixed Fruit Trifle                                                        |

There will be a **Salad Bar, Fresh Fruit, Cold Desserts and a Gluten Free option** available daily