








Sixth Form

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chicken Katsu Or Aubergine Katsu   	Loaded Macaroni Cheese with Roasted Squash topped with Pumpkin Seeds	Mexican Chicken and Sweet Potato Burrito and Nachos  	Five Spiced Pork Or Honey or Sesame Roasted Tofu 	Homemade Battered Fish or Vegetable Quiche, Chunky Chips
	Sticky Rice Katsu Sauce Asian Slaw Pickles	Homemade Rosemary Focaccia	Sweet Potato and Kidney Bean Wrap with Rice and Nachos 	Hoisin Noodles Sesame Vegetables Prawn Crackers	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 Mousse	Strawberry and Cream scones

Sixth Form

Week 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN COURSE

Hot Dog with
Fried Onions and
Smokey Wedges

Chicken Tikka
Masala



Or



Bolognese
Rigatoni Pasta and
Roasted Courgette



Roast Veg and
Ricotta Pizza or
Margarita

Mixed Sausage
Rolls with Mixed
Wedges

Quorn Hot Dog
with Fried Onions
and Smokey
Wedges



Paneer and Red
Pepper Curry



Lentil and
Mushroom
Bolognese with
Roasted Courgette



Tear and Share
Garlic Baguette

Served with
Rosemary Fries,
Homemade Herby
Garlic Mayo and
loaded Coleslaw

Homemade BBQ
Baked Beans

Homemade Baked
Beans

Served with Indian
Vegetable Rice
and Onion Bhaji

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 Couscous

Greek Salad

Chicken Caesar
Salad

Pesto Penne with
Mozzarella,
Tomato and Basil

Mexican Chicken
and Rice

DESSERT

Lemon Drizzle

Chocolate Mousse

Coconut Flapjack

Strawberry
Meringues

Blondie

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

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Week 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN COURSE

Beef Lasagne
or
Veggie Lasagne



Homemade
Focaccia
Lemon Green
Beans

Roast Chicken
Or
Vegetarian Toad
the Hole



Roasted Potatoes,
Yorkshire Pudding,
Vegetable Medley
and Gravy

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
Couscous

DESSERT

Carrot Cake

Orange Drizzle
Cake

Blondie

White Chocolate
and Raspberry
Cupcake

Chocolate Chip
Cookies

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